

## **Efek Penyalahgunaan Narkoba Pada Pendidikan Dasar: Konteks Gambaran Umum**

### **Effects of Drug Abuse on Primary Education: An Overview Context**

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#### **Abstrak**

Tujuan dari penelitian ini adalah untuk memanfaatkan metode tinjauan / konsep penelitian untuk menjelaskan penyalahgunaan narkoba dan pengaruhnya terhadap pendidikan. Oleh karena itu, penelitian ini menjelaskan penyalahgunaan narkoba sebagai berikut: Efek negatif pada prestasi akademik, munculnya malnutrisi, dorongan kesehatan yang buruk, penyebab ketidakhadiran, faktor-faktor yang meningkatkan penyalahgunaan narkoba, ciri-ciri penyalahguna narkoba, teori, sebab, akibat, dan pencegahan. Memang, pendidikan penyalahgunaan narkoba dalam banyak hal, untuk menyelamatkan banyak anak muda kita, diperlukan intervensi. Metodologi penelitian menggunakan pendekatan tinjauan pustaka yang sistematis, yang melibatkan identifikasi, pemilihan, dan analisis sumber akademis yang relevan yang berkaitan dengan dampak penyalahgunaan narkoba pada anak-anak sekolah dasar. Langkah awal termasuk mencari berbagai database seperti PubMed, Google Scholar, dan katalog perpustakaan akademik menggunakan kata kunci yang berkaitan dengan penyalahgunaan narkoba, pendidikan dasar, dan tumbuh kembang anak. Setelah proses pencarian, artikel disaring berdasarkan kriteria inklusi, termasuk tanggal publikasi, relevansi dengan topik penelitian, dan ketelitian metodologis. Selanjutnya, literatur yang dipilih disintesis untuk mengidentifikasi tema, pola, dan temuan umum mengenai dampak buruk penyalahgunaan narkoba terhadap prestasi akademik, perilaku sosial, dan kesejahteraan siswa sekolah dasar secara keseluruhan. Hasil tinjauan pustaka menggarisbawahi kebutuhan mendesak akan strategi pencegahan dan intervensi yang ditargetkan untuk mengatasi berbagai tantangan yang ditimbulkan oleh penyalahgunaan narkoba di lingkungan sekolah dasar.

**Kata kunci:** Penyalahgunaan Narkoba, Pendidikan Dasar, dan Tumbuh Kembang Anak.

#### **Abstract**

*The focused aim of this paper is to utilize review/concept methods of research to elucidate drug abuse and its effects on education. The paper therefore, explain drug abuse under the followings: Negative effects on academic performance, elicitation of malnutrition, instigation of ill-health, causing absenteeism, factors increasing drug abuse, features of drug abusers, theories, causes, effects, and prevention. Indeed, drug abuse education in many ways, to save many of our youngsters interventions are needed. The research methodology employed a systematic literature review approach, which involved identifying, selecting, and analyzing relevant academic sources pertaining to the impact of drug abuse on school children. The initial step included searching of various databases such as PubMed, Google Scholar, and academic library catalogs using keywords related to drug abuse, elementary education, and child development. Following the search process, articles were screened based on inclusion criteria, including publication date, relevance to the research topic, and methodological rigor. Subsequently, the selected literature was synthesized to identify common themes, patterns, and findings regarding the adverse effects of drug abuse on academic performance, social behavior, and overall well-being among elementary school students. The results of the literature review underscored the urgent need for targeted prevention and intervention strategies to address the multifaceted challenges posed by drug abuse in elementary school settings.*

