

# Islamic Appraisal of the Causes, Effects and Solution of Substance Abuse Among Muslim Youths in Nasarawa West Senatorial District, Nasarawa State, Nigeria

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**Abstract:** Youths prefer an autonomous and independent life that is free from adult control, thereby engaging in various delinquent acts like substance abuse, rape, robbery, cultism, hooliganism and vandalism that are dangerous to the home, community, school and the nation at large. The effects of substance abuse among youths has been a stigma of moral decadence, violence, thuggery, assault, madness and murder. This research attempts to provide the Islamic appraisal of the concept of Substance abuse, types, causes, signs, symptoms, effects and solution of substance abuse particularly among the Muslim youths in Nasarawa West Senatorial District of Nasarawa State. The research also tries to find out the level of involvement of Muslim youths in Nasarawa West Senatorial District in substance abuse. The method of data collection was through the use of questionnaires which was distributed to target respondents within the study area which is Nasarawa West Senatorial District of Nasarawa State, Nigeria. The result of the investigation shows that 50.36% of the Muslim youths in Nasarawa West Senatorial District are involved in substance abuse in one way or the other. The result also shows the common drugs abused by the Muslim youths in Nasarawa West Senatorial District includes Cigarette, Marijuana (wiwi), Blue, Lara, Farida, Detail, Tutolin with Codeine, Magadone, Tramol etc. This is considered as serious problem because the Muslim youths in Nasarawa West Senatorial District are being prepared to become the future leaders of the State and the nation at large. Recommendations were such as prohibiting the sell as well as identifying the dealers of such substance around Nasarawa West Senatorial District and its environs with the aim of bringing them to face the wrath of the law.

## I. BACKGROUND OF THE STUDY

Substance abuse refers to harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Psychoactive substance use can lead to dependence syndrome - a cluster of behavioral, cognitive and physiological phenomena that develop after repeated substance use and that typically include a strong desire to take the drug, difficulties in controlling its use, persisting in its use despite harmful consequences, a higher priority given to drug use than to other activities and obligations, increased tolerance, and sometimes a physical withdrawal state (WHO 2018).

Since the early times, herbs, leaves and plants have been used to heal and control diseases. The use of drugs in itself does not constitute any dangers, because drugs correctly administered have been a blessing. Sambo (20) viewed that "chronic use of substances can cause serious sometimes irreversible damage to youth's physical and psychological development. The use of drugs could be beneficial or harmful depending on the mode of use. Substance abuse is a major public health problem all over the world. The use and abuse of drug substances by youths have become one of the most disturbing health related phenomena in Nigeria and other parts of the world (NDLEA 17). A Drug is a substance other than food, water or air that is intentionally applied to or taken into the body in order to produce an effect on the body or mind. In other words, it is an illegal substance that people smoke, drink or inject to give them pleasant or exciting feelings. Drug therefore is any substance which when taken into the body alters the systematic operation of the body. It is in view of the above that, Odejide (5,15-20) warned that substance abusers who exhibit symptoms of stress, anxiety, depression, behavioral changes, fatigue and loss or increase in appetite should be treated by religious counsellors and medical experts to save them from deadly diseases.

In addition, Haladu (23) explained the term substance abuse as excessive and persistent self-administration of a drug without regards to the medically or culturally accepted patterns. Substance abuse could also be viewed as the use of a drug to the extent that it interferes with the health and social function of the systems of an individual. Manbe (16) observed that substance abuse is the excessive, maladaptive or addictive use of drugs for non-medical purpose.

Substance abuse may therefore be defined as the arbitrary overdependence or misuse of one particular drug or the other with or without a prior medical diagnosis from qualified health practitioners. It is also the unlawful overdose in the use of any drug substance. From the foregoing, it can comfortably be said that a drug is abused when:

- i. Its use is not medically necessary;
- ii. It is not recommended by health professionals;

- iii. It is forbidden by law (divine or constitutional) or it is socially unacceptable;
- iv. It affects the user's health.

