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Abstract

The education stakeholders in Germany acknowledge that alcohol and drug abuse among students are significant barriers to achieving academic goals. Alcohol and drug abuse are also related to an increase in other risky actions such as early sexual conduct, drunk driving, physical violence and truancy. Drug abuse in schools, particularly illicit drugs in high school, has long been a topic of concern. Thus, the study sought to examine the impact of drug abuse on the performance of college students in Germany. The study was literature-based and the inferences were based on the verdicts from the prior studies. The study results showed that drug abuse has a negative impact on performance. Drugs and alcohol are some of the most detrimental yet most common disruptions in teenage brain development. They manipulate the brain's wiring and affect how it processes and retains information, including how a teen thinks, focuses, learns, remembers, and concentrates inside and outside school. Drugs can impair teens' cognitive development and affect students' performance in school: reduce their ability to memorize things, poor concentration in the classroom and deficiency of prioritization of assignments. The study recommended that secondary school administrators develop a well-integrated learner surveillance system throughout school environments. Moreover, the government introduce life skills training in the syllabus to teach learners how to resist indulgence in drug abuse. Schools need to develop policies that promote participation in learning by creating environments that make it satisfying and interesting. In addition, the school administration should introduce and strengthen counselling and support services to students who demand social assistance.

Keywords: Drug Abuse, Performance, Students, Germany

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1.0 Background of the Study

Drug abuse is connected with various social and health issues; this has been qualified in recent years. According to UNODC, drug abuse is one of the most prominent risk factors for deaths and disabilities internationally. UNODC approximates that about 5.2% of the world population has utilized illegal substances. In the past 20 years, the use of illegal drugs and abuse of therapeutic drugs have been on the increase and has penetrated through every part of the world, roughly 7 billion people globally misuse drugs and 76million of them suffer from their Germanyge, the young people here are one of the most afflicted In Germany, senior high school learners are hooked on alcohol and cannabis greater than other drugs. Alcohol and drug abuse are essential issues that influence school learners earlier than in the past (Deykin, Levy & Wells, 2019). Youths regularly begin to experiment with alcohol, cigarette, and various other substances during the middle school years, with a smaller number starting during grade school. By the time learners are in senior high school, rates of substance use are incredibly high.

According to national study information, about one in 3 twelfth graders reports being drunk or binge alcohol consumption (i.e., five or even more drinks in a row) in the past thirty days; furthermore, nearly half of secondary school learners report ever using marijuana and more than one-fourth record using marijuana in the past thirty days. Marijuana is the most frequently utilized illegal drug amongst secondary school learners (Mohler-Kuo, Lee & Wechsler, 2020). Nonetheless, drug euphoria has seen a sharp rise amongst American learners at the end of the twentieth century, from 6 per cent in 1996 to 11 per cent who reported having tried ecstasy in 2000. Certainly, at the start of the twenty-first century, the euphoria was used by more American learners than cocaine. Many educators identify that drug and alcohol abuse amongst learners are a significant obstacle to achieving academic goals (Murray and Malmgren, 2018). Furthermore, federal and state agencies and regional school districts often mandate that schools supply health education courses to learners, consisting of drug and alcohol abuse content.

The Safe and Drug-Free Schools Program is a comprehensive government effort funded by the Germany Department of Education, designed to strengthen programs that prevent the use of alcohol, cigarette, drugs, and violence around the country's schools. To get government financing under this program, school districts are expected to develop a thorough education and prevention plan, including learners, teachers, guardians, and other area members. Therefore, it is clear that schools have become the major focus of alcohol and drug abuse education and avoidance tasks for the learners (Liddle, Dakof, Parker, Diamond, Barrett & Tejeda, 2021). This makes sense from a functional point of view because schools provide efficient access to many learners throughout the years that they usually begin to utilize alcohol and drugs. Ukwaiyi, Eja and Unwanede (2019) noted that peer pressure is a vital factor related to drug abuse. Experimental inquisitiveness, household impact, lack of adult supervision and personality issues are other factors resulting in drug abuse. Effective household socialization, communication with parents and some religious beliefs are elements that have a protective impact against drug abuse.