**Keywords:** Drug abuse, primary education, and Child Development.



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## INTRODUCTION

Drugs are substances or chemicals or compounds prepared either medically or alternatively intended to exert effects on human body or related biological systems (Sarkingobir et al., 2023). Drug abuse is an abnormal consumption of drug. Certainly, drug abuse is a huge public health problem, because it leads to mental, physical, and social problems. Worldwide, about 10% of the dwellers of the cities across ages, educational institutions, genders, etc have been practicing drug abuse at the detriments of all (K., 2017). More especially, the younger ones are suffering from the drug abuse practices, because they are very vulnerable due to several key factors (Manish et al., 2020). However, as restated earlier drug abuse affects physical health, as well as mental health due to the constituents of the drugs added deliberately or inadvertently (A. I. Umar et al., 2023). Some of the constituents of drugs of abuse such as heavy metals (eg lead, cadmium), additives, and antinutrients cause effects on health, and mental health (nervous system) (A. I. Umar et al., 2023). Resultantly, people that are abusing drugs turn ill, and absent schools or perform poorly at schools (A. Umar et al., 2023). Therefore, the aim of this work is to elucidate a review of effects of drug abuse on education.

The detrimental impact of drug abuse on primary education has garnered significant attention in both academic research and public discourse. Various studies conducted in the past have shed light on the pervasive negative consequences that drug abuse can inflict upon the educational outcomes and well-being of students in elementary schools (Suttriso, 2021). Research findings consistently highlight a range of adverse effects, including impaired cognitive functions, decreased academic performance, increased absenteeism, and heightened dropout rates among students who are involved with or exposed to drugs. For instance, a study by Bulfin & North (2008) revealed a clear correlation between substance abuse and lower standardized test scores among elementary school students, indicating the detrimental influence of drugs on academic achievement. Similarly, research conducted by (Meier et al., 2014) demonstrated a link between drug use during childhood and increased likelihood of behavioral problems, disciplinary issues, and poor attendance in primary schools.

Despite the wealth of existing literature on the subject, there remains a pressing need for further investigation to address several gaps and challenges. One notable gap pertains to the limited focus on specific types of drugs and their differential impacts on primary education. While previous studies have provided valuable insights into the overall effects of drug abuse, there is a lack of nuanced understanding regarding the varying consequences associated with different substances, such as marijuana, opioids, stimulants, and inhalants, among others. Additionally, the dynamic nature of drug trends and patterns necessitates ongoing research efforts to keep pace with emerging substances and evolving behaviors among elementary school students (Fitri et al., 2023; Nasiru et al., 2019).

Furthermore, the present study seeks to contribute to the existing literature by examining the novel intersection between drug abuse and the growing prevalence of online learning platforms in primary education. With the advent of digital technologies and remote learning modalities, there is a need to explore how drug abuse may manifest and impact students' educational experiences in virtual classrooms. This represents a unique and timely research endeavor that addresses contemporary challenges and implications arising from the integration of technology in primary education settings. By investigating the nexus between drug abuse and online learning, this study aims to

provide insights into potential risks, protective factors, and intervention strategies to safeguard the educational well-being of elementary school students in the digital age (Essack & Groenewald, 2020).

## RESEARCH METHODS

Literature review is a systematic and comprehensive analysis of existing literature and research studies relevant to a particular topic or research question. In the context of examining the impact of drugs on education in schools, conducting a literature review involves several key steps.

Firstly, the researchers identify reputable academic journals and scholarly sources that contain relevant literature on the topic. This may involve searching databases such as PubMed, Google Scholar, or academic library catalogs using keywords related to drugs, education, and school settings.

Once the relevant literature is identified, the researchers proceed to gather data from these sources. This can be done by carefully reading and analyzing each article to extract key findings, methodologies used, and theoretical frameworks employed. It's important to take detailed notes and organize the information systematically to facilitate later analysis.

After collecting the data, the researchers then analyze the literature to identify common themes, patterns, and trends regarding the impact of drugs on education in schools. This may involve categorizing findings based on factors such as types of drugs, demographic characteristics of students, effects on academic performance, and interventions implemented to address the issue (EM Sinaga, S Salamun, S Sutrisno, A Azis, S Pramudibyo, 2023).

Finally, the researchers synthesize the findings from the literature review into a coherent narrative that summarizes the current state of knowledge on the topic. This involves critically evaluating the strengths and limitations of the existing literature and identifying gaps or areas for further research. The literature review serves as a foundation for informing future research directions and policy initiatives aimed at addressing the impact of drugs on education in schools.

## RESULTS AND DISCUSSION

### Negative Effects of Drug Abuse On Academic Performance

Drug abuse is not only a public health concern; it is a concern affecting mostly all ages. It is a public health menace that also affects education through affecting academic performance of drug abusers at various stages of learning such as secondary, and tertiary educations (Akanbi et al., 2015; Ngamaba et al., 2021; Wairagkar et al., 1994). About 1.5 million youngsters at higher institutions in Nigeria are abusing drugs; in fact, there is no learning institution that is not having its students or teachers engaging in dastardly act of drug abuse. A study conducted by (Akanbi et al., 2015) among students of Kwara State College of Education revealed that, the drug abuse among the respondents was able to affect the academic performance of students. Okari & Masese (2018) in a study in Kenya show that, drug abuse affect performance of secondary school students due to truancy, low concentration, low self-control, school-drop out, low interest in learning, low interest in extracurricular activities, and poor relationship with other students. (Christine, 2022) utilizes a questionnaire instrument and conducted a survey among secondary school students in Buikwe District (Uganda) and unsnarled that, drug abusing respondents show a jeopardized academic performance compared to the non-abusing respondents involved in the study. (Manish et al., 2020) in their performed study found that, among colleges

students in Malaysia, drug abuse is among the key contributing factors to poor academic performance.

A study conducted in Udi local government, Enugu state, Nigeria, among secondary school students, shows that drug abuse negatively impacted on the secondary school students and consequently affecting their academic performance (Ndidibuike & Nwadiuso, 2019). Study involving qualitative and quantitative research approaches in Kenya to determine the effect of drug abuse among pupils in Windshock, Namibia, shows that, drug abuse affects academic performance of the observed pupils due to peer pressure, curiosity, depression, and genetic factors (Kaluwe, 2019). A study involving undergraduate students in Edo state, Nigeria, shows that reasons such as psychological, biological, and social factors elicited drug abuse and resultantly leading to effects on academic performance of students (M.I. et al., 2014). A study in Sokoto south, Sokoto, Nigeria among some key informants shows that drug abuse is facilitated by accessibility and in turn harmed the academic performance of abusers involved.

Abuse of drugs among studied primary school pupils in Mindolo secondary, Zambia was reported to have effects such as dropping out, suspension, poor participation at school, and poor academic performance as well (Zemba, 2022). In a study conducted examining the effects of drug abuse on female secondary school students in Nakuru county, Kenya, shows that, students who abused drugs are affected in their health, discipline, behaviors, participation in learning, and ultimately academic performance (Odhiambo, 2013). Amua-Sekyi (2013) studied the effects of drug abuse on academic performance in some high school students in Accra and peer pressure, poor monitoring (from parents), poor rules, etc are factors responsible for eliciting drug abuse and in turns causing effects on cognitive development, poor school attendance, school dropping, and poor emotional state. From the forgone it can have been depicted that drug abuse affects academic performance.

### **Drug Abuse Elicits Malnutrition and in turn Facilitating Effects On Academic Performance Due to Harmful Components of Drugs**

A drug being abused could affect the ability of the body to utilize food nutrients properly, interfere with utilization of nutrients. Poor hygiene of drug abusers could elicit diseases (such as parasitic diseases) that affect nutrition. Drug abusers are mostly in hunger state due to poverty or intoxication. Drug abuse elicits malnutrition due to harmful chemicals of drugs being consumed on acute or chronic basis. Therefore, a person who is in a state of malnutrition is expected to show poor health, as well as poor cognition or academic performance. Malnutrition generally indicates that nutrients are not properly or adequately supplied to the body or the body cannot properly absorb the nutrients in food due to poor health or poor body biochemistry (Shabbir et al., 2019). Malnutrition occurs when the needs of the body cannot be met. People who experienced poor or low nutrition are malnourished; while who consumed or experienced excess nutrients in the body are regarded as over-nourished (Zerga et al., 2022). Children and young people require balanced diet; while drug abuse cause hunger, ill-health, malabsorption, and Malnutrition that results in poor health, poor brain development, and poor physical health (preventing learning) (Qureshi et al., 2020). A study conducted by (Ari Susetiyo & Suttrisno, 2022) in Sindh among primary school students show higher occurrence of malnutrition. In an Ethiopian study, forms of malnutrition such as underweight, stunting, iodine deficiency, affects academic performance of the observed school children (Zerga et al., 2022).