In Nigeria, the number of deaths due to substance abuse is not yet ascertained. However, various research reports have confirmed that male and female Nigeria Youths from 12 years and above abused various forms of drug substance. One wonders the number these youths that are in Nasarawa West Senatorial District. This study therefore sets out to investigate the level or the extent to which Muslim youths in Nasarawa West Senatorial District are involved in substance abuse and the type of drugs that are commonly abused by them.

## II. JUSTIFICATION OF THE STUDY

Oral interviews shows that students and other Muslim youths both male and female start engaging on substance abuse at an early age of ten or slightly above that age (Bashir). The Nasarawa State Command of the National Drug Law Enforcement Agency (NDLEA) has nabbed many drug suspects with illicit drug of cough syrup suspected to be codeine, tramol or tramadol. Within six months, many confirmed addicts were prosecuted and sentenced, while other cases were at different stages of court trials. NDLEA Nasarawa branch also disclosed while briefing journalists in an event to mark the United Nations (UN) Anti-drug Day, that 24,000 bottles of codeine, 51kgs of cannabis sativa and 53kgs of Tramadol tablets were seized in the state (NDLEA).

Muhammad al-Jibaly (1999) noted that Tobacco was discovered by the Spanish sailors on the American shores at about 1500 CE (900 AH). Since its discovery, the epidemic of tobacco has continued to spread all over the world. As early as the 17th Century, the European countries realized the dangers of consuming tobacco and fought against it and violators were punished. Many countries continue their attempts to protect their citizens from the harms of the product. They employed media means, prescribed laws and regulations, and applied other methods to discourage people from its consumption. Because of that, the rate of tobacco addicts declined to a certain degree in some places.

In addition, Sheikh Najm al-Ghazzi stated the following: Tobacco first appeared in Dimishq in the year 1015 AH. The substance addicts claimed that it did not intoxicate. Even if we were to yield to this notion, it is still a sedative.

Therefore, according to Islam, no impious thing can be treated as lawful till the Day of Judgment. Tobacco involves the consumption of evil substance. It has foul smell, unpleasant taste and it is harmful to the body. This alone is sufficient to declare it prohibited.

## III. STATEMENT OF THE PROBLEM

It is a clear fact that Muslim youths in Nasarawa West Senatorial District tend to see the drug user as one who is tough, bold and strong. Many youngsters have been known to use drugs at the instance of peers, elders or siblings. Youths

who usually feel inadequate have been known to use drugs to achieve social acceptance. It is as result of this abuse that Youths in Nasarawa West Senatorial District develops series of physical, psychiatric complications, social and emotional problems. It is observed that many Youths have developed mental retardation, hypertension, limbs abnormalities, sexual pervasiveness which leads to getting contact to sexually transmitted diseases and increased in committing crimes. Some of them developed kidney problem and some died consciously or unconsciously due to substance abuse.

## IV. RESEARCH QUESTIONS

The following questions were set forth to guide the process of this research.

1. What is the perception of Substance abuse among Muslim Youths in Nasarawa West Senatorial District, Nasarawa State?
2. What is the nature, adverse effects and ways of eradicating the substance abuse among Muslim Youths in Nasarawa West Senatorial District, Nasarawa State?
3. What is the Islamic justification for prohibiting substance abuse?

## V. AIM AND OBJECTIVES OF THE STUDY

The general aim of the study is to assess the causes and effects of substance abuse among Muslim youths in Nasarawa West Senatorial District of Nasarawa State, Nigeria using Islamic perspective. In order to achieve this aim, the following specific objectives were set forth:

1. To investigate the perception of Substance abuse among Muslim Youths in Nasarawa West Senatorial District, Nasarawa State
2. To determine the nature, effects and ways of reducing the substance abuse among Muslim Youths in Nasarawa West Senatorial District, Nasarawa State
3. To establish the Islamic justification for prohibiting substance abuse

## VI. SIGNIFICANCE OF THE STUDY

Views on the harmful state of substance abuse have been found from Qur'an, hadith of the Prophet (peace and blessing be upon him) and man-made discoveries. Certain conclusions from these sources condemned the in-take of substance; yet many people have been indulging in it thereby causing great loss to them and their immediate environment. The study is also important on the ground that it will add to the existing knowledge on the issues surrounding substance abuse and its in-takes. More so, it is important for the students of Islamic Studies in the institutions of higher learning and; could be of benefit for the youth and the working class in any given society in terms of their developmental stage and their status. In addition, it brings forth measures for controlling the transactions as well as enlightenment on the dangers inherent

in substance abuse among Muslim youths in Nasarawa West Senatorial District, Nasarawa State, Nigeria. Hence, it will serve as reference point for researchers as well as providing steps for further studies in the related areas.

