

# Effect of Solution Focus Therapy on Drugs Abuse Tendency among Addicts of Ndlea Rehabilitation Center, Kano Command, Nigeria

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## ABSTRACT

The study assessed the effect of solution focus therapy on drugs abuse tendency among addicts in NDLEA Rehabilitation Center, Kano Command, Nigeria. The objectives of the study are to find out effect of Solution Focused Counselling Technique (SFCT) treatment on psychosocial dimensions, Cognitive dimensions and psychological risk dimensions of drugs addicts in NDLEA Rehabilitation Center, Kano Command. Based on these objectives three correspondents research questions and null hypotheses were formulated as there is no significant effect of Solution Focused Counselling Technique (SFCT) on psychosocial dimensions, Cognitive dimensions and psychological risk dimensions of drugs addicts in NDLEA Rehabilitation Center, Kano Command to guide the study. Quasi experimental design in form of pretest posttest only design was employed in the study. The population of this study comprised 191 Addicts in NDLEA Rehabilitation Center, Kano Command, Nigeria and out of the identified addicts 30 were selected to participate in the study. The data collection instrument used for identification, pretesting and post-testing of addicts with Substance Abuse Tendency is a researcher developed instrument: "Substance Abuse Tendency Scale". The data obtained were analysed using t-test for related sample. The study found out that, there is significant effect of Solution Focused Counselling Technique (SFCT) treatment on psychosocial dimensions of drugs addicts in NDLEA Rehabilitation Center, Kano Command, there is significant effect of Solution Focused Counselling Technique (SFCT) treatment on Cognitive dimensions of drugs addicts in NDLEA Rehabilitation Center, Kano Command and here is significant effect of Solution Focused Counselling Technique (SFCT) treatment on psychological risk dimensions of drugs addicts in NDLEA Rehabilitation Center, Kano Command. The study recommends among others; structured Solution Focus Counselling Technique should be designed and make it available to personal in counselling unit of NDLE for tackling the menace of drug abuse and addiction.

**Keywords:** Substance Abuse; Drug Abuse Tendency; Substance Addiction; Solution-Focused Therapy, NDLEA

## INTRODUCTION

In Nigeria, there are certain substances that people have always abused which are considered acceptable. Such substances include: tobacco, alcohol, kolanuts and coffee (Igwe, et. al. 2009; Abdulmalik, et al. 2009). Hughes (2006) explained that, "substance abuse differs from drugs addiction as people with substance abuse problems are able to quit or can change their unhealthy behavior". Tendency is a likelihood of behaving in a particular way or going in a particular direction, therefore, drugs abuse tendency is a likelihood or vulnerability factors that influence individual to involve in drugs abuse or substance use. Substance abuse

tendency is the extreme desire to acquire, and use, growing amounts of one or more substances. National Institute on Alcohol and Alcoholism (2005) observed that in United State of America about 25% of youths' experience difficulty in academics' activities due to substance use. Such challenges include earning low grades, missing lessons, poor performance on test and deteriorating in academic performance (Ryan, Hope, Scott, and Gregory, 2013).

Substance abuse occurs when one use alcohol, prescription medicine, and other legal and illegal substances too much or in the wrong way (McCabe, Cranford, and West, 2008). Substance abuse referred to as drug use disorders, refers to using substances, over-the-counter (OTC) medications, prescription drugs, or illegal street drugs for the purpose of getting high. Substance abuse can lead to significant, even life-threatening, health problems (Maxwell, 2011). It also increases the risk of accidents, suicide, unsafe sex, and violence. Teens are more likely to abuse substances if they suffer from depression, low self-esteem or impulse control, have a history of being abused, or family history of substance abuse. Teens who receive low parental supervision or communication, or who feel different than their peers are also at risk for drug abuse.

The Solution Focus Therapy (SFT) is a short-term therapy approach, intended to last between three to ten sessions. This is meant to help patients focus their attention in specific areas, and benefit from their therapy in a short amount of time. It is a therapeutic approach that can be effective for treating mental health and substance use disorders (Lindfors, et al. 2012).

The abuse of drugs in Nigeria is caused by many factors including love for money by peddlers, disobedience to the laws of the country, proliferation of the market with individuals who sell medicines, lack of control of prescription in the healthcare facilities and lack of control of dispensing among dispensers. Other reasons for abuse of drugs include smuggling substances of abuse through our porous seaports and land borders, corruption and compromises at the point of entries, diversion of legitimate exports to illicit use, weakness in inspections and weak penalties for the sellers and traffickers (Adeyeye, 2018).