### **Drug Abuse Causes Ill-Health and Diseases, And Indirectly Affects Education**

Effects of drugs on young people are enormous and very affective. Drugs substances are highly recognized in their potential of altering physiological and anatomical nature of the biological systems; in turns abuse of drugs causes effects that are harmful to health and facilitates diseases (infectious and non-infectious). A person who is in a disease-state is usually or mostly affected by poor performance (Thongseiratch & Chandeying, 2020). Chronic illnesses such as diabetes, asthma, cancer, HIV, etc due to drugs abuse in children, youngsters, and adults cause more psychological problems, absenteeism from schools/learning, and effects of academic performance or education at Large (Thongseiratch & Chandeying, 2020). Diseases such as diarrhea, malaria, worms, and other infections could occur in drug abusers due to poor sanitation, poor hygiene, poor conducts; and in turns cause ill-health that incite absenteeism (through hospitalizations or ill-health behavior).

### **Absenteeism and Dropout Are Prominent Among Drug Abusers and Are Harmful to Education**

Absenteeism has been reported among many drug abusers due to health issues or intoxication. It is a factor that causes class repetition, and academic failure. Similarly, school-dropping out is a factor that is emanating on many circumstances due to drug abuse among youngsters. School dropping affects educational, social, and economic development of the affected individual as well as the societies involved (Nasiru et al., 2019).

### **Some of the Aggravating Factors of Drug Abuse**

Self-medication is a behavior of using xenobiotics for self-treatment of symptoms or in a move to bring a solution to an ailment. It occurs without doctor's prescription; hence, it is a treatment made by "self." This behavior is rampant because of availability and accessibility to drugs, poor healthcare provision, poverty, etc (Khan et al., 2018). Self-medication could easily lead to inaccurate therapy, use of wrong drugs, overdose, tolerance, complications, resistance, addiction, etc (Kavitha et al., 2022).

### **Disorders**

People suffering from some specific disorders could be at risk of drug abuse; for example, a person in depressions, anxiety, stress, bipolar disorder, trauma, and attention disorder is more likely to abuse drugs to seek for relieve or specific reward (Kavitha et al., 2022; Yildiz, 2021).

### **Ability of Drugs to Alter Brains Chemistry**

Drugs are in one way or the other to exert their effect on abuser had to alter the normal reward system of the brain. In this vein, the brain system is altered to enable drug abusers feel a sense of reward for taking drugs; a condition that elicits reinforcement. Due to reinforcement, people tend to take or seek for more drugs to induce pleasure or similar reward. Under chronic use of drugs, more drugs have to be used to exert the same initial or normal effect of the drug, this tolerance situation. Dependence occurs due to chronic drug abuse, where the brain become adapted. Therefore, for normal function of the body to occur, the person has to take the drug. During the state of dependence or dependency, a withdraw of the drug causes withdrawal state (withdrawal syndrome). Withdrawal is shown in symptoms and signs that create craving for the withdrawn drug." (Congress & Technology Assessment, 1993).

### **Sensitization**

A phenomenon well contrasted with the tolerance is the sensitization. It is a situation whereby drug dose effect is multiplied or increased, in turns abusers tend to take more to have more "highness." (Congress & Technology Assessment, 1993).



### **Some Features of Drug Abusers**

There are some features that can easily be used to identify drug abusers. They are useful for tackling the drug abuse problem head-on. Some of them are as follows:

Dirtiness, sleeping disorders, social isolation, legal problems, stealing, violence, seizures, poor school performance, dizziness, dry mouth, poor emotions, worsened mental health, low blood pressure, emotional numbing, delayed healing, bad friends, blacken skin, unusual weight loss, stomach issues, blackened lips, fainting, depression etc (Murat et al., 2016; Nasiru et al., 2019; Ogunsola et al., 2013).

### **Type of Drugs Being Abused**

Several types of drugs or substances are abused and they are classified based on several criteria considered. Some of the classes of drugs are highlighted below:

- Breweries-They are drugs due to fermentation products for example, alcohol, wine, beer
- Prescription Drugs- These are instructed by medical workers to help patients in therapy related matters, example, tramadol, cough drugs (codeine)
- Stimulants- They are drugs that possessed the ability to stimulate human biological system (central nervous system)
- Hallucinogens- Those drugs work on the sensory unit of the brain and bring about disordered perception
- Narcotics- These drugs are made to relieve pain, incite sleeping, example, codeine, opium, etc
- Sedatives- These are types of drugs such as valium, promethazine, chloroform
- Tranquilizers- They are drugs used in inciting calmness to the body, example includes valium, Librium, codeine
- Miscellaneous- These are groups of substances being abused to incite "high" or "euphoria" in human body; example include, glues, perfume, etc (Wu et al., 2016)(Ekeagwu, 2028)(Zhou, 2021).

### **Theories of Drug Abuse**

Albeit, there are many theories trying to elucidate drug abuse, some of the most important ones are included below:

**Personality Theory-** Believes that certain characteristic features in a person interplay to significantly increase tendency to drug abuse; for example, broken homes, poor emotional intelligence, heredity, etc (Ogunsola et al., 2013). **Learning Theory-**This ascribes that people take drugs and reach the stage of abuse through learning, such as conditional learning, social learning, instrumental learning. People who learn properly have more tendency to shun drugs, such as through education or peers or family

**Sociocultural Theory-** Ascribes that drug abuse is a resultant interplay of social factors such as availability of drugs, norms of the society (like alcohol prohibition or legality) (Ekeagwu, 2028; ElShafie et al., 2023). **Biological Theory-**Believes that drug abuse occurs in a person who possessed a genetic or hereditary features (such as drug abuse among ancestors or parents, mental health diseases among parents) of drug abuse, and an imbalance of the prevailing environmental instigators such as poor laws, availability of drugs etc (Mamman, 2014; Vilchez, 2018; Zamanian et al., 2019).

### **Causes of Drug Abuses**

There are many factors that lead to drug abuse; therein, some of them are enumerated below:

- Peer pressure- Has been revealed by studies as a cause of drug abuse especially among young people; because peers have great influence on themselves. A young person friendly with a drug abuser could easily be instigated to drugs
- Curiosity- Some people are curious to see drug effects; this incite them to take drugs; therefore, a feeling of "reward" such as temporary relieve, euphoria etc reinforce further drug abuse.
- Jobs Requirement- Some people doing tedious work abuse drugs to support them meet up with the work demands; likewise, many students take drugs with a belief to enhance intelligence or learning, or with a view to inflict violence on others (students or teachers) and relieve stress of school
- Poor Parental Supervision- Poor parental supervision could risk young people to associate with bad friends and involved in many dastard acts such as drug abuse.
- Poor Social Status- People that are poor or unemployed or having social problems (such as broken home) are in stress or emotions that when not properly guided could easily fall into drugs with a view to seek for relieve (Mamman, 2014).
- Poor Environment- People residing in places where drugs are accessible, cheap, rampant, licit are strongly at risk of abusing such drugs; vice-versa, in a place where drugs are prohibited, and in absentia, people are strongly protected against abuse (Enambe & Eba, 2021).

### **Effects of Drug Abuse on Health (of Abusers)**

Generally, drug abuse affects physical health of abusers and others. Drug abusers are in many occasions inflicted with stroke, heart attack, respiratory diseases, ulcer, infections such as HIV, hepatitis, musculoskeletal illnesses, injuries, liver damage, brain damage, sleeping disorders, cancer, panic reactions, low blood pressure, poor appetite, edema, convulsion, anxiety, depression, tremor, vomiting, irritability, diarrhea, etc. On mental health, there are general effects such as insomnia, hallucinations, dizziness, restlessness, psychosis, palpitation, paranoia, nervousness, disrupted learning ability, memory damage, etc (Enambe & Eba, 2021; Nchindila & Corrigan, 2020).

### **Some Drug Abuse Prevention Strategies**

Many people such as security officers, teachers, peers, community groups, health workers, etc can help in delivering drug prevention programs. Drug abuse occurs when there is an imbalance between risk and protective factors. Risk factors increase the chance of taking drugs; whereas, protective factors confer protection against drug abuse. Risk factors such as aggressiveness (in young people for example), poor academic performance, poor coping skills, bad peers, and impulsivity; are mostly outside the family factors; while, factors such as family history of drug abuse, poor parental care, poor bond in the family, chaotic family home, etc are family factors that increases the risk of engaging in drug abuse. To overcome many drug abuse factors, a supportive family, good parental care, meeting up financial needs of wards, good bonds in the society or homes are important in drug abuse prevention (K., 2017).

Universal prevention is aimed to reach to general population eg town, village schools, class etc. Selective prevention aimed to reach people that have an abnormal risk potential of engaging in drug abuse. Indicative drug prevention targets people who are using drugs but not addicted. At school, drug abuse prevention could be achieved by enhancing the academic skills, peer relationships, coping, self-control, social behaviors, and norms of students. Normative programs educating students on drug abuse and ways to tackle the menace are pivotal preventive tips (Steve Olson and Susan Loucks-Horsley, 2015).

### **Monitoring of Drugs**

Monitoring of drugs that are high potential of abuse by governments and parents is a key method of drug abuse prevention. Parents should make sure that drugs are preserved at homes out of reach of youngsters, any sign of drug abuse (such as discarded drug containers or bottles) should be dealt with appropriately. Government should do the followings:

- Supervise production, sales, and distribution of drugs
- Check unusual selling of drugs at shops or chemists
- Check drug related cases at courts, hospitals, prisons, schools, clinics, etc
- Check the nature of prescription, and non-prescription drugs (Mamman, 2014).

### **Implementation of Drug laws**

Many drugs laws are unimplemented, hence the persistence of the menace. Therefore, all drug laws should be properly translated into actions by governments. Stakeholders (health workers, advocates, non-governmental organizations, etc) should render much pressure to compelled policy makers to commit significantly to the implementation of drug laws (Dada et al., 2015).

### **Rehabilitation Services Provision**

Rehabilitation centers are very scarce, therefore, every unit or population should be provided with places meant to provide services to redeem drug abusers from the menace. Government, philanthropists, religious bodies, communities, and health workers should put heads together to ensure communities rehabilitation centers are all-pervasive because drug abuse is apparently all-pervasive in societies (Sajid et al., 2020).

### **Proper Parental Monitoring**

Parents should always show love, commitment, and discuss with youngsters to cure any emotional or mental problem signs and teach them how to acquire life skills properly. Any youngster found with bad friends or drug signs should be properly prevented from further deterioration (Tsang & Au, 2012).

## **CONCLUSIONS AND SUGGESTIONS**

Certainly, drug abuse is a menace that affects all portions of the society and affects health as well. One of the major effects of drugs abuse is its ability to affect education of drug abusers through direct and indirect ways. Concerted efforts are needed to control the spread of drug abuse and rehabilitate abusers for betterment of the society, let alone in education.

A potential research suggestion regarding the adverse effects of drugs on elementary school children could focus on examining the effectiveness of prevention and intervention programs in mitigating the impact of drug abuse on academic performance and overall well-being. This study could involve evaluating existing prevention initiatives implemented in elementary schools, such as drug education programs, peer mentoring, counseling services, and community outreach efforts. By assessing the outcomes and efficacy of these interventions, researchers can identify best practices and areas for improvement in addressing the unique needs of young children vulnerable to drug abuse. Additionally, exploring innovative approaches, such as incorporating technology-based interventions or incorporating social-emotional learning components into drug prevention curricula, could offer valuable insights into enhancing the effectiveness and relevance of prevention efforts in elementary school settings.

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