

## Attitude towards cough syrup abuse: A study of adolescents in Southwest Nigeria

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### Abstract

**Background:** One area of substance abuse among adolescents that has not been fully understood in the Nigerian context is the attitude of adolescents towards cough syrup abuse, as most related studies were either focused on attitude towards general substance abuse or substances other than cough syrup.

**Objective:** The main objective of this research explored the attitudes of adolescents towards cough syrup abuse in Southwest Nigeria.

**Methods:** By a stratified sampling method, 302 participants (152 males, 150 females; mean age=13.61 years, SD=2.09) were selected from secondary schools in Oyo state and Lagos state, Nigeria, and data were collected using standardized questionnaires. Guided by literature review, four hypotheses were stated and tested using t-test and correlation statistics.

**Results:** Findings indicated that male and female adolescents did not significantly differ in their attitude towards cough syrup abuse ( $t=-16.68$ ;  $DF=300$ ;  $P>.05$ ). Further results showed that, there was a significant positive relationship between adolescents' age and their attitude towards cough syrup abuse ( $r=.21$ ;  $DF=300$ ;  $P<.01$ ). Another result showed that, adolescents from polygamous family reported significantly higher positive attitude towards cough syrup abuse than their counterparts from monogamous family ( $t=-18.98$ ;  $DF=300$ ;  $P<.05$ ). The last finding showed that adolescents in Oyo state and Lagos state did not significantly differ in their attitude towards cough syrup abuse ( $t=.03$ ;  $DF=300$ ;  $P>.05$ ).

**Conclusion:** Adolescents' age and family marital structure are the variables found in this research that significantly accounts for their attitude towards cough syrup abuse, thus, it is imperative enough that as adolescents are growing older, they are rightly guided against giving into substance abuse. Also, parents/ caregivers of adolescents need to be actively involved in educating adolescents on the hazards associated with substance abuse.

### Biography:

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### Speaker Publications:

1. "It Feels Like I Am Weighed Down By Societal Demands': A Mixed Method Study of Gender Norm Attitudes and Psychological Wellbeing in a Sample of Nigerian Youths", European Scientific Journal/ Volume 16 Issue 5
2. "COMPASSION FOCUSED THERAPY (CFT) AS AN INTERVENTION AGAINST SUICIDAL IDEATION IN NEWLY DIAGNOSED PEOPLE LIVING WITH HIV/AIDS (PLWHA) ATTENDING A NIGERIAN MATERNITY TEACHING HOSPITAL" GLOBAL PSYCHIATRY — Vol 3 | Issue 1
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4. "Exploring Lay People's Beliefs about Psychology in the United Kingdom (UK)", international Journal of social sciences & Educational studies/Volume 7, No. 2
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