Students indulging in drug abuse may associate with many issues like academics, health and peer relations. They can likewise deal with accidental injury and overdose issues. Alcohol use at an early age is a concern due to its unfavourable effects on learners' health, well-being, and development (Selkie, Kota, Chan & Moreno, 2020). For example, learners in several low- to

middle-income nations that have consumed alcohol are at higher risk for mental distress. In the early teenage years, alcohol Germanyge is also associated with a higher risk of developing psychological health disorders and alcohol-related issues later in life. Alcohol and drug abuse are also associated with increased high-risk behaviours such as early sex-related debut, unprotected sex, drunk driving, physical violence, and truancy.

Students who inject substances subject themselves to other major risks, such as the transmission of HIV/AIDS, Hepatitis B and C, or other sexually transmitted diseases (Lifson and Halcón, 2021). Although AIDS medical diagnoses are fairly low among young people contrasted to various other age groups, the virus has a long latency period before signs and symptoms appear. Many people who are detected in their 20s or 30s likely got the infection in their teen years. The Germany Office of National AIDS Policy approximates that half of all brand-new HIV infections happen in people under 25. Fifty per cent of these occur amongst learners between the ages of 13 and 21. Schools have the prospective to be a safe environment where teachers can deal with parents, healthcare specialists, and community members to apply effective alcohol and drug avoidance methods. Likewise, they can recognize learners who show dangers for drug-related issues and make the ideal recommendations for assistance services.

Dreyer (2019) discovered that a learner dealing with substance or alcohol treatment is entitled to personal privacy, and supportive school officials need to be mindful that the details of a learner's situation be restricted to their parents, medical professionals, and treatment professionals. Leaners express their sensation differently, which may consist of the beginning of abusing drugs or drinking alcohol (Stevens, Andrade & Ruiz, 2019). It is difficult for a drunk or high parent to respond to their learner's demands, regardless of how in control they believe they are under the influence. Additionally, when learners see their parents grabbing a beverage or a substance to manage life's stressful scenarios, they are burglarized of the possibility to learn about healthy forms of self-soothing. Children may start smoking cigarettes, using alcohol, and abusing substances by watching their parents (Conrad, Flay & Hill, 2021). It is always misbelieved that alcohol is a solution for stress and anxiety relief; nevertheless, it may offer one relief from discomfort for a short time; however, it is not the best cure for stress.

Some learners utilize substances in the company of their bad friends. This happens mainly when educators and parents are not paying proper attention to them. There are two ways of taking drugs, positive or negative some take it for medicine while some take it for entertainment or for showing their standard. Exterior elements, such as family members, friends, siblings, and negative understandings of school and community, are effective mediators of the risk of substance Germanyge. Close friends who use drugs and are more prone to peer pressure are the best predictors of adolescent substance Germanyge (Scheier, Botvin, Diaz & Griffin, 2019). Moreover, researchers have shown interest in the relationship between socioeconomic conditions and health-related behaviours. A variety of research studies specify that learners from family members with low socioeconomic status are more prone to substance use. Nevertheless, there is increasing proof that learners with higher socioeconomic status may likewise be at a threat for developing substance use conditions. Having extra funds may indicate better ease in obtaining substances.

2.0 Literature Review

Rowe (2017) conducted a study on substance and drug abuse, which remains a challenge, particularly among the learners in senior high schools in France. It adversely affects the academic, social-psychological and physical development of the abusers. The research examines the impacts of substances and drug abuse on social conduct and academic performance amongst the learners and the mitigating measures. It is based on research performed at Corsica. An overall of 102 learners and 15 main informants were selected. Questionnaire and interview were utilized to accumulate data. The research shown that cannabis, miraa, alcohol and cigarettes are the most over used substances by high school learners and had actually eroded the core values hence influencing their social skills growth and academic performance. The research concluded that, peer pressure, congestion along with poverty are the recipe to drug and drug abuse among learners. The research suggested that enhanced public awareness projects on risks posed by drug and drug abuse entailing media, civic education and all the stakeholders; and correct policy formulation and execution.

Kilpatrick, Acierno, Saunders, Resnick, Best & Schnurr (2020) performed research on drug abuse which has actually gotten to alarming level worldwide especially among young people. Statistics available in GERMANY indicate that there is an upward pattern in substance misuse among young people consisting of learners attending in senior high schools. Drug abuse has caused enhanced crime rates in schools, high occurrences of school drop-out and increase in poor health indicators among learners. The major aim of this research was to analyze Germanyge and patterns of substance misuse among high school learners. Data collection was done through use of self-administered, semi organized survey. Data evaluation was done making use of SPSS version 17.0 and data provided in type of pie charts, bar chart, and frequency tables. From the findings for of the research it was found that male learners took part in drug abuse more than their female peers. The research also figured out that alcohol was the most abused drug at 42.3% adhered to by cigarette at 22.4%, miraa 16%, bhang and cocaine at 12.1% and 2% specifically with majority of the learners reporting that they engaged in drug abuse mostly on weekends, during academic trips and during holidays. Drug abuse specifically amongst young people is a multi-factorial issue that calls for joint method to curb it. School administrators, parents and community at large need to interact to resolve this menace. This collective method might supply an opportunity to establish reliable prevention approaches on drug abuse particularly among secondary school learners.

Zarzar, Jorge, Oksanen, Vale, Ferreira & Kawachi (2018) carried out cross-sectional research to check out illegal drug abuse and its relation with socioeconomic factors along with peer group impact amongst Brazilian learners aged 15 to 19 years. Two-stage cluster sampling was embraced, involving the arbitrary selection of public and private schools from the nine administrative areas of a Brazilian state capital and the arbitrary option of class at each institution. Immoral drug use was the end result and was measured with the inquiry: Have you ever utilized any type of immoral substances in your life. The most crucial group of friends was ranked as school, household, spiritual tasks and sports/culture. The area-based Health vulnerability Index (HVI) was utilized to assess socioeconomic standing. Information from 891 students was analyzed using the chi-squared test and logistic regression. The total rate of immoral drug use was 15.2%. Gender diversification within teams, religion-based relationships and sports/culture-based friendships continued to be considerably related to illicit substance use. Learners that lived in less vulnerable locations had higher opportunity of substance use in contrast with those staying in more vulnerable areas.

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Religion-based and sports/culture-based friendships appear to demonstrate a protective effect versus life time illicit drug use. Gender diversification within groups and staying in a less prone location increased the opportunities of learners reporting illicit drug abuse.

Johnston, Miech, O'Malley, Bachman, Schulenberg & Patrick (2018) conducted research on early initiation of substance use increase and the threat of future drug Germanyge problems and various other unfavorable results. This research performed in between March and June 2016 to discover the secondary learners' drugs and substance use habits and associated risk elements. 77 senior high schools were randomly sampled. A total of 3,908 learners in all the states in America were interviewed. According to the research outcome, the age of starting the different drugs and substances of misuse among high school leaners was 13 to 15 years. Information likewise revealed that alcohol (23.4%) was the most typically utilized drug of misuse by learners adhered to by khat/ miraa (17.0%), prescription drugs (16.1%), tobacco (14.5%), bhang/ cannabis (7.5%), inhalants (2.3%), heroin (1.2%) and cocaine (1.1%). Amongst the risk issues related to drugs and substances of abuse among high school learners were: being male; remaining in upper classes; having a member of the family or friend using drugs or various other substances of abuse; and expertise of a classmate using drugs or other substances of abuse. The findings concluded that the high schools in America were not drug free environments and for that reason there is requirement to entrench life skills in the institution curriculum; improving parenting skills and favorable role modeling; and capacity building of advice and therapy teachers to properly handle the challenges of learners' drug and substances of abuse.

Hawkins, Lishner, Catalano and Howard (2016) examined the influence of drug abuse on academic performance of learners in public senior high schools in Sweden. The research intended specially to identify usual types of substances abused by the learners, to check out root causes of drug abuse among learners in the research area, to assess rate of school attendance among kids associated with drug abuse, ultimately to analyze terminal and yearly evaluation performance among students involved in drug abuse. The Social Developmental Theory led this study whereas detailed study style was likewise used in accumulating information with sets of questions and guided interview. Targeted population of the participants was 142 of which 100 learners were chosen from 4 public secondary schools via random sampling wherein thematic data evaluation approach was used and data was presented descriptively with quotes, tables and figures. The findings revealed that majority of learners approved that drug abuse is an unfavorable sign in the direction of their academic performance and one of the significant factors for drug abuse amongst the learners was to be appreciated by friends and marijuana was said to be one of the most frequently abused drug adhered to by alcohol and cigarette. Addition to that, the rate of school or course presence for learners that involved in Germanyge of substance was noted to be poor thus cause reduced in academic performance. Research suggested for initiation of comprehensive programmes that may involve the young people within schools more energetic rather than being idle such as tree planting to name a few.

Grant, Stinson & Harford (2018) investigated the causes and effects of drug and drug abuse amongst learners in senior high schools in Russia. Numerous school children are being wasted as a result of substance and drug abuse despite efforts by numerous stakeholders such as the government, parents, educators, and spiritual leaders to deal with drug abuse menace. The research example was 13 head teachers, 104 instructors, and 780 learners. Questionnaires, interviews and

focused group conversations were utilized to gather information. Measurable and qualitative information was examined via simple data and thematic analysis respectively. The study established that learners misuse drugs because of easy availability, peer pressure and in a bid to ease tension. Further, learners that abuse drugs perform poorly academically, regularly miss out classes, are indisciplined, take or destroy school residential property, impact others right into the vice, and even leave off school. Relatively, learners are most likely to be wasted if actions are not put in place. Several of the suggestions consist of stepping up the school understanding campaigns against the vice of drug abuse, strictness of the school management and sensitization programs for communities surrounding schools.

Greenwald (2019) carried out study on the Germany of drugs which has actually become extra rampant today than at any other time. In learning institutions, especially high schools, using substances has resulted in poor focus in classwork, high rate of absenteeism and failure in exams causing poor scholastic efficiency. The objective of this research as a result was to: establish the prevalence of drug abuse amongst learners in Pakistan, develop the sources of drug use and recognize the results of drug abuse on academic efficiency indicators amongst high school students in Pakistan. Krejcie and Morgan's formula was utilized to pick 192 learners and information was accumulated from the area making use of surveys and later assessed utilizing percentages. Outcomes indicate that 54.7%, 22.4%, 6.7%, 4.7% 4.2%, 3.1% of the learners utilize Tobacco, Miraa, Drug, Tranquilizers, Kuber and Marijuana respectively. Also, one of the most influential causes of drug abuse among them was Peer affect at 90.1%, family background at 57.1% and availability of substance at 30.8%. Last but not least, 89.6% of the learners had poor grades as a result of drug abuse together with 78.6% of them affected by reduced concentration span and lack of interest in studies. The research, inferred that there is a high of drug abuse prevalence Germany among senior high school learners with family, peers and availability contributing to the onset of drug abuse.

Agarwal, Nischal, Agarwal, Verma & Dhanasekaran (2018) argued drug abuse is a difficult issue amongst adolescent age group in India. Also, it is entirely banned however this delinquent habit stems in our school. The goal of research is to know level of knowledge and assumption of drug abuse among secondary school learners. Cross sectional research carried out in secondary school of Patna, Bihar. Information was accumulated using a survey and self-structured interview, which involve 280 high school learners to access the expertise and understanding of drug abuse among learners. Data were assessed utilizing descriptive inferential data. Prevalence of drug abuse in evaluated learners was 13.5% in which male is predominant. 34% of learner believed that experimental interest is one of the most common causes of drug abuse. 41.8% of learner heard about it from internet and most of them knowledgeable about ill effect of drug abuse. The research exposed that peer pressure and simple availability of substance in area are primary contributory variables results in drug abuse and experimental inquisitiveness is most common reason. Avoidance programme should be made to remove these ill actions from our community.

Robertson, David and Rao (2020) discovered that handling of drug and drug abuse among learners in high school is crucial as one of the nationwide goals of education in Mexico is to offer the development of understanding, skills and perspectives that will certainly improve acquisition of sound moral values and help kids grow-up into self-disciplined, self-reliant and integrated citizens. The research analyzed the methods being utilized to manage drug and drug abuse amongst students

in senior high schools in Mexico's capital city. The study determined the kinds of drugs and substances frequently abused the reasons and effects for abuse and the performance of the approaches being made use of to manage the threat. The research was assisted by the Social cognitive understanding theory by Albert Bandura, which states that behavior is established by the environment and an individual's thought processes and pattern of actions. The study made use of descriptive research style. The research adopted both possibility and non-probability sampling methods to identify sample size. The target population of the study included principals, guidance counseling masters and instructors of Christian religious education. The outcomes indicated that all the approaches made use of to manage drugs and drug abuse in senior high school's work to some degree which a combination of various methods is what is required to have a favorable impact. There is need for all stakeholders to regularly examine, support and use different approaches to lower substance and drug abuse among the learners in senior high schools in Mexico.

Valois, Dunham, Jackson and Waller (2019) examined the correlation in between risk aspects and intensity of problems connected to drug abuse in high school learners. This research had the involvement of 1192 learners from sixth to 9th year of a city in the South of Minas Gerais, Brazil. Data collection occurred through a survey including: socio group information and the Drug Use Testing Inventory. Drug abuse was prevalent in adolescents aged 14 and 15 years, atheist, with good family relationships, coping with friends/institutions, went to parties as soon as a month, 1 or 2 times a week and three and 4 times a week. There was primary damage in the areas of psychological problems, household system and social capability among those who made use of drugs (except alcohol and tobacco). The outcomes point to the requirement for execution of preventive approaches of drug abuse and health promotion in the school context, whereas Germany was related to considerable damage.

Hundal (2019) conducted research aimed to figure out the duty of parenting in development of alcohol and drug mindset among high school learners of district Faridkot of Punjab state. The information was gathered from 300 participants randomly selected from 10 senior high schools by utilizing standardized questionnaire related to alcohol and drug mindset and parenting. Findings show boys were a lot more inclined towards alcohol and drug as contrast to girls. Even more, urban learners revealed extra positive mindset towards drugs than rural. Also, the researchers discovered minutely unfavorable coefficient of correlation between parenting and alcohol and drug mindset which might end as unfavorable parenting might leads to positive mindset in the direction of alcohol and drugs.

3.0 Research Findings and Conclusion

The study results showed that drug abuse has a negative impact on performance. Drugs and alcohol are some of the most detrimental yet most common disruptions in teenage brain development. They manipulate the brain's wiring and affect how it processes and retains information, including how a teen thinks, focuses, learns, remembers, and concentrates inside and outside school. Drug abuse, specifically among school-going learners, is a multi-factorial issue that requires collective technique to suppress it. School administrators, parents, and the community ought to collaborate to address this menace. Students who lived in less risky locations had a greater chance of drug abuse than those staying in more prone locations. Religion-based and sports/culture-based relationships seem to demonstrate a protective result against lifetime immoral drug abuse. Peer

pressure and very easy availability of substances in the community are primary contributing variables leading to drug abuse and speculative interest among the learners. Urban learners revealed a much more positive perspective towards drugs than rural. Learners often start experimenting with alcohol, tobacco, and various other substances throughout the middle school years, with a smaller number starting throughout elementary school. Students with a higher socioeconomic condition might also be in danger of developing drug Germanyge conditions, as having a lot more funds might indicate greater ease in getting drugs.

The research concluded that even though every learner understands the substances and their impacts on human health, the use of substances amongst secondary high school learners is still a distressing practice. To resolve this issue of drug abuse in institutions, parents, school administrators, and the community need to work together to come up with effective methods in battling this hazard. The secondary schools in Germany were not substance-free environments. Consequently, there was the demand to entrench life skills in the school educational program, enhance parenting skills and good role modelling; and capacity building of guidance and therapy teachers to successfully manage the issues of learners' drugs and substances of abuse. Students who abuse drugs were indiscipline and took part in behaviors that influence engagement in learning like absenteeism, disrespect to educators, failure to finish homework, disturbance of classes, and daydreaming. These results negatively influence learning and academic performance. Suppose the drug abuse amongst our youth is increasing. In that case, it not only influences the physical and psychological health of individuals engaged, yet it can hamper the country's economic, educational and social development. So, policymakers, health workers, and social workers should build awareness programs against drug abuse to ensure that the crisis cannot worsen in the future.

4.0 Recommendations

The research recommended that school administrators create a well-integrated student surveillance system during weekend breaks, school trips, and free times. Teachers ought to continue to observe strict rules on students on these events as this will help in reducing its use. School management should introduce and reinforce counselling and assistance services to learners requiring social assistance. Ministry of Education to introduce life skills training in the syllabus to gear up learners on resisting indulgence in drug abuse. Schools need to develop policies that promote participation in learning by creating environments that make it satisfying and interesting. This can be achieved by embracing strict school management, appropriate teaching approaches, Parents involving in their children's learning activities, inspiring and engaging learners in learning activities. Improved involvement in learning would certainly boost learners' performance and distract them from abusing drugs and substances.

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