



Investigative Study on Psycho–Social Determinants of Drug Addictiveness among Nigerian Universities Athletes

Adeniran O O ^{1*}, Akindolie S P ²

¹⁻² Department of Science, Faculty of General Studies, Adeyemi Federal University of Education, Ondo, Ondo State, Nigeria

* Corresponding Author: Adeniran O O

Article Info

P-ISSN: 3051-3502

E-ISSN: 3051-3510

Volume: 07

Issue: 01

Received: 10-02-2026

Accepted: 08-03-2026

Published: 06-04-2026

Page No: 171-174

Abstract

Descriptive survey research design was adopted for this study. The population of the study comprised, student-athletes from Nigerian Universities. The sample size of the study was One hundred and twenty (120) respondents selected, through a simple random sampling technique. Two research questions were raised to guide the conduct of the study. Self-structured research instruments by the researchers were used to obtain data for the study, titled “Questionnaire on Investigative Study on Psycho-Social Determinants of Drug Addictiveness among Nigerian Universities Athletes (QISPDDANUA)”. It was test-retested on the four Likert rating scale of Strongly Agreed (SA), Agreed (A), Disagreed (D), and Strongly Disagreed (SD), rated on 4, 3, 2 and 1 respectively, complemented with qualitative data obtained through FGD (Focus Group Discussions). The research instruments were validated by two experts in Measurement and Evaluation while its reliability was determined using the test-retest method at two weeks interval. The reliability coefficient established was 0.87. Descriptive statistics (simple percentages, frequency counts and mean) were used to analyze the data. The quantitative data that were generated with the questionnaire were collected, transcribed and analyzed. Based on the results, it was found that drug addictiveness negatively affects the performance of Nigerian University student-athletes not significantly. Also, there is a psycho-social motivation in athletes' performance, which could be enhanced through awareness and counseling. Recommendations were therefore, made based on the conclusions that NUGA should device method of discovering athletes under the influence of drug substances. Also, severe punishment should be given to athletes found to be taken drug, and so on.

Keywords: Psycho-social, Determinant, Drug, Addictiveness, Athletes

Introduction

Background to the Study

Globally, sporting activities promote unity, friendship, oneness among others. Thus, serves as a rationale for the nation's commitment to funding, commitment and prioritization by nations on sporting activities. However, beyond national involvement in sports, educational sectors of many nations have also, realized the values and benefits of promotions sporting activities. Since, it values manifests in the following areas; physical and mental health, skills development, career and life success. Perhaps, this is also, a reason for incorporating Physical and Health Education in schools' curriculum, starting from basic education to tertiary level. Physical Education is a vital component of a well-rounded education and the incorporation of sports into the school curriculum can play a pivotal role in shaping the holistic development of students. Beyond the obvious health benefits, engaging in sports at schools fosters valuable life skills, promotes teamwork, enhances mental well-being and contributes to a more vibrant and inclusive school community. (National Academy of Athletics, 2024) ^[1].

Hossain (2025) ^[2], reported that several individuals have achieved various success relate to academic achievement as a result of participation in schools' sports programme. Nguri (2024) ^[3] asserted that there is a good correlation between sports participation and academic achievement among youths. Sports benefits daily life through improved physical health, mental well being and

social skills. They help maintain a healthy weight, build strong bones and muscles and reduce the risk of chronic diseases like heart disease and diabetes. Mentally, sports can reduce stress and boost mood while socially, they foster teamwork, communication and leadership abilities. The above picture depicted on the advantages of sports in educational sector precipitated.

Specifically, Nigerian University Games (NUGA) is a biennial sporting event that brings together student-athletes from universities across Nigeria. NUGA stands for Nigerian University Games Association. It is a body that organizes a biennial sporting event for athletes in university sites in Nigeria. The games promote sports in education and encourage unity. Through NUGA many athletes from Nigerian universities have represented Nigeria at international sporting activities.

However, the reality today is that just as cases of drug substances usage at times are being discovered among student-athletes locally, nationally and internationally, So also, in few occasions, athletes' addictiveness to drugs was also discovered during the NUGA events. Chukwurah, Okeke, Osondu, Okpe and Ugwuanyi (2024) stressed that the use of illicit drugs is detrimental to the wellbeing of individuals, including student-athletes. Globally, illicit drug use is a major public health issue and its consumption is very rampant among the youth worldwide. The most reported illicit drug used among student-athletes during NUGA events includes hard drugs like marijuana, tramadol, and morphine. There are other drug substances not listed but less consumed by student-athletes in Nigeria. Most of these drugs endanger the health status of student-athletes. They have created many challenges at collegial and universities sporting activities centres. These challenges have become very worrisome to sport event planners and administrators. There were instances where some of the athletes during sports competition, exhibited unnecessary violence, fighting, protest, violation against the planning committee. Raping, smoking, drinking, vandalism, unprovoked sex, aggressiveness, anxiety, inability to focus, depression, irritability hooliganism and conflict among the athletes are the cases at times. These have jeopardized many objectives of NUGA in Nigeria (Nkoli, 2011)^[5].