#### VII. SCOPE OF THE STUDY

This study is focusing on the Islamic assessment of the causes and effects of substance abuse among Muslim youths in Nasarawa West Senatorial District in Nasarawa State, Nigeria. Given that sources of substance abuse are numerous, emphasis was made to substance like marijuana otherwise known as *wiwi* with specific interest on Muslims youth in Nasarawa West Senatorial District, Nasarawa State and general view of the *Ideal* principle guiding human daily endeavor. This study covers the five Local Government Areas in the Nasarawa West Senatorial District of Nasarawa State which are the following: Keffi, Kokona, Karu, Nasarawa and Toto.

The rationale for selecting Muslim youths in Nasarawa West Senatorial District is the fact that they represent the dominant population in the area and thus allow for thorough and perhaps valid conclusions and generalizations.

#### VIII. PURPOSE OF THE STUDY

Islam plays a vital role in health, beliefs and behaviours and could well be used as a public health intervention to reduce substance use in the community. Several studies have reported on the use of religious settings, religious professionals, counselors and/or faith based intervention to promote a reduction in many social vices including substance abuse. The results of this survey could be used as a guide in formulating local religion-based substance abuse control interventions.

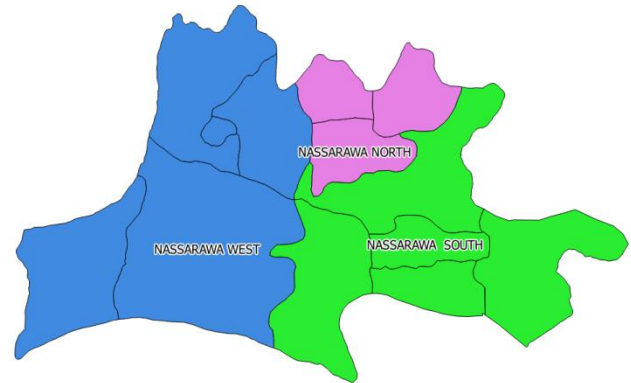
The purpose of this study is to find out the perception and extent of involvement of Muslim youths in Nasarawa West Senatorial District of Nasarawa State in substance abuse and the level of Muslim youths in connection to substance abuse and to determine whether Muslim youths in Nasarawa West Senatorial District have any awareness of the opinions of Muslim scholars regarding substance abuse in Islam. It is also necessary to elucidate the harms of substance abuse with the hope of saving the life of many intelligent and educated youth, who will be astonished to know the causes and effects of substance abuse and how much has been written regarding substance abuse.

#### IX. RESEARCH DESIGN

Research design is described as the overall plan or structure of the study. The goal of a good research design is to ensure reliability, internal validity and provides answers to the research questions. There are various research designs, but the survey method of research design was adopted in the course of this study. Survey research is a commonly used method of collecting information about a population of interest. It involves the use of questionnaires and/or statistical surveys to gather data about people and their thoughts and behaviours either through census or sample.

#### X. THE STUDY AREA

Nasarawa State has three Senatorial Districts (South, North and West). Nasarawa State consists of thirteen (13) Local Government Areas. Nasarawa West Senatorial District covers five local governments which include Karu, Keffi, Kokona, Nasarawa and Toto. Keffi is the headquarters of Nasarawa West Senatorial District.



Map of Nasarawa State showing locations of each Senatorial District

#### XI. POPULATION OF THE STUDY

Population is defined as the theoretically specified aggregation of survey elements. In other words, it is also described as the group of members in a given area as defined by the research design; it could be human beings, animals, objects, etc. conforming to the limits within which the research findings are applicable. In line with the above definitions, Muslim youths constituted the population of this study who reside in Nasarawa West Senatorial District in Nasarawa State. More so, three categories of people constituted the actual population of the study in accordance with the objectives. These include the sellers of the substance, the substance addicts (or users) and the family member(s) of the substance addicts.