As claimed in Boun, Omonaiye and Yaya (2024) "In Nigeria as in many African and Middle East countries there are signs of expansion of the market for Tramadol". From the January and June 2018 data, provided by NAFDAC's Ports Inspection Directorate, 9 X 40' containers were intercepted at the Apapa Port all containing unregulated 200/225mg Tramadol capsules. At the Onne Port 9 X40' containers containing similar formulations were also intercepted and handed over to NAFDAC by the Nigeria Customs Service. In another development in May 2018, the Nigeria Customs Service at the SAHCOL Shed of the Murtala Mohammed Airport, Lagos, intercepted 180 cartons of Tramadol 225mg. The consignment has since been handed over to NDLEA (Adeyeye, 2018).

Research evidence supports the effectiveness of various substance abuse treatment approaches for adolescents. Wilson and Byrd (2004) give examples of specific evidence-based approaches which include behavioral and family-based interventions as well as medications. Each approach is designed to address specific aspects of adolescent drug use and its consequences for the individual, family, and society. Most of these treatments have been tested over short periods of 12–16 weeks, but for some adolescents, longer treatments may be warranted; such a decision is made on a case-by-case basis. The provider should use clinical judgment to select the evidence-based approach that seems best suited to the patient and his or her family (Friedmann, Jiang and Richter, 2008).

Behavioral counselling interventions help somebody with drugs abuse tendency to actively participate in their recovery from drug abuse and addiction and enhance their ability to resist drug use. In such approaches, therapists may provide incentives to remain abstinent, modify attitudes and behaviors related to drug abuse, assist families in improving their communication and overall interactions, and increase life skills to handle stressful circumstances and deal with environmental cues that may trigger intense craving for drugs. Below are some behavioral treatments shown to be effective in addressing substance abuse in

adolescents (listed in alphabetical order) (Lambert, Bergin and Garfield, 1994).

Trained counsellors need to be aware of that possibility and direct group activities and discussions in a positive direction such as:

1. Community Reinforcement Approach (A-CRA).
2. Cognitive-Behavioral Therapy (CBT).
3. Contingency Management (CM).
4. Motivational Enhancement Therapy (MET).
5. Twelve-Step Facilitation Therapy.

Traditional therapy has historically been problem-focused. It has analyzed a person's problems from where they started and how those problems have an effect on that person's life. Out of years of observation of family therapy sessions, the theory and applications of solution-focused therapy developed (Gingerich and Peterson, 2013). Solution-focused therapy is a type of treatment that highlights a client's ability to solve problems, rather than why or how the problem was created. It was developed over some time after observations of therapists in a mental health facility in Wisconsin by Steve de Shazer and Insoo Kim Berg and their colleagues. Like positive psychology, Solution-focused therapy (SFT) practitioners focus on goal-oriented questioning to assist a client in moving into a future-oriented direction. Solution-focused therapy has been successfully applied to a wide variety of client concerns due to its broad application. It has been utilized in a wide variety of client group as well. The approach presupposes that clients have some knowledge of what will improve their lives. The following areas have utilized SFT with varying success (Gingerich and Peterson, 2013): Depression, Relationship Difficulties, Drug and Alcohol Abuse, Eating Disorders, Anger Management, Communication Difficulties, Crisis Intervention and Incarceration Recidivism Reduction.

The formal approach of solution-focused therapy involves several basic principles that describe the goals and values reflected in this type of treatment. Some of the basic principles of solution-focused therapy include (Gingerich and Peterson, (2013): maintaining a focus on the positive, focusing on the future, with less focus on past problems, emphasis on building solutions rather than solving problems, less focus on building skills than embracing skills that patients already possess, and using them to develop effective solutions, celebrating all signs of progress, even the smallest successes, finding alternative solutions to unhealthy coping strategies (e.g. abusing drugs or alcohol) and encouraging continued use of coping strategies are working for them now or have been useful in the past.

Solution-focused therapy offers a number of benefits that can be helpful in treating substance abuse and addiction (Laaksonen, Knekt, Sares-Jaske and Lindfors, 2013):

1. **Positive Reinforcement:** Counsellors are encouraged during SFBT sessions to highlight the successes and strengths of patients. Those who struggle with drug and alcohol abuse often experience feelings of depression, hopelessness, and guilt. Solution-focused therapy aims to help people recognize their successes, no matter how small, as well as their resilience.
2. **Goal-oriented:** The greatest emphasis in SFBT is encouraging patients to focus on identifying their goals and how they can achieve them. These goals can be directly related to substance abuse or other aspects of their lives that they wish to work on.
3. **Highlights the future:** Many people struggling with substance abuse and addiction have difficulty envisioning what their future holds. In solution-focused therapy, counsellors ask patients questions that largely focus on their present and future. This provides patients the space to consider what they want for their future and how they can get there.
4. **Patient-driven:** Although SFBT counsellors guide the therapeutic process, one of the focuses of SFBT is allowing patients to determine their needs and their goals. This gives patients a more active

role in finding their motivation for change and developing solutions that suit their abilities and needs.