The addictiveness to drugs during sports programme by student-athletes has been sourced in carrying out various researches in recent times to academics. Several studies had even carried out both positional and empirical studies on drug consumption and allied issues on sporting activities of tertiary institutions in Nigeria. The researchers observed that focus had not been on psychosocial determinants of drug addictiveness among Nigerian universities athletes, thus serves as a motivational factor for conducting the study by the researchers.

Statement of the Study

NUGA sporting activities are specifically organized biannually for student-athletes in Universities in Nigeria to promote unity and enable them to exhibit or show their potential. However, one of the observed challenges to the program has been addictiveness to drugs or hard substances consumption. This has remained a major set-back to NUGA. The researcher therefore, carried out investigative study on

Psycho-Social Determinants of Drug Addictiveness among Nigerian Universities Athletes.

Objectives of the Study

The broad objective of the study was on investigative study on psycho-social determinants of drug addictiveness among Nigerian Universities Athletes. The specific objectives were to:

1. determine the motivation for taking drug substances by student-athletes in Nigerian Universities; and
2. ascertain effects of taking drug substances on student-athletes performance in Nigerian Universities.

Research Questions

Two research questions were raised to guide the conduct of the study:

1. Does drug substances usage by student-athletes has psycho-social motivation in Nigerian universities?
2. Does drug addiction have effects on student-athletes' performance in Nigerian universities?

Significance of the Study

The results of this study will be significant in the following ways;

Firstly, the results of the study will enable NUGA to know why student-athletes are indulging in taking drug substances during sporting activities. The result of the research will also give NUGA a base line data on effects of drug addiction on student-athletes' performance.

In addition, the results will enable NUGA to develop coping strategies to curtail drug substance consumption during sports activities.

Finally, the study will add to extant literature within the confine of the study thus, serves as a good source of reference for researchers in future. The study will be made accessible by public through, Open Educational Resource (OER).

Methodology

Descriptive survey research design was adopted for the study. The population of the study comprised student-athletes from Nigerian universities. The sample size of the study was one hundred and twenty (120) students-athletes that were selected through a simple random sampling technique during the last NUGA held in Jos. Two research questions were raised to guide the study.

Self-structured research instruments designed by the researchers were used to generate data for the study titled "Questionnaire on Investigative quantitative Study on Psycho-social Determinants of Drug Addictiveness Among Nigerian Universities Athletes (QISPDDANUA)." It was fashioned on four Likert rating scale: Strongly Agreed (SA), Agreed (A), Disagreed (D), and Strongly Disagreed (SD) rated on 4, 3, 2 and 1 respectively; complemented with qualitative data obtained through Focus Group Discussion (FGDs). The research instrument was validated by two experts in Measurement and Evaluation, while its reliability was determined using the test-retest method at two weeks interval. The coefficient reliability was obtained at 0.78. The quantitative data were analyzed using descriptive statistics (frequency counts, simple percentage and mean (\bar{X})), while qualitative data were collated, transcribed, and analyzed qualitatively.

Presentation of Findings and Discussion of Results**Presentation of Findings****Research Question:** Does drug substances usage by student-

athletes has psycho-social motivation in Nigeria Universities?

Table 1: Showing findings simple percentages frequency counts and mean (x) on does drug substance usage by student-athletes has psycho-social motivation in Nigerian Universities

S/N	Items	SA%	A %	D%	SD %	N %	Mean	Decision
1.	Does drug usage always fear of your low performance?	3 2.5	12 10	9 7.5	96 80	120	1.35	Rejected
2.	If you take drug will you have boldness to perform?	3 2.5	6 5	2 1.66	109 90.83	120	1.19	Rejected
3.	Does drug usage give you self-confidence and self-esteem to exhibit good performance	6 5	1 0.83	14 11.66	99 82.5	120	1.28	Rejected
4.	Drug usage does not give me self-confident and self-esteem to perform very well in the competition	69 57.5	23 19.16	11 9.16	17 14.16	120	3.2	Accepted
5.	I am indulging in drug consumption due to the peer group influence during sport events	9 7.5	4 3.33	16 13.33	91 75.33	120	1.42	Rejected
6.	Drug usage has no link with peer-group influence	4 11.66	9 7.5	19 15.83	88 73.33	120	1.40	Rejected
7.	I feel taking drug, it make me to be feel superior than other athletes	9 7.5	1 0.83	33 27.5	77 64.16	120	1.51	Rejected
8.	My superiority to other athletes has nothing to do with drug consumption	59 49.16	29 24.16	19 15.83	13 10.83	120	3.11	Accepted
	Total Weight	162 16.87	85 8.85	123 12.81	590 61.45		1.80	Rejected

Source: Field Survey, 2025

KEYS: N = Total Number of Respondents, C = cut off-point, x = Mean, SA = Strongly Agreed, A = Agreed, D = Disagreed, SD = Strongly Disagreed
N = 120, C = 2.5

Table 1 above, presents the findings on research question one. On Item (1), responses got showed, 3 (2.5), 12 (10), 9 (7.5) and 96 (80) for strongly agreed, agreed, disagreed and strongly disagreed. On Item (2), the following responses were got; 3 (2.5), 6 (5), 2 (1.66) and 109 (90.83) for strongly agreed, agreed, disagreed and strongly disagreed, respectively. On Item (3), responses obtained were 6 (5), 10 (0.83), 14 (11.6) and 99 (82.5%) for strongly agreed, agreed, disagreed and strongly disagreed. On Item (4), the following responses were got; 69 (57.5), 23 (19.16), 11 (9.16) and 17 (14.16) for strongly agreed, agreed, disagreed and strongly disagreed, as well.

On Item (5), responses indicated: 9 (7.5), 4(3.33), 16 (13.33) and 91 (75.83) for strongly agreed, agreed, disagreed and strongly disagreed. On Item (6), the following responses were got: 4 (1.1), 9 (7.5), 19 (15.83) and 88 (73.33) for strongly

agreed, agreed, disagreed and strongly disagreed. On Item (7), responses obtained showed: 9 (7.5%), 1 (0.83), 33 (27.5%) and 77 (64.16%) also. On Item (8), the following were got as responses; 59 (49.16%), 29 (24.16), 19 (15.83) and 13 (10.83) for strongly agreed, agreed, disagreed and strongly disagreed.

The total weight of the findings showed that the average rating scale of four ($X = 2.5$) was greater than the mean of average rating scale of four ($X = 1.80$), which indicates that drug substances usage and addictiveness by students-athletes has no psycho-social motivation on Nigerian Universities.

Research Question 2: Does drug substances usage by student-athletes has psycho-social motivation in Nigeria Universities?

Table 2: Showing simple percentages, frequency counts and mean (x) on does drug addictiveness has effects on student-athletes performance in Nigerian Universities

S/N	Items	SA%	A %	D%	SD %	N %	Mean	Decision
9.	Dugs substance consumption gives me extra energy during sport events	9 7.5	7 5.83	13 10.83	91 75.83	120	1.45	Rejected
10.	Drugs substance consumption does not add to my energy during sports events	89 74.16	8 6.66	19 15.83	4 3.33	120	3.51	Accepted
11.	By taking drug substance, I believe that I can emerge the best during sporting activities	3 2.5	10 8.33	15 12.5	92 76.66	120	1.36	Rejected
12.	I can still emerge as the best without taking drug substance during sporting activities	69 57.5	23 19.16	15 12.5	13 10.83	120	3.23	Accepted
13.	Not consuming drug substances has being causing my low performance during sports	9 7.5	1 0.83	33 27.5	77 64.16	120	1.51	Rejected
14.	If I consume drug substance, I will be coming first in sports	13 10.83	11 9.16	27 22.5	69 57.5	120	1.73	Rejected
	Total Weight	192 26.66	60 8.33	122 16.94	346 48.05		2.13	Rejected

Source: Field Survey, 2025

KEYS: N = Total Number of Respondents, C = cut off-point, x = Mean, SA = Strongly Agreed, A = Agreed, D = Disagreed, SD = Strongly Disagreed
N = 120, C = 2.5

Table 2 above, presents the findings on research question two as follows: On Item (9), the following responses were got: 9 (7.5), 7 (5.83), 13 (10.83) and 91 (75.83) for strongly agreed, agreed, disagreed and strongly disagreed. On Item (10), responses got were: 89 (74.16), 8 (6.66), 19 (15.83) and 4 (3.33) for strongly agreed, agreed, disagreed and strongly disagreed, respectively. On Item (11), the following responses were got; 3 (2.5), 10 (8.33), 15 (12.5) and 92 (76.66) for strongly agreed, agreed, disagreed and strongly disagreed, respectively. On Item (12), responses got were: 69 (57.5), 23 (19.66), 15 (12.5) and 13 (10.83) for strongly agreed, agreed, disagreed and strongly disagreed, as well. On Item (13), responses got were: 9 (7.5), 1 (0.83), 33 (27.5%), and 77 (64.16) for strongly agreed, agreed, disagreed and strongly disagreed, respectively. On Item (14), the following responses were got; 13 (10.83), 11 (9.16), 27 (22.5) and 69 (57.5) for strongly agreed, agreed, disagreed and strongly disagreed, respectively.

Generally speaking, the total weight of the findings showed that the average rating scale of four ($x=2.5$) was greater than the mean of average rating scale of four ($x=2.13$), which indicated that drug addictiveness has no effect on student-athletes' performance in Nigerian Universities.

Discussion of Results

The result on research question one indicated that taking drug substances by student-athletes in Nigerian Universities had as psycho-social motivation, which is contrary to the view of Reardon (2014)^[6] that athletes are using drugs to enhance their performance. The result were also corroborated by some of the discussants during the Focus Group Discussion session. A male discussant stated that:

"There is no reason why athletes must be taking drugs substance during competition because they have detrimental effect on athlete's health."

A male athlete from University of Lagos (FOGD) in the same light, another student-athlete had this to say:

"Taking drugs will make me to lose focus during competition A female athlete from university of Port-Harcourt (FGDs).

The result of research question two revealed that drug substances could not enhance student-athlete performance during sporting activities. The result negates the views, opinions and findings on several studies on drug substance and performance of athletes. This result was also, corroborated by the submission of some discussants during FGDs.

A discussant said that most athletes indulge in drug/substance consumption during sporting events because some believe it gives pleasure and not necessarily to energize them to perform better than others, most of drugs make athletes to become weak even before the competition- A male athletes from Ahmadu Bello University, Zaria (FGDs).

Similarly, another discussant stated that most athletes indulge in the smoking of marijuana, drinking and other hard drugs are doing so for socialization and out of ignorance. There is no way drugs can make someone to exhibit good performance – A male athlete from University of Nsukka (FGD).

Conclusion

Based on the results of the study, conclusions were made that drug substances and addictiveness by student-athletes in Nigerian Universities have no psycho-social motivation. Also, performance could not be enhanced through the process.

Recommendations

The following recommendations were made based on the conclusion of the study:

1. During NUGA competition the organizers and planners should device means of sensitizing athletes on the negative effect of taking drug substances during sporting activities.
2. NUGA should device methods to discover athletes that will be on drug during the sporting events
3. Drugs should not be allowed to be brought to NUUGA centres.
4. A severe punishment should be given to any athlete discovered to have taken drugs/used so on.

References

1. National Academy of Athletics. The importance of incorporating sports into the school curriculum [Internet]. 2024 [cited 2025 Nov 10]. Available from: academyofathletics.com
2. Hossain Z. Effects of sports on the students: a study on the students of Bangladesh. *Glob J Hum Soc Sci Interdiscip.* 2025;25(2):1.
3. Nguri M. Effects of sports participation on academic performance in adolescents. *Am J Recreat Sports.* 2024;3(1):10-12.
4. Chukwurali L, Okeke-Osondu JO, Okpe O, Ugwuanyi CL. Illicit drug use among student-athletes in a Nigerian university: prevalence and socio-demographic factors [Internet]. 2024 [cited 2025 Nov 10]. Available from: researchgate.net
5. Nkoli F. Influence of drug use on athletes' behaviour during Nigerian Colleges of Education Games Associations in North Central Geo-political Zone [thesis]. Zaria: Ahmadu Bello University; 2011.
6. Reardon C. Drug abuse in athletes [Internet]. National Library of Medicine; 2014 [cited 2025 Nov 11]. Available from: <https://pubmed.ncbi.nlm.nih.gov/>

How to Cite This Article

Adeniran OO, Akindolie SP. Investigative study on psycho-social determinants of drug addictiveness among Nigerian universities athletes. *Int J Multidiscip Evol Res.* 2026;7(1):171-174.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution NonCommercial-ShareAlike 4.0 International (CC BYNC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.