#### XII. SAMPLE OF THE STUDY

According to Agburu (2004), sample refers "to the study of the existing element of a population focused on a fragment of the entire population from which generalizations were made based on the findings of the study". It is described as the smaller group element drawn through a definite procedure (sampling technique to determine sample size) from a specified population. Given that the actual number (population) of substance addicts and the family members of substance addicts are not known with precision, the sample size for the study is thus determined by the use of WHO STEPS Surveillance (2008) through the application of the adjusted sample proportion formula of the form as follows:

$$n = Z_{\alpha}^2 \frac{p(1-p)}{e^2}$$

Where  $n$  = sample size;  $Z$  = confidence level;  $1$  = significance level;  $p$  = estimated baseline (anticipated effect or identified effect)  $e$  = margin of error.

Hence, two hundred (200) respondents were sampled from five Local Government Areas in Nasarawa West Senatorial District in Nasarawa State, Nigeria with forty (40) respondents from each Local Government Areas. This LGAs includes; Keffi, Kokona, Toto, Nasarawa and Karu.

### XIII. EXCLUSION CRITERIA

The researcher excluded Muslim youths who indulged in substance abuse and are psychotic during the study as well as those that are not residing in Nasarawa West Senatorial District. In addition, Youth below the age of 12 and above the age of 40 years were also excluded from this study.

### XIV. METHOD OF DATA COLLECTION

This research study used quantitative method of data collection through a structured questionnaire and to some extend oral interview to gather the required information from the respondents in Nasarawa West Senatorial District of Nasarawa State, Nigeria.

The study was carried out between June to August 2021. The questionnaires were administered by trained data collectors in both English and Hausa languages depending on the educational level and preference of the respondents on the study subject. The questionnaires and interviews took place near or within the area where substance abuser lived. All study subjects were informed about the objectives of the study as well as their rights to refuse participation, with absolutely no negative consequences to them. In addition, they were assured of utmost confidentiality of their responses, and oral consent was obtained before the interviews and questionnaires were conducted and distributed respectively.

The questionnaire was designed using Likert method in which five options are provided and coded from 1 to 5 with strongly disagree having the lowest point of 1 and strongly agree having the highest point of 5. The questionnaires were administered to separate respondents in accordance with the objectives of the study. The questionnaire was administered on wait-fill-and-get strategy so as to reduce the mortality rate of the questionnaires given out. The mortality rate here implied the non-return of the questionnaire administered to the respondents and/or uncompleted filled questionnaire. Respondents were requested to indicate the extent of their agreement or disagreement with the items. The instrument was validated by test experts, its reliability was determined be 7.3.

### XV. SAMPLING METHOD

The probability sampling techniques are employed in this study and its various types include: Simple random, Systematic random, Stratified, Cluster and Multi-stage; hence, the stratified sampling technique was used. The reason for the use of this technique include: it assures the representation of

not only the overall population, but also key subgroups of the population, especially small minority groups.

### XVI. TECHNIQUES OF DATA ANALYSIS

There are basically two techniques of data analysis and these are descriptive and inferential techniques. Descriptive statistics are used to describe the basic features of the data in a study. They provide simple summaries (average, median, mode, percentages etc.) about the sample and the measures. Together with simple graphics analysis, they form the basis of virtually every quantitative analysis of data. Questionnaire is analyzed through the use of percentages and averages for effective data analysis.

### XVII. SAMPLING TECHNIQUE:

Stratified and random sampling techniques were used in the study. Nasarawa West Senatorial District is made up of five Local Government Areas which are, Keffi, Karu, Kokona, Toto and Nasarawa. From each wards, 40 Muslim youths were randomly selected give 200 Muslim youths in Nasarawa West Senatorial District to respond to the research questionnaire or interview.

### XVIII. Data Analysis:

The data collected were analysed using simple percentage and mean.

Table 1

|   | No  | %     |
|---|-----|-------|
| No of Male & Female Muslim youths in Nasarawa West Senatorial District involved in substance abuse. | 137 | 68.50 |
| No of Male involved in substance abuse  | 124 | 90.52 |
| No of Female involved in substance abuse  | 13  | 9.48% |

An inspection of Table 1 reveals that out of the 200 respondents 137 i.e. 68.59% of them have been involved in substance abuse at one time or the other. Out of the 137 respondent, 124 of them representing 90.52% are males while 13 of them representing 9.48% are Females.

Table 2. Mean of Muslim youths in Nasarawa West Senatorial District responses on commonly abused drugs.

| S/N | Types of drugs substance                             | Mean | Remark      |
|-----|--|------|-------------|
| 1.  | Marijuana (Wiwi)                                     | 5.54 | Significant |
| 2.  | Spirits/ inhalants e.g. solutions, petrol, tabo etc. | 5.07 | Significant |
| 3.  | Magadone*  | 5.11 | Significant |
| 4.  | Ezo 1*   | 5.68 | Significant |
| 5.  | Cigarette  | 3.98 | Significant |
| 6.  | Tobacco  | 1.88 | Significant |
| 7.  | Blue*  | 4.98 | Significant |
| 8.  | Cocaine  | 1.99 | Significant |
| 9.  | Pain relieving drugs e.g. Paracetamol of Panadol     | 5.68 | Significant |
| 10. | Coffee   | 1.79 | Significant |

|     |                                |      |               |
|-----|--------------------------------|------|---------------|
| 11. | Kola nut                       | 3.95 | Insignificant |
| 12. | Tramol with Codeine            | 5.32 | Significant   |
| 13. | Alcohol                        | 1.63 | Significant   |
| 14. | Tutolin with Codeine           | 5.50 | Insignificant |
| 15. | Roche*                         | 5.81 | Significant   |
| 16. | Madaran Roche*                 | 5.69 | Significant   |
| 17. | Farida*                        | 4.78 | Significant   |
| 18. | Lara*                          | 4.93 | Significant   |
| 19. | Detail*                        | 4.76 | Significant   |
| 20. | Semenol*                       | 4.98 | Significant   |
| 21. | Penerol*                       | 5.56 | Significant   |
| 22. | Mixture of Maggi and Coka Cola | 1.21 | Insignificant |
| 23. | Valium                         | 1.16 | Insignificant |
| 24. | Sukudai and Madaran Sukudai    | 3.02 | Significant   |

NB-Most of these drugs/substance especially those with (\*) are not known pharmaceutically by its name. Only the substance abusers identify them with these names.

**Table 2** shows that the Muslim youths in Nasarawa West Senatorial District abused 18 out of the 24 listed drugs. Only alcohol, tobacco, coffee, cocaine and mixture of maggi and coka-cola and valium were not commonly abused by the Muslim youth in Nasarawa West Senatorial District.

Table 3. Mean of respondents on the causes of drugs abuse among Muslim youths in Nasarawa West Senatorial District.

| S/N | Causes of Substance Abuse          | Mean | Remark         |
|-----|------------------------------------|------|----------------|
| 1.  | Influence of papers                | 5.84 | Significance   |
| 2.  | Influence of neighbour             | 4.80 | Significance   |
| 3.  | Influence of environment           | 5.70 | Significance   |
| 4.  | Curiosity                          | 4.47 | Significance   |
| 5.  | Prevention of failure              | 4.63 | Significance   |
| 6.  | Gives satisfaction                 | 5.75 | Significance   |
| 7.  | Misinformation by peers            | 3.85 | Significance   |
| 8.  | Parental influence                 | 1.50 | Insignificance |
| 9.  | The mass media                     | 1.22 | Insignificance |
| 10. | Ignorance of its consequences      | 4.75 | Significance   |
| 11. | Availability of the drugs          | 5.91 | Significance   |
| 12. | Emotional and Psychological stress | 5.89 | Significance   |
| 13. | Influence of boy friends           | 1.49 | Insignificance |
| 14. | Influence of girls friends         | 1.75 | Insignificance |
| 15. | Influence of labour mates          | 4.47 | Significance   |
| 16. | Desire to be recognised            | 4.26 | Significance   |
| 17. | Pleasant at first trial            | 5.87 | Significance   |
| 18. | Afraid of losing trial             | 5.97 | Significance   |
| 19. | Gives confidence                   | 5.72 | Significance   |
| 20. | Political thuggery                 | 3.65 | Significance   |

|     |                  |      |              |
|-----|------------------|------|--------------|
| 21. | Forget problems  | 4.69 | Significance |
| 22. | Pass examination | 4.32 | Significance |
| 23. | Avoid sleeping   | 3.50 | Significance |

**Table 3** shows 23 items that could be the causes of Muslim youths involvement in substance abuse in Nasarawa West Senatorial District. Nineteen items out of the twenty three were accepted as causes of substance abuse among the Muslim youths in Nasarawa West Senatorial District with influence of peer, afraid of losing trial, availability of the substance, emotional and psychological stress, gives satisfaction and influence of environment having the highest mean.

Table 4 No. of Muslim youths in Nasarawa West Senatorial District involved in substance abuse according to age

| Age             | No         | %           |
|-----------------|------------|-------------|
| 16-20 years     | 36         | 26.28       |
| 21-25 years     | 69         | 50.36       |
| 26- above years | 32         | 23.36       |
| <b>Total</b>    | <b>137</b> | <b>100%</b> |

**Table 4** Shows the number and percentage of Muslim youths in Nasarawa West Senatorial District involved in substance abuse according to age. Out of the 137 Muslim youths in Nasarawa West Senatorial District that have been involved in substance abuse at one time or the other 69 (50.36%) of them were within the age range of 21-25 years, while those within the rage of 16-20 years comprises 36 (26.28%) the least involved age range group was within the age range of 26 and above years with 32 (23.36%).

## XIX. DISCUSSION OF FINDINGS

The study revealed that a good number of Muslim youths in Nasarawa West Senatorial District (50.36%) have been involved in substance abuse at one time or the other. This discovery should be a matter of concern to all stakeholders as youths are supposed to be the future leaders. The implication of this to national development cannot be over emphasized. These number of youths involved in substance abuse is disheartening and worrisome considering the roles they are to play in national development.

From the study, sex seem to be a barrier to substance abuse. Out of the 137 Muslim youths involved in substance abuse, 124 (90.52%) of them were male and 13 (9.48%) were female. The study also revealed some commonly abused drugs by Muslim youths to include: Marijuana, inhalants (solutions, petrol and *tabo*) cigarette, blue, magadone, lara farida, roche, *Madaran* roche, tutolin with codeine, tramol with codeine and detail.

The reason for the Muslim youths in Nasarawa West Senatorial District Involvement in substance abuse include influence of peers, classmates, neighbors, friends, curiosity,

emotional and psychological stress, pleasant at first trial to have confidence, to work hard and desire to be recognized.

Substance abuse among the Muslim youths in Nasarawa West Senatorial District involved all the age groups. Muslim youths in Nasarawa West Senatorial District between the age ranges of 16-20 years had 26.28% while 26- above years had 23.36% while those within the range of 21-25 had 50.36%. This shows that there is no serious barrier to substance abuse between age groups. All age groups within the Muslim youths in Nasarawa West Senatorial District are prone to substance abuse hence the need for a quick intervention by both government, Islamic scholars and the stake holders.

#### XX. ISLAMIC SOLUTION TO THE PROBLEM OF SUBSTANCE ABUSE AMONG THE MUSLIMS YOUTHS IN NASARAWA WEST SENATORIAL DISTRICT

The Qur'an specified all human acts, deeds, sayings, and eating/drinking including sleeping into *Halal*, *Haram*, or *Mukruh*.

Allah (SWT) commanded man from various verses of the Qur'an to eat what is good for the body as indicated by the following verses:

يَا أَيُّهَا الَّذِينَ آمَنُوا كُلُوا مِن طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَاشْكُرُوا لِلَّهِ إِن كُنتُمْ إِيَّاهُ تَعْبُدُونَ

O ye who believe eat of the good things which We have provided for you as sustenance (Q2:172).

Another verse says:

كُلُوا مِن طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَلَا تَطْغَوْا فِيهِ فَيَحِلَّ عَلَيْكُمْ غَضَبِي وَمَن يَحِلَّ عَلَيْهِ غَضَبِي فَقَد هَوَىٰ

Eat of the good things which We have provided for you as sustenance, but do not transgress therein (Q20:81).

In addition, another instruction reads thus:

وَالْأَنْعَامَ خَلَقَهَا لَكُمْ فِيهَا دِفْءٌ وَمَنَافِعُ وَمِنْهَا تَأْكُلُونَ

And He creates cattle: you derive warmth from them, and (various other) benefits; and from them you obtain food (Q16:5).

More so, the Qur'an says:

وَهُوَ الَّذِي سَخَّرَ الْبَحْرَ لِتَأْكُلُوا مِنْهُ لَحْمًا طَرِيًّا وَتَسْتَخْرِجُوا مِنْهُ حِلْيَةً تَلْبَسُونَهَا وَتَرَى الْفُلْكَ مَوَازِرَ فِيهِ وَلِتَبْتَغُوا مِنْ فَضْلِهِ وَلِعَلَّكُمْ تَشْكُرُونَ

And He it is who has made the sea subservient [to His laws], so that you may eat fresh meat from it (Q16:14).

Furthermore, Allah says:

كُلُوا مِنْ ثَمَرِهِ إِذَا أَثْمَرَ وَآتُوا حَقَّهُ وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

Eat of [each of] its fruit when it yields and give its due [zakah] on the day of its harvest. And be not excessive. Indeed, He does not like those who commit excess (Q6:141).

**i. Importance of Life:** Islam considers right to life as the second most important human right. Nothing takes greater importance except the right to freedom as Allah says:

وَالْفِتْنَةُ أَشَدُّ مِنَ الْقَتْلِ. And Persecution is even worse than killing (Q2:191). And  
وَالْفِتْنَةُ أَكْبَرُ مِنَ الْقَتْلِ

Persecution is an even greater crime than killing (Q2:217).

Also, the Prophet (PBUH) said:

Your body has a right over you (Al-Akhatay, 2004:10).

The most important right of the body over man requires every man to feed the body when it is hungry/thirsty with *Halal* foods/drinks, rest it when tired, clean it when it gets dirty, protect it against all harm, take precautions against subjecting it to illness, provide it with the necessary treatment when it suffers from disease, and not to overburden it in any way (Al-Akhatay, 2004: 11 – 12).

**ii. Substance abuse and Prayers:** There were instances where Allah (SWT) warned against intoxication including consuming illegal drug substance while in the praying manner.

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَقْرَبُوا الصَّلَاةَ وَأَنتُمْ سُكَارَىٰ حَتَّىٰ تَعْلَمُوا مَا تَقُولُونَ وَلَا جُنُبًا إِلَّا عَابِرِي سَبِيلٍ حَتَّىٰ تَغْتَسِلُوا وَإِن كُنتُمْ مَرْضَىٰ أَوْ عَلَىٰ سَفَرٍ أَوْ جَاءَ أَحَدٌ مِّنْكُمْ مِنَ الْغَائِطِ أَوْ لَامَسْتُمُ النِّسَاءَ فَلَمْ تَجِدُوا مَاءً فَتَيَمَّمُوا صَعِيدًا طَيِّبًا فَامْسَحُوا بِوُجُوهِكُمْ وَأَيْدِيكُمْ إِنَّ اللَّهَ كَانَ عَفُورًا غَفُورًا

O you who believe! Do not go near prayer when you are Intoxicated until you know (well) what you say, nor when you are under an obligation to perform a bath ... unless (you are) travelling on the road ... until you have washed yourselves; and if you are sick, or on a journey, or one of you come from the privy or you have touched the women, and you cannot find water, betake yourselves to pure earth, then wipe your faces and your hands; surely Allah is Pardoning, Forgiving (Q4: 43).

Another verse in the Qur'an prohibited completely anything that intoxicates including illegal drug substance where it says:

يَا أَيُّهَا الَّذِينَ آمَنُوا إِنَّمَا الْخَمْرُ وَالْمَيْسِرُ وَالْأَنْصَابُ وَالْأَزْلَامُ رَجْسٌ مِّنْ عَمَلِ الشَّيْطَانِ فَاجْتَنِبُوهُ لَعَلَّكُمْ تَفْلِحُونَ (90) إِنَّمَا يُرِيدُ الشَّيْطَانُ أَنْ يُوقِعَ بَيْنَكُمُ الْعَدَاوَةَ وَالْبَغْضَاءَ فِي الْخَمْرِ وَالْمَيْسِرِ وَيَصُدَّكُمْ عَن ذِكْرِ اللَّهِ وَعَنِ الصَّلَاةِ فَهَلْ أَنتُمْ مُنْتَهُونَ

O you who believe! Intoxicants and games of chance and (sacrificing to) stones set up and (dividing by) arrows are only uncleanness, the Satan's work; shun it therefore that you may be successful". "The Devil desires only to create enmity and hatred among you by means of intoxicants and games of means of chance and to keep you back from the remembrance of Allah and from prayers. Will you then keep back? (Q5: 90-91).

On the other hand, the traditions of the prophet (PBUH) stated that, Ibn Majah reported from Abu Hurairah (RTA) that the Prophet of Allah (PBUH) said:

An addict of intoxication (including illegal drug substance) is like a worshipper of an idol"; "one who intoxicates, the light of faith goes out from his inside".

Abu Da'ud, Tirmizi, Ibn Majah and Bayhaqi narrated that the Prophet of Allah (PBUH) said:

"Whatever intoxicates in large quantity, its' small quantity too is HARAM. Note that the Prophet has used the word Haram – Forbidden here."

Muslim reports that:

"When someone told the Prophet of Allah (PBUH) that the intoxicant (wine and illegal drug substance) is a medicine, the Prophet (PBUH) replied: "It is not a medicine, but indeed it is a disease."

Therefore, Fakhr al-Din Razi states,

The wisdom behind prohibition being revealed in this order was that Allah knew the people had a close affinity with illegal substance. Thus, He knew that had He prohibited it all at once, it would have been very difficult for them (to conform to the prohibition).

Thus, there is much wisdom to be found in the methodology employed by Islam in order to implement a new law. In addition to this methodology, the Holy Prophet Muhammad also warned believers of the evils of intoxication. He is reported to have stated,

Intoxication is the mother of all sins, and whosoever takes it, Allah will not accept his prayers for a period of forty days; and if such a person dies, while there is intoxicants in his stomach, he dies a death of ignorance.

Undoubtedly, the ancient custom of consuming illegal substance is deeply woven into the fabric of modern-day society. Despite being consumed by almost two billion people worldwide, of whom at least 76.3 million suffer an drug-related disorder, intoxication is perceived as just another routine of daily life. Statistics bear witness to the fact that the devastating impact of consuming illegal substance on human civilization is no myth and is becoming increasingly apparent as society continuously fails in its attempts to control the consumption of illegal substance. It is only when people's perception on intoxicants is evaluated that the analysis on its health implications can be meaningful.

## XXI. CONCLUSION

It is clear from the findings that Muslim youths in Nasarawa West Senatorial District are involved in substance abuse. This is seen as a serious problem since the youth are the future leaders. Parents, teachers, leaders both religious and political are expected to show good example for the youth to follow. In this, it will definitely have far reaching effects on the children placed in their care. This situation calls for serious actions that will curb this menace in the Nigerian Society in general and Nasarawa West Senatorial District in particular.

## XXII. RECOMMENDATIONS

To curb this social ill that seems to be a monster today, the paper recommends the following:

- 1) Government should ban the advertisement of all harmful drugs such as beers, cigarettes etc. on all the private and national media.
- 2) Government should encourage adverts on negative effects of abused substance in all the private and national media.
- 3) Functional religious counselling units with qualified personnel should be introduced in all communities and institutions of learning in the Nasarawa West Senatorial District.
- 4) Government and other agents of socialization should mount up conferences and workshops to sensitize the Muslim youths about the negative effects of substance abuse
- 5) Members of the community should be educated on the negative effects of substance abuse through bill boards and prohibits the sale of these drugs in and around.
- 6) Parents should be encouraged to give their children good moral upbringing and parental care and also pray for their guidance and protection.

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