The following are some of the techniques adopted by counsellor during SFT sessions (Schmit, Schmit, and Lenz, 2016; Macdonald, 2011): **Goal clarification, Miracle Question, Experiment Invitation, Experiment, Consultation, Compliments, Mind mapping, Empathy and Goal Setting.**

According to Erikson, a prominent developmental theorist of the 1950's, youth must resolve two life "crises" during adolescence. Unlike many other developmental theorists of his era, Erikson's psychosocial theory of human development covers the entire lifespan, including adulthood. Erikson used the term "crisis" to describe a series of internal conflicts that are linked to developmental stages. According to Erikson's theory, the way a person resolves the crisis will determine their personal identity and future development.

Substance abuse analysis using Erikson's Stages of Development considered influence of the type of relationship that adolescents have with their parents and peer group, environmental factors and cultural influences to moral development and resilience. Erikson's best-known work is his theory that each stage of life is associated with a specific psychological struggle, a struggle that contributes to a major aspect of personality. Erikson emphasized that an individual reaches optimal development, when they mastered developmental tasks. The developmental tasks he mentioned are; reading, completing school, managing sexual maturity in adolescence and choosing a career or vocation. Erikson identified eight stages of development and these are; oral-sensory, muscular-anal, loco motor, latency, adolescence, young adulthood, middle adulthood and maturity.

In these stages the first five is described as mimic developmental stages of Freud's psychosexual development. Erikson argued that people face psychosocial dilemmas in each of these stages, that is, conflict between personal impulses and their social world (Marcia and Josselson, 2013). Also Marcia and Josselson (2013) stress that, "In his theory Erikson also identified the importance of consciousness and culture as emphasized by Sigmund Freud on his theory; psychodynamic approach".

Erikson maintained that personality develops in a predetermined order through eight stages of psychosocial development, from infancy to adulthood. During each stage, the person experiences a psychosocial crisis which could have a positive or negative outcome for personality development. For Erikson (1958, 1963), these crises are of a psychosocial nature because they involve psychological needs of the individual (psycho) conflicting with the needs of society (social). According to the theory, successful completion of each stage results in a healthy personality and the acquisition of basic virtues. Basic virtues are characteristic strengths which the ego can use to resolve subsequent crises. Failure to successfully complete a stage can result in a reduced ability to complete further stages and therefore healthier personality and sense of self. These stages, however, can be resolved successfully at a later time.

In a survey conducted by Adeyemo, Beatrice, Okpala, and Oghale (2016) who examined the prevalence of drug abuse among students in a tertiary institution in Benin City, Edo State, Nigeria reveals that, 46.6% of the sample respondents have taken drugs for non-medical purposes at least once. Coffee and alcohol were the most commonly abused drugs. Majority of the respondents agreed that students take drugs as a result of poor teacher-student relationship, improper parental upbringing, as well as the influence of peer pressure. Results also revealed that the null hypothesis which states that there is no significant relationship between university environment and drug abuse among UNIBEN students is rejected while the alternate hypothesis is upheld. The study, therefore recommended public health intervention aimed at preventing drug use among students should be designed to raise awareness about the negative effects of drug abuse.

In a study conducted by Spilsbury (2012) employs solution-focused brief therapy (SFBT) to alleviate depressive symptoms in an alcohol-dependent patient with comorbid personality disorder. Following three sessions of SFBT spaced at 1-month intervals, the patient reported maintaining abstinence from alcohol. His



symptoms of depression as measured by Depression Anxiety Stress Scale reduced from severe to normal range, and he reported a reduction in the frequency and intensity of dark thoughts that had previously plagued him when sober. Outcomes were maintained 12 months following treatment. Also, Hendrick, Isebaert and Dolan (2012) study on Solution-focused brief therapy in alcohol treatment. Maintained that, solution-focused brief therapy constitutes a paradigm shift away from traditional approaches. SFBT focuses on client strengths and resiliencies. The therapist examines the previous solutions and exceptions to the problem with the client. He then encourages the client to do more of those behaviors. Solution focused brief therapy has been applied with success in clinical settings with clients who abuse alcohol. Franklin and Hai (2021) review of the literature work on solution-focused brief therapy for substance use explained that, substance use is a prevalent public health issue. Most social workers may encounter substance use in their work with clients and need effective therapeutic strategies for this issue. Since the 1980s, solution-focused brief therapy (SFBT) has been practiced with clients who have substance use problems, and clinical training materials have been developed to help practitioners learn and use SFBT in substance use treatment. Despite the longevity of the use of SFBT in practice, there are no published reviews of outcome studies to guide practitioners using SFBT. Five of the nine studies reviewed showