

The Perceptions and Attitude towards Substance Use among Female's University Students at Khartoum State (Case Study)

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Abstract: Substance use prevalence in Sudan among youth is alarming, the problem not only harms individuals but also negatively affect families and society. It became a trending phenomenon among young female's specialty university students between 18 – 35 years of age. The research focus in perceptions and attitude of substance abuse among female's university students at Khartoum state explains the personal and external factors behind the phenomena and the possible consequences in participant's point of view. A total of 20 females aged from 21-23 from three universities (Ahfad University for Women, University of Science and Technology and University of Medical Science and Technology) collected through snow ball sampling, data was gathered through interview which consist of three open ended questions. Thematic analysis was used to analyze the responses. Reasons founded behind using substance were: personal factors explained in the Education and awareness level, Lack of special spaces to discharge negative energy and interesting in discovering a new adventures. External factors were the accessibility and availability of substance, social pressure, economic independency, peer pressure and finally the way participants affected from using drugs all of them has shared four common issue which are social, emotional, psychological, and physical. At the end The findings was mentions the increasing phenomena among females in two aspects Therefore, there are numerous reasons for youth females to become involved with various substances, plus exploring the concept of substance abuse among female's students, and the way participants affect from using drugs.

Keyword: perceptions, attitudes, substance use, female university students, Khartoum state

I. INTRODUCTION

This chapter will introduce the substance abuse and background of the topic, establish the research question and specify the goals and objectives of the research, and finally map out the next chapters.

The World Health Organization defined substance abuse as "the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs". Substance abuse touches millions of people worldwide each year. It is estimated that about 76.3 million people struggle with alcohol use disorders contributing to 1.8 million deaths per year. As is the case with some global issues, substance abuse is unequally represented—the developing world, marginalized groups and communities being the most vulnerable to this reality. For example, in North America, Indigenous communities are particularly

vulnerable to drug and alcohol addictions. The United Nations reported that around 185 million people globally over the age of 15 were consuming drugs by the end of the 20th century. (WHO, 2015)

The most commonly mentioned drugs were marijuana, cocaine, alcohol, Amphetamine-type stimulants (ATS), opiates and volatile solvents. (WHO, 2015)

In 2018, there were an estimated 34.1 million young adults (age 18 to 25) in the United States. According to the 2018 National Survey on Drug Use and Health, alcohol and marijuana are by far the most commonly abused substances among young adults, but the use of many other drugs has been reported by individuals within this age group. Young adults are the biggest abusers of prescription opioid pain relievers, ADHD stimulants, and anti-anxiety drugs. (Ackermann, 2020)

1.2 Problem statement

The increasingly widespread use of substances abuses among youth specially females become a disturbing phenomenon in Khartoum youth community. With a short-and long term health outcomes can be serious and possibly irreversible.

As well as it affects youth in many aspects: psychologically (mood disturbance, depression, anxiety and even suicidal thoughts or attempts), Socially (family breaks, academically such as, failure to fulfill major responsibilities at university, repeated absences, suspension, and expulsion. Personally (changing in physical characters: bad appearance, changing in skin and faces textures) also the vulnerability of youth to sexual assault or may engage with unprotected sex leading to pregnancy a sexual transmitted disease.

This study conducted to answer these questions:

- Is substance use a phenomenon among females?
- What's the aim behind using those substances? \
- What are the possible consequences may affect the users?

1.3 Research importance:

This research has a personal interest in discovering various reasons: why youth females utilize substances, and attempting to create and/or discover s ?? . This personal interest

developed over last years of realizing adolescent's females involved with using substances on various levels and also due to an older sibling who became addicted to illegal substances at an early age.

As a result of these experiences, I came to believe that has numerous reasons of females become involved with , and as such, that need to be adaptable to include these various reasons, while also focusing on the self-esteem, education, and self-efficacy of youth, if they are to be effective in abstaining from the practice of using substances. I also feel that much of the present literature is out of date, needs to be updated to incorporate the new influences that youth females face today, including the media, internet, and rave culture.

Most of the researcher's in Sudan focuses on studies aimed to investigate the prevalence of students, circumstances, and factors associated of using substance use, also there is published data on substance use among the youth in Sudan highlight only tobacco use. They are stand on counting the amount of student substance users and the aggravate environment, rather than evaluating the reasons and student's perspective toward it.

1.4 Research objectives:

- To explore the perception of using substance abuse among female university students at Ahfad University for Women, University of Science and Technology and University of Medical Science and Technology.
- To verify the reason behind the phenomenon and analyze the factors that contribute to substances use among female's university students.
- To sort out the consequences for substances user on (female's student) at university age.

II. LITERATURE REVIEW

This chapter will introduce an overview of the previously published works on substance abuse topic. The term can refer to a full scholarly paper or a section of a scholarly work such as a book, or an article. Either way, is provide for the audiences with a general image of the existing knowledge on substance use under question. Ensure that a proper research question has been asked and a proper theoretical framework and/or research methodology have been chosen.

2.1.1 Definition of substances use

Substance abuse is the harmful pattern of using substances—such as tobacco, alcohol, illicit drugs, and prescription drugs—leading to impairment or distress with one or more of the behaviors. (Johnston, 2012)

2.1.2 Overview of substance use

Substance use and abuse is a prevalent part of our society and there is a growing number of youth becoming involved in this aspect of our culture, potentially leading to addiction. Substance addiction is often seen as a complex disease of the

brain that can create uncontrollable, irrational, compulsive cravings, potentially causing an individual to seek out and use drugs, even when this behavior causes extremely negative consequences. Numerous treatment programs and centers have been established to provide assistance to individuals requiring/requesting support. However, not all of these programs have been successful and our society is constantly battling youth substance use and abuse, while attempting to discover what will eventually be a positive, successful approach to this ever-growing challenge. (HEATLEY, 2006)

Substance use has a major impact on individuals, families, and communities. The effects of substance abuse are cumulative, significantly contributing to costly social, physical, mental, and public health problems. These problems include:

1. Teenage pregnancy
2. Human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS), Other sexually transmitted diseases (STDs)
3. Domestic violence
4. Child abuse
5. Motor vehicle crashes
6. Physical fights
7. Crime
8. Homicide
9. Suicide
10. Psychosis (HHS, 2010)

Among the youth (university students), substance use is a worldwide epidemic that can impact negatively on health, family, society, and educational and professional life. Recent trends indicate that the use and abuse of substances have dramatically increased worldwide particularly in developing countries. Several studies have indicated that substance use is common among students and is becoming increasingly widespread in many African countries. Most countries in sub-Saharan Africa are experiencing rapid economic, social, and cultural transitions which have created favorable conditions for increased and socially disruptive substance use. African studies have indicated that tobacco, alcohol, cannabis, inhalants, tranquilizers, heroin, and cocaine are common in secondary schools and some higher educational institutions. Both alcohol and tobacco are regarded as “gateway drugs” to other substances. Substance use has contributed to the increasing incidence of psychosocial problems among the youth. People with substance use disorder are more likely to die younger and are more likely to have a psychiatric disorder than people without substance use disorder. (Tarig, 2016)

Although substance use is believed to be a growing problem in Sudan, there is no published data on the magnitude of substance use, particularly among university students, other than tobacco. The aim of this study is to assess the magnitude of substance use and circumstances and factors associated with substance use among university students. (Tarig, 2016)

2.1.3 Reasons of use Substances among youth:

Substance use and abuse is perceived by some to be a family disease, which can be transmitted to family members either genetically or through the home environment.

The following listed reasons for youth to be at high-risk to use and abuse substances:

1. Dropped out of school
2. If they are pregnant
3. Have experienced school failure
4. Have suicidal thoughts or have suicidal tendencies
5. Have parents who are substance abusers
6. Have violent tendencies
7. Experience mental health challenges
8. Economically disadvantaged
9. Have been abused physically, sexually, emotionally, or mentally
10. Have experienced an injury resulting in long-term pain and discomfort
11. Have been involved with the local authorities, been criminally charged, and/or placed in a juvenile detention centers. **(JESSICA ,2006)**

In Africa the contribution of poverty, political instability, social unrest and refugee problems to the rapid spread of psychoactive substance use/abuse particularly among the youth **(Odejide, 2006)**

The history of psychoactive substance use in Africa is relatively short except for the reports on the use of traditional substances such as alcohol, cannabis and Khat. The introduction of prescription drugs to Africa drastically increased the availability and use of psychoactive substances. This notwithstanding, alcohol, cannabis and Khat still remain the most common substances of abuse in Africa. **(Odejide, 2006)**

More recently, trafficking in heroin and cocaine has made narcotic drugs easily available across Africa despite the existing legal control measures. Complications arising from the use/abuse of psychoactive substances often draw public attention to their deleterious effects, which culminate in drug control policy formulation. **(Odejide, 2006)**

2.1.4 Definition of terms: -

University Female students Although the term youth can refer to various ages, for the purposes of this research, the term youth shall refer to adolescents between the ages of 21 to 23 that are currently living within a centralize society. These youths may be currently in university, working, and/or may come from varying cultural backgrounds. Also, although numerous terms can be utilized to describe the various substances utilized by adolescent youth, such as drugs, narcotics, and prescriptions, for the purposes of this paper, the term substances will be utilized exclusively

2.1.5 Common misuse substance in Sudan:

Alcohol and cannabis were the two main substances of misuse among certain groups in Sudan, especially young adults. Over the past decade, there has been a surge in the use of other substances, including prescribed drugs, among young people and university students in particular. There are two major shortcomings: first, in the absence of reliable data, the extent of the problem is unknown; second, the preventive and treatment interventions so far being adopted are meagre. To describe the possible causes behind the escalation of this problem and to discuss applicable measures that need to be implemented to control this rapidly growing problem. The paper will highlight the current situation of substance use in Sudan, as well as suggesting preventive measures that need to be taken to curb this problem. Research and evidence-based preventive approaches are desperately needed to aid policy makers in controlling this problem. Culture-specific treatment interventions are also necessary **(Omer, 2016)**.

The implementation of a national substance misuse control strategy is of paramount importance

Youth populations are vulnerable to substance use particularly in developing countries where circumstances may be favorable for it. The present problem over the past decade, the drug scene in Sudan has shown a rapid surge of use of many substances, including misuse of prescription drugs. Commonly misused prescription medicines among young people include tramadol (also known as strawberry or pink); benzodiazepines, e.g. clonazepam (Roche); cough syrups and antihistamines **(Omer, 2016)**.

Other substances include trihexyphenidyl (also known as kharsha or 5), anticonvulsants and neuropathic pain agents (pregabalin and gabapentin), and antipsychotic medications (e.g. quetiapine). Owing to the absence of stringent prescription and dispensing monitoring systems, most of these medicines can be obtained without prescriptions. Solvent misuse is another evolving problem, particularly among poor children, adolescents and young adults, with fatal outcomes at times **(AbdulRahim& Al Shiekh, 2012)**.

However, amphetamines (lejjah), methamphetamine, opioids, cocaine and new psychoactive substances (NPS) are uncommon, probably owing to high cost. Shashabendi, for example, a more potent cannabis type that is smuggled across the Eastern borders, has dominated the drug scene recently **(Elmahi, 2021)**

Traditionally, the stereotype of a drug user was predominantly male. The same was also true of the typical heart-attack sufferer. Either through evolution or more specific studies, both of these stereotypes have been overturned to reveal that women are just as likely as men to suffer heart attacks, and they're also just as likely to abuse substances. **(Clancy, 2021)**

Types of commonly used substances used internationally:

- (1) Cocaine: is a colorless or white crystalline alkaloid, extracted from coca leaves, sometimes used in medicine as a local anesthetic especially for the eyes, nose, or throat and widely used as an illicit drug for its euphoric and stimulating effects. This substance is often used for its euphoric effect and is taken through inhaling through the nose; this substance is also highly addictive psychologically.
- (2) Crack Cocaine: is a chemically purified form of cocaine and is usually found in pellet form that is smoked through a long narrow tube, such as a glass pipe or a pen casing. This substance is highly addictive psychologically as well.
- (3) Crystal Meth: is a form of methamphetamine, and is an amine derivative of amphetamine, used in the form of its crystalline hydrochloride as a central nervous system stimulant, both medically and illicitly. This substance is used for its effects on the central nervous system and also as an appetite.
- (4) DXM or dextromethorphan: is a non-addictive cough suppressant that is widely used especially in the form of its hydrobromide in over-the-counter cough and cold preparations and is a codeine analog of levorphanol lacking the analgesic properties of codeine and producing little or no depression of the central nervous system.
- (5) Ecstasy or MDMA (3, 4-methylenedioxymethamphetamine): is a drug that is chemically related to amphetamine and mescaline and is used illicitly for its euphoric and hallucinogenic effects. This substance was originally used for psychotherapy until 1985, when it was declared illegal in the U.S.A. This substance is currently being used by a wide range of users for its hallucinogenic and euphoric effects, and is often referred to as a club drug as it allows users to remain awake and active for extended periods of time
- (6) GHB fatty acid C₄H₈O₃: that is a metabolite of gamma-aminobutyric acid. This substance depresses the central nervous system, and is sometimes used to produce a sedative and/or euphoric effect. It is also often used as a club drug as either a liquid or powder form which is taken orally.

This substance has also been used for sexual assaults and rapes.

- (7) Hallucinogen: a psychoactive substance that results in altered senses or hallucinations
- (8) Heroin: is a white, odorless, bitter crystalline compound that is derived from morphine and is a highly addictive narcotic; also called diacetylmorphine. This substance is a very addictive substance both physiologically and mentally and used strictly for its euphoric effects. This substance can be utilized by the user by either powder form or

turning it into a liquid state and injecting it, however injection is the fastest way in which it can enter the body.

- (9) Inhalants: are any substance, such as an anesthetic, medication, or other composite that is found in either an aerosol or vapor form that is taken by inhaling.
- (10) LSD or acid: is a crystalline compound, derived from lysergic acid and used as a powerful hallucinogenic drug. This semisynthetic substance may distort a user mood, perceptions of reality, and may trigger impulsive and erratic behavior.
- (11) Magic Mushrooms: are any fungi that contain hallucinogenic alkaloids, such as psilocybin.
- (12) Opiates: a substance derived from opium or a synthetic or natural form of opium. It has a sedative effect, resulting in a dulling of the senses and causes a relaxation of the system.
- (13) Oxy-contin a derivative of oxycodone, which is a narcotic alkaloid, related to codeine, used as an analgesic and a sedative chiefly in the form of its hydrochloride salt.
- (14) Peyote or mescal (*Lophophora Williamsii*): is a dome-shaped, spineless cactus that is native to the Southwest area of the United States and Mexico. These button-like tubercles have a narcotic effect and are often chewed during First Nations rituals.
- (15) Rave is an all-night dance party, where electronic, techno, or house music is played. These all-night parties are often involving various substances, such as ecstasy, crystal meth., special K, or GHB to enhance the effect and allow its users to party longer. Participants who frequent these raves are often referred to as Ravers and are a part of their own Rave culture.
- (16) Sedatives substances: that has a calming, soothing, or tranquilizing effect, and may relieve or reduce stress, anxiety, excitement, or irritability.
- (17) Special K or Ketamine: is an anesthetic substance given intravenously or intramuscularly for minor surgeries; however this substance is also utilized as a club drug and is found in powdered form and is inhaled. When utilized in this format, this substance causes a hallucinogenic state.
- (18) Speed: is a form of an amphetamine and is a stimulant.
- (19) Stimulants: a substance which excites or speeds up one is physiological or organic activity briefly (20) Tranquilizers a substance which diminishes anxiety, stress, or tension. A substance often used to combat psychotic states. . (JESSICA ,2006)

2.1.6 substance use as parenting influence:

Parenting styles also had an influence on their children's behavior, with negative behavior by the parents having the biggest influence on a youth deciding to use and abuse various substances. It was found that parents who use

substances heavily, while also nagging, yelling, and belittling their children, created a stronger chance that their children would choose to use and abuse substances as well. In fact, the results of this study also showed that families where substance use was a negative factor, youth were more prone to abuse substances over youth who did not live in such families. (JESSICA ,2006)

2.1.7 Peer influence:

Peers have a stronger influence on youth substance use and abuse, over family influences. Furthermore, youth who have also done poorly academically were also twice as likely to abuse various substances over those youths who did better in school. While youth who also felt more connected to their schools were less likely to engage in substance use and abuse. Peer pressure, social interactions, boredom, curiosity, gender, the media, and low self-esteem may also cause some youth to use and abuse certain substances. Youth may experience pressure from friends, find substances readily available at social gatherings, or simply feel bored on the weekends. Although there may be numerous reasons as to why youth choose to use and/or abuse various substances, such as negative home lives, poor academic achievement, mental health challenges, depression, peer pressure, and other influences (jessca ,2006)

- 15% of high school students reported having ever used select illicit or injection drugs (i.e. cocaine, inhalants, heroin, methamphetamines, hallucinogens, or ecstasy)
- 14% of students reported misusing prescription opioids.
- Injection drug use places youth at direct risk for HIV, and drug use broadly places youth at risk of overdose.
- Youth opioid use is directly linked to sexual risk behaviors.
- Students who report ever using prescription drugs without a doctor's prescription are more likely than other students to have been the victim of physical or sexual dating violence.
- Drug use is associated with sexual risk behavior, experience of violence, and mental health and suicide risks. (CDC,2020)

2.1.8 High-Risk of Substance Use among youth

Some youth are at an increased risk for behaviors that can lead to poor health outcomes, such as high-risk substance use. The majority of adults who meet the criteria for having a substance use disorder started using substances during their teen and young adult years. Youth with substance use disorders also experience higher rates of physical and mental illnesses, diminished overall health and well-being, and potential progression to addiction. This includes misuse of prescription drugs, use of illicit drugs (i.e., cocaine, heroin, methamphetamines, inhalants, hallucinogens, or ecstasy), and

use of injection drugs which have a high risk of infection of blood-borne diseases such as HIV and hepatitis. (CDC,2020)

- Family history of substance use
- Favorable parental attitudes towards the behavior
- Poor parental monitoring
- Parental substance use
- Family rejection of sexual orientation or gender identity
- Association with delinquent or substance using peers
- Lack of school connectedness
- Low academic achievement
- Childhood sexual abuse
- Mental health issues. (CDC,2020)

2.1.9 Consequences of substance abuse among youth:

- Recurrent substance use resulting in failure to fulfill major responsibilities at work, school, or home such as repeated absences, suspension, and expulsion
- Recurrent substance uses in situations where it is physically dangerous, such as driving while impaired
- Recurrent substance-related legal problems, such as arrests for disorderly conduct that are substance-related
- Continued substance use despite having persistent or recurring social or personal problems caused or worsened by substance use (Johnston, 2012)

One of the most highly abused substances among youth in the U.S. is alcohol. Youth engage in binge drinking, a pattern of drinking that elevates the blood alcohol concentration to 0.08 percent or above, more than adults do. This can lead to risky and potentially harmful behaviors, and many times substance abuse (60-75 percent of youth with substance abuse problems) co-occurs with mental health disorders. (Johnston, 2012)

Substance abuse and problematic patterns of substance use among youth can lead to problems at school, cause or aggravate physical and mental health-related issues, promote poor peer relationships, cause motor-vehicle accidents, and place stress on the family. They can also develop into lifelong issues such as substance dependence, chronic health problems, and social and financial consequences. (Johnston, 2012)

2.1.10 Sex and Gender Differences in Substance Use:

People may face unique issues when it comes to substance use, as a result of both sex and gender. Sex differences result from biological factors, such as sex chromosomes and hormones, while gender differences are based on culturally defined roles for men and women, as well as those who do not identify with either category. Gender roles influence how people perceive themselves and how they interact with others. Men are more likely than women to use almost all types of illicit drugs, and illicit drug use is more likely to result in emergency department visits or overdose deaths for men than for women.

"Illicit" refers to use of illegal drugs, including marijuana and misuse of prescription drugs. For most age groups, men have higher rates of use or dependence on illicit drugs and alcohol than do women. However, women are just as likely as men to develop a substance use disorder. In addition, women may be more susceptible to craving and relapse, which are key phases of the addiction cycle.

Research has shown that women often use drugs differently, respond to drugs differently, and can have unique obstacles to effective treatment as simple as not being able to find child care or being prescribed treatment that has not been adequately tested on women. (Robbins , 2015)

Substance abuse among women is more prevalent than you might think. At least **15.8 million women used illicit drugs**. That means 12.9% of all women tried an illegal drug at least once, or used prescription drugs improperly for recreational purposes, according to a study by the Substance Abuse and Mental Health Services Administration. (Clancy, 2021)

Until recently, gender differences in substance abuse habits were not recognized. But according to modern science, we now know that:

1. Women become addicted to drugs after using smaller doses and for shorter periods of time than men.
2. Women can be more sensitive to the effects of certain drugs because of sex hormones.
3. Women who use drugs experience different changes in their brains than men do.
4. A woman's menstrual cycle could affect her withdrawal symptoms and likelihood of relapse in addiction recovery.
5. Women are more likely to experience anxiety or depression when using certain substances than men is.
6. Women are more likely to die from an overdose of certain drugs than men are.
7. Women can experience more physical effects from drug use than men. (Clancy, 2021)

2.1.11 Woman, Violence, and Substance Abuse:

More than 1 in 3 women have experienced physical violence at the hands of an intimate partner, including a range of behaviors from slapping, pushing, or shoving to severe acts such as being beaten, burned, raped, or choked. Victims of violence are at increased risk of chronic health conditions, including obesity, chronic pain, depression, and substance use. In recognition of the severity of violence against women and the need for a national strategy to address this issue, in 1994 Congress enacted the Violence against Women Act to hold offenders accountable and to provide . (Robbins , 2015)

Sample point of view

My role as physiotherapy

2.2 Previous studies

Study (1) Title: Elephant in the room Published by Mohamed El Mahi, 2016

Youth populations are vulnerable to substance use particularly in developing countries where circumstances may be favorable for it. There is no published data on substance use among the youth in Sudan other than on tobacco use. **Objectives.** The aim of this study was to investigate the prevalence, circumstances, and factors associated with substance use. **Methods.** An institutionbased survey was conducted on a sample of 500 students. Data was collected using a questionnaire designed by the WHO for student drug surveys and analyzed using IBM SPSS version 20. **Results.** The overall prevalence of substance use is 31%. The current prevalence of tobacco, cannabis, alcohol, amphetamines, tranquilizers, inhalants, opiates, cocaine, and heroin use was 13.7%, 4.9%, 2.7%, 2.4%, 3.2%, 1%, 1.2%, 0.7%, and 0.5%, respectively. Curiosity (33.1%) was the main reason for initiation of substance use. The main adverse effects reported were health problems (19.7%) and theft (19.7%). Peers (40.9%) were the prime source of substance use. On multivariate analysis, male sex was the principle predictor for substance use (AOR: 5.55; 95% CI: 3.38, 9.17).

Conclusion. Strategies to control substance use should encompass the role of the university and parents in observing and providing education to improve awareness of substances and their consequences.

Study (2) Title: Illegal Drug Use among Female University Students in Slovakia Barbora Matejovičová, 2015

This study is focused on the issue of illegal drug use among female university students preparing to become teachers. The main aim was to determine the frequency of drug abuse in a group of young women (n=215, mean age 20.44 years). **Material/Methods** Using survey methods, we determined that 33.48% of female university students in Slovakia use illegal drugs and 66.51% of students have never used illegal drugs. Differences between these groups were determined using statistical analysis, mostly in 4 areas of survey questions. **Results** We determined that education of parents has a statistically significant influence on use of illegal drugs by their children ($\chi^2=10.14$; $P<0.05$). Communication between parents and children and parental attention to children have a significant role in determining risky behavior (illegal drug use, $\chi^2=8.698$, $P<0.05$). Parents of students not using illegal drugs were interested in how their children spend their free time (68.53%). We confirmed the relationship between consumption of alcohol and illegal drug use ($\chi^2=16.645$; $P<0.001$) and smoking ($\chi^2=6.226$; $P<0.05$). The first contact with drugs occurs most frequently at high school age. The most consumed "soft" drug in our group of female university students is marijuana. **Conclusions** Our findings are relevant for comparison and generalization regarding causes of the steady increase in number of young people using illegal drugs.

Study (3) Title : Attitude to substance abuse: do personality and socio-demographic factors matter Isaac RahimianBoogar , 2014

Substance abuse is a serious global problem that is affected by multiple psychosocial and sociodemographic factors. **Objectives:** This study aimed to investigate the leading factors in positive attitude and tendency toward substance abuse in terms of personality, socio-economic, and sociodemographic factors. **Patients and methods:** In a cross-sectional study, 200 college students (105 females and 95 males) residing in Damghan University dormitory in northeast of Iran were recruited by random sampling from March to July 2013. The participants were instructed and asked to complete the NEO FIVE-factor Inventory, the attitude to substance abuse scale, and the demographic questionnaire. Then data were analyzed by stepwise multiple regression employing PASW 18. **Results:** Being male sex and neuroticism had a significant positive role in predicting positive attitude toward substance abuse in university students. In addition, agreeableness, conscientiousness, openness, and socio-economic status had a significant negative role in predicting tendency toward substance abuse ($P < 0.001$). Extraversion had no significant role in prediction of positive attitude to substance abuse ($P > 0.05$). **Conclusions:** Lower agreeableness, decreased conscientiousness, higher neuroticism, diminished openness, low socio-economic status, and male sex might make university students more inclined to substance abuse. Thus, it is reasonable to show the importance of these factors in tailored prevention programs.

Study (4) Title: Drug and Substance Abuse Knowledge and Attitudes among Youth in Addis Ababa Ethiopia Author: Liranso G. Selamu , 2017

The aim of the study was to explore the substance abuse/drug use related knowledge and attitudes among youth in Addis Ababa, Ethiopia. Substance abuse and dependence are one of the most frequently occurring disorders in adolescents, young adults, and the general population. To achieve the study objectives, the study utilized the qualitative method to gather relevant, direct and rich information from participants. The study was conducted through critical literatures review, interviews, and focus group discussions. The participants were selected using purposive sampling technique. The collected data was analyzed thematically. The study found that substances abused by the participants include alcohol, nicotine, cannabis, heroin and etc. Their reasons for using these substances include individual, family, and environmental factors. However, peer group pressure was identified as the primary factor for youth substance use. The study emphasizes the painful nature of substance abuse among youth, yet at the same time, it succeeds in highlighting the strategies that can be employed to address substance abuse among youth. In addition, the study recommends a concerted effort by all the stakeholders in addressing the substance abuse problem.

Study (5) Knowledge and attitude of youths to substance abuse in Alimosho Local Government area of Lagos State Oyekan ,2018

Substance abuse is a huge global health and critical problem which has made it a matter of public health importance in most countries. Substance abuse poses a significant threat to the health, social and economic fabric of families, communities and nations. This study examined the level of knowledge and attitude of youths to substance abuse in Alimosho Local Government; the most populous Local Government Area in Lagos State. The study was aimed at exploring the general knowledge of substance abuse among youths examining the relationship between youths' knowledge of substance abuse and substance use; exploring their attitude to substance abuse and proffer possible strategies that can be employed to address substance abuse among youths in order to ameliorate the growing problem substance abuse in youth population. A cross-sectional study design was employed to select youths within the age range of 18 – 35 years for the study. A sample size of 350 was selected and 340 analyzable questionnaires were returned (attrition rate of 3%). Self-structured validated questionnaire was administered. The questionnaire was divided into three sections: Socio-demographics of the participants, Knowledge on drug abuse, attitudes and perception towards drug abuse. The statistical analyses of frequency counts, percentages and Pearson's Chi square using the Statistical Package of Data Analysis (SPSS) 2012 to test the hypotheses at 0.05 significance level. Findings showed adequate knowledge of the risks of substance abuse among youths and there was indifference in the attitude of youths to the use of drugs. In conclusion, the negative attitude of youths to substance abuse is a cause for concern since the youths are the future of the nation. It was recommended that health education intervention, stressing the health implications of substance abuse and how to come off substance abuse through psychotherapy should be put in place.

2.2.1 Comment on the previous studies:

In study one the researcher focus on investigating the prevalence, circumstance and factors associated with substance use rather than measure the student perception, also the method of data collection was different from the research according to his type of study (quantitative) and his main goal.

In the second the researcher specifies the topic in illegal drug use, but the research focus in all substance may be able to misuse generally, also there is different in method and material of data collection and analysis compare to the method of the research which chose it according to topic sensitivity. In third study Researcher aimed to investigate the leading factors of substance abuse but this study chose to explore the participant's perception, they also generalize the study population (youth) compare to the research—population is specify the female's student plus the study design is quantitative.

The fourth study is semi similar with the research—in data collection method the purpose of the study is different. The fifth study purpose is to measure and examine the level of knowledge and attitude of youth to substance abuse, but it is different from the research objectives and focus on participant point of view, also different in data collection and analysis.

III. METHODOLOGY

This chapter specify the procedures or techniques was used in identify, select, process and analyze the information about substance, starting with explain the methodological approach. begin by introducing the overall approach to research, describe the method of data collection and data analysis and finally evaluate and justify the methodical choices.

Study Design:

Cross-sectional Descriptive qualitative study

Study area:

Khartoum state – Omdurman and Khartoum localities at (Ahfad University for Women,

University of Science and Technology and University Of Medical Science and Technology)

Study population and sample:

Senior female’s university students, the study enrolled 20 female university students.

The researcher used snow ball sampling or chain-referral sampling.

Which is a **non-probability sampling** technique in which the samples have traits that are rare to find. This sampling method involves a **primary data** source nominating other potential data sources that will be able to participate in the research studies. Snowball sampling method is purely based on referrals and that is how a researcher is able to generate a sample. in this type, the first subject is recruited and then he/she provides multiple referrals.

Each new referral then provides with more data for referral and so on, until there is enough number of subjects for the sample. (Question Pro, 2021)

Inclusion criteria: all students of the last year who study in all faculties of the university aged from 21-23-year-old.

Exclusion criteria: all students of other years who study in all faculties of the university their age less than 21year-old.

Sample place	Number of sample
Ahfad University for Women	11 females
University of Science And Technology	2 females
University Of Medical Science and Technology	7 females

Instrument of data collection:

Primary data was collected through interview which consist of three open ended questions design by researcher according to research requirement, reviewed and approved by research supervisor **Secondary** Was collected from previous studies, books, papers and journals and reliable sources. **Procedure:** Participants were answered the interview questions through group leaders (key persons) one for each university (referrals), under researcher close supervision in period of 3 months.

Statistical Data analysis:

Data were analyzed through break dawn the interview answers came out with indicators and discuss them through coded themes (thematic analysis). Started by dividing the answers to define themes each theme content of codes that reflect the specific group of answers and turned them to indicators, with an example with most powerful and touchable answer.

Ethical consideration:

Was consider integrity in an ethical manner and placed the profession and interest of clients over personal interest, risk of harm and confidentiality. After signing the written consent will insure the data will be highly secure by the researcher and will only use for research purposes.

IV. RESULTS AND DISCUSSION

The data has been grouped sorted and indicators developed to following indicators categorizes in themes every theme has his own codes were identified:

Theme one: personal factors

Most of the participants mentions the Education and awareness level about right and roles of young females are the main reasons to spreading the use of those substance, as one of participant said:

“girls now are more educated than ever and we know that trying something new it's not a thing that exclusive only on men or boys so we got their right to try new things too”

Plus, the participants mentioned the barrier of fear was broken in young women, and the love of adventure and discovery remained greater than the first

“I pay the drug alone from dangerous place, and can’t ask for help from anyone “ most of participants took drugs due to the development of relations between young men and young women, it has become very common to invite young women to take them. Also, enthusiasm and curiosity when seeing young men taken the substances makes it a widespread phenomenon.

“I start drinking in a group of young males and females in my friend house “

Plus, is a good way to escape from the bitter reality, as one them mention

“The circumstances we face here in Sudan is really difficult to face without getting high, Lack of special spaces to discharge negative energy and Lack of awareness and distance from religion.”

Theme two: external factors

-Accessibility and availability of substances can be easy or very difficult.as one of the participant said

“If you want to buy a drug, you will find it. It is widespread and there are people who sell it. It has reached the point where it is possible for them to bring you a delivery from anywhere “

Half of participant agreed the easy access of those substance make it a priority to use. Plus, promotion in the media, for example, like, Bob Marley. You listen to Bob Marley and try to imitate you, movies and video games, and so on.

-Social pressure: Most of participants agreed on females in this age (the state of spiritual emptiness) experienced or found themselves outside the home without having a solid value structure that protects them from drug use as one them mentioned

“The reason for abuse in general is emptiness and secondly, pressures and family problems” so they escape from them by taking drugs and addiction because it lasts for a specific period, so the addict returns to the drug get them out of these pressures, and this is on an ongoing basis, because they are more vulnerable to society in terms of feelings, and it is easier to convince them to do it.

Study found the Second influence factor is social influence when it came to females in Arab or middle east countries with a strong social borders and rule make them a strong receptor for changing concepts whatever the consequences they may face.

As Social issues mentioned in study called **Illegal Drug Use among Female University Students in Slovakia** by **Barbora Matejovičová** said We determined that education of parents has a statistically significant influence on use of illegal drugs by their children . Communication between parents and children and parental attention to children have a significant role in determining risky behavior. Parents of students not using illegal drugs were interested in how their children spend their free time (68.53%). We confirmed the relationship between consumption of alcohol and illegal drug use and smoking. The first contact with drugs occurs most frequently at high school age. The most consumed “soft” drug in our group of female university students is marijuana. **Conclusions** Our findings are relevant for comparison and generalization regarding causes of the steady increase in number of young people using illegal drugs. (barbora ,2015)

- Peer pressure: more the half says Poor choice of company and uncontrolled relationships also lead to a tendency to abuse drugs, meaning the distance from their families or neglecting from them, so they prefer to exchange feelings and

experiences until these ideas become attractive to their minds and they think that is the solution

“most of my friend are users and they keep invite me to join them “

-Economic independency: less than have of participants mention the economic independence of girls become a priority requirement among young girl’s community that lead them to easily get their needs without limitations or family pressure.

“I am working in salon to take out the drugs money rather than took the money from my parent”

Theme three: experiences new adventures

Less than have of participants taking those substances as sort of new adventures like one them say

“I guess I started to use drugs just for fun and to try something new and feel something new”

The reason to enter those adventures is the feelings they got when they used them this is the main drive, also they make them feel more alive like they say:

“My story started by chance and I wanted to try something new, as for the effect, it had no effect on me, but the feeling that came from the narcotics themselves was very beautiful, so it was, always want to be alive”

The use is very simple, but it started from the presence of gatherings, and a love of experience and adventure, which the use of those substances leads to forgetfulness and immersion. Or if they

passed by shocking situation it helps them to forget.

Theme four: Peer influence

This theme is showing the effect of peers and their influence on each other, more than the half of participants have said their peers encourage them to substance abuse. Trying something new with friends and the desire to connect to the group has been reported within the answers. The most important stimuli for dealing are a sense of comfort, expelling bad thoughts, negative energy, and a sense of relaxation. They used narcotics according to friend’s recommendation and advises because it makes them able to communicate with the world comfortably even in the most difficult times and they can accomplish many tasks without anger or boredom

As one of participant said *“started from being stubborn with someone because I tried to offer him help, but I did not see any benefit, so I said that he might change his decision and I did not think about the harms of it. A solution and I started thinking about many things in my life. I said I would go through a new experience, so I could find a solution”*

It is major factor the peer influence and media playing a major role in spread the substances specially with global exchange of new attitudes among certain age groups. Youth

(university students) as one of communities' main development aid that made them more exposed to a lot of colonialism experiences may substance become a one of component of mental colonialism.

Theme five: stress/pressure

Stress and pressure have influenced the abusive behavior of the participants. we can classify them to into a social and financial type of pressure. In the social part of the participants reported it as a way to forgot, get through problem.

"Stress, drugs are a very good stress relief for all kind of shit"

Those themes verify the reason behind the phenomenon of the substance abuse among female's university students, going through the previous studies in Sudan or border countries they agreed to some extend on those point but the growth environment and culture differences, religions, influence the appearance of such phenomenon's.

As mention in study named elephant in the room Published by Mohamed El Mahi mentioned

Youth populations are vulnerable to substance use particularly in developing countries where circumstances may be favorable for it. There is no published data on substance use among the youth in Sudan other than on tobacco use. **Objectives.** The aim of this study was to investigate the prevalence, circumstances, and factors associated with substance use. **Conclusion.** Strategies to control substance use should encompass the role of the university and parents in observing and providing education to improve awareness of substances and their consequences. (Elmahi ,2016)

Finally, the economical independency it a new concept in youth females in Sudan but it growing so fast and that reduce the demand of being economically under sponsor and it helps in covering the need of independency itself.

Theme six: affects and possible consequences of using substances

The way participants were affected from using drugs has varied but all of them has shared four common issue which are social, emotional, psychological, and physical.

As mention in the second section, the existence of social pressure has led many of the participants to start using drugs in a way to deal with them believing it could help them deal with those problems. But still, the social part is a Major concern therefore, Drug is tabooed within the society that made it very risky behavior for the consumers, the fear of how the family react is a big problem to the participants.

-Social possible consequences: The other point are Drugs can turn the users to both social extrovert and introvert, according to their mood and feelings at the moment. Plus, the feeling of ysocial Separation and discontent has been reported for the participant one of participant talk about his experience

"If my family and the people around me who are not okay with girls using drugs knew about my situation that will get me in huge trouble and will ruin my reputation and my family's reputation and I may have got killed or be locked at home by my family."

"It causes you a lack of self-esteem and you will always feel social rejection, even from the people closest to you "

-Emotional possible consequences: The emotional issue varied among the participant's form not affect them to same saying it has enhanced the way they felt at the time of use but the

"it just maximizes what you already feel whether you are sad or happy but I don't think they create a new feeling you already don't have"

-Psychological passible consequences: More than have of participant's report that,

psychologically panic attacks, anxiety, and depression are clearly stated and some even referring to them as the textbook symptom of using drugs. Same psychological side effect reported such as hallucination.

"At a time when you don't take it you start hallucinating"

-Physical passible consequences: Some of them mention Laziness, fatigue, and loss of appetite which are Previously linked to drug use cases are the reported symptoms that affected the participants

"Dizziness, shivering, nausea, fatigue and sometimes loss of appetite"

The research outcomes were highlight a new consequences the emotional and psychological consequences from the users point of view. That reflect the updated youth issues behind use those substances and lead to change the tools and materials of measuring the youth new ways and concepts toward addiction. Also discover a new track in social growing issues that may lead more researches especially in 22 centuries community's development youth issues become a number one priorities in the cycle of development.

To some extend the study done in Alimosho Local Government; the most populous Local Government Area in Lagos State was aimed at exploring the general knowledge of substance abuse among youths examining the relationship between youths' knowledge of substance abuse and substance use; exploring their attitude to substance abuse and proffer possible strategies that can be employed to address substance abuse among youths in order to ameliorate the growing problem substance abuse in youth population

Have similarities in studying and digging deeper to explore the level of awareness of passible consequences. (Oyekan ,2018)

University study is a period when students experience independence and freedom from direct adult and family supervision, self-decision-making, and intense academic pressures, share living quarters with strangers, form new social groups, balance social engagements with academic and other life responsibilities, and may be exposed to normative values valued by the youth culture that differ from parental values. These perceived norms motivate the youth to indulge in unhealthy behaviors such as smoking and alcohol and drug use. University students make the transition from the restricted life monitored by parents to a more self-directed life influenced by the university environment. Hence, the risk of substance use is increased in university environments that reflect the increasing phenomenon of using substances.

The data took from the participant answered all the research questions by exploring the concept of using substances among female university students in (Ahfad University for women, University of Science and Technology and University of Medical Science And Technology) and that may lead to be extended the future researches as baseline data specially for gender differences, because even the previous studies doesn't focus on figuring out the gender differences. It also reflect the agreement of using those types of substances and their acceptance to experience the different types of consequences .

The research answers the main goal and aims behind using those substances and reflect the updated issues and current interest among female's youth that need situation analysis and quick response from stakeholder and all aspects

Finally, the different types of possible consequences that mentioned in the answers specially the social effects reflect the updated youth issues in addition to well-known scenario of physical and social effects but we discover in the answers a lot of psychological and emotional tracks that may not see in community and may be one of secret to evaluate the psychological disease that may happen as consequences of substance abuse.

As physiotherapist I think may receive a cases of post addiction specially physical impairments

, in this young age rehabilitation become important to keep the adults functioning for their future life , in case of back to studding or for work .

V. CONCLUSION AND RECOMMENDATIONS

Final part of your research, which contains summary of the whole work and predictions for the future plus, critical suggestion regarding the best course of action in a certain situation.

The research main goal is to explore the concept of substance abuse among females student in three universities, the finding of the research mention the increasing phenomena among females in two aspects the students

5.1.1 Personal factors:

1- **Education level, awareness level** about right and roles of young females have a big influence for using the substances

2-**personal interesting** in try new adventures, barrier of fear was broken in young women, and the love of adventure and discovery remained greater. Plus is a good way to escape from the bitter reality, also the circumstances we face here in Sudan, Lack of special spaces to discharge negative charges and Lack of awareness and distance from religion.

5.1.2 External factors:

1.**Accessibility and availability of substances** the easy access of those substance make it a priority to use. Plus, promotion in the media,

2.**Social pressure:** females in their age (the state of spiritual emptiness) experienced or found themselves outside the home without having a solid value structure that protects them from drug use.

3. **Peer pressure:** Poor choice of company and uncontrolled relationships also lead to a tendency to abuse drugs, meaning their distance from their families or neglect from them

4.**Economic independency:** the economic independence of girls become a priority requirement among young girl's community that lead them to easily get their needs without limitations or family pressure

5.1.3 The research finding of possible consequences of using substances:

the way participants were affected from using drugs has varied but all of them has shared four common issue which are social, emotional, psychological, and physical.

1.**Social possible consequences:** the existence of social pressure has led many of the participants to start using drugs in a way to deal with them believing it could help them deal with those problems. But still, the social part is a Major concern to them. Drug is tabooed within the society that made it very risky behavior to the consumers, the fear of how the family react is a big problem to the participants. The other point are Drugs can turn the users to both social extrovert and introvert I think according to my mood and feelings at the moment. Plus, the feeling of social

Separation and discontent has been reported for the participant

2 .**Emotional possible consequences:** The emotional issue varied among the participant's form not affect them to same saying it has enhanced the way they felt at the time of use .

3.**Psychological possible consequences:** psychologically panic attacks, anxiety, and depression are clearly stated and some even referring to them as the textbook symptom of using drugs. Same psychological side effect reported such as hallucination

4. Physical passible consequences: Some of them mention Laziness, fatigue, and loss of appetite which are Previously linked to drug use cases are the reported symptoms.

As a result of these experiences, the researcher believes that there are numerous reasons for youth females to become involved with various substances, and as such, that need to be adaptable to include these various reasons, while also focusing on the self-esteem, education, and self-efficacy of youth, if they are to be effective in abstaining from the practice of using substances. also the present literature is out of date, and needs to be updated to incorporate the new influences that youth females face today, including the media, internet, and rave culture.

VI. RECOMMENDATIONS

- Comprehensive Community awareness programs with Intensive preservation services should be representing at university level, crisis-oriented, short-term, intensive case management and students support programs.
- Intervention should be different enough from existing services that its critical components can be evaluated.
- Stablish a Mental Health and Counseling Services at universities level .
- Demonstrates a specific model of treatment can reduce substance abuse behaviors
- Collaborative Law Enforcement Strategies (Ministry of Education, Ministry of Health)
- Home Visitation and Family Support Services
- Stablish fun and development areas specialty for youth , encourage them to express their talents and energy in useful ways .

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APPENDIX

Appendix Research Questionnaire

You are being asked to take part in research study. Before you decide to participate in this study, it important that you Understand why the research is being done and what it will involve. Please read the information carefully.

لي اغراض بحثيه الرجاء المشاركة في هذه دراسة . قبل أن تتطرق للمشاركة في هذه الدراسة، من المهم أن تفهم لماذا يتم إجراء البحث وما سنطبق عليه. الرجاء قراءة المعلومات بعناية ..

The research study is about the perspective of substance abuse (smoking (weed ,shash ,Bango) depressants (alcohol) , inhalers (heroin ,cocaine) ,CNS stimulant, hallucinogenic, cannabis) among females, Aimed To explore the concept of using substance abuse among female university students in (Ahfad University for women , University of science and technology and university of medical science And technology) and To verify the apparent excess of the substance abuse among university students (specially females). Plus figuring out the consequences of using those substances in their age. (in their point of view).

الدراسة البحثية هي حول منظور تعاطي المخدرات (لتدخين) الحشيش ،الشاش ،البنقو) ،الكحول ، المستنشقات (الهيروين والكوكايين) ، محفزات الجهاز العصبي مثل حبوب الهلوسة و المنبهات (بين الاناث ، تهدف إلى استكشاف مفهوم تعاطي المخدرات بين طالبات الجامعات في)جامعه الاحفاد للبنات و جامعه العلوم الطبيه و جامعه العلوم و التقانه (والتحقق من الزيادة الواضحة في تعاطي المخدرات بين طلاب الجامعات)وخاصة الإناث(، بالإضافة إلى معرفة عواقب استخدام تلك المواد فيسنتهم. (من وجهة نظره).

Your participation in this study is voluntary, information will take and analyzed by researcher Confidentiality using coding system for the follow of information.

مشاركتك في هذه الدراسة طوعية، وسوف تأخذ المعلومات وتحليلها من قبل الباحث في منتهى السرية ، باستخدام نظام الترميز لمتابعة المعلومات .

Consent:

I have read and I understand the provided information without pressure or influence from the researcher and had the opportunity to ask questions.

I understand that my participation is voluntary and free withdraw at any time, without giving a reason and without cost.

الموافق:

لقد قرأت بكامل ارادتي من غير ضغط او تأثير من الباحث وفهمت المعلومات المقدمة وأتاحت لي الفرصة ل طرح الاسئله .

أنا أفهم أن مشاركتي طوعية وحرية الانسحاب في أى زمن، دون إعطاء سبب ودون تكلفة.

Participant's agreement: Agree / disagree

Date:

Age of participants:

Q1: WHY DO U THINK SUBSTANCE ABUSE BECOME A TRENDING PHONMONA

Among females!?

تعتقد أن تعاطي المخدرات اصبح ظاهره شائعته تتجه بين البنات ؟ لماذا

Q2: Talk about your experience (story) of using those substances, (how u started, whose, influence u to use them and what triggers makes u want those substance)!?

الرجاء التحدث عن تجربتك (قصة) مع استخدام تلك المواد المخدره ، (كيف بدأت، من الذي يؤثر عليك لاستخدامها وماهي

المحفزات التي تجعلك تريد ان تستخدم المخدرات) (?!)

Q3: IN your point of view ,what do think the consequences may face behind using those substance, socially, physically, psychologically, emotionally!?

من تجربتك و رائك الشخصي ماهي العواقب و المخاطر التي قد تواجه وراء استخدام المخدرات ، اجتماعيا وجسديا ونفسيا

وعاطفيا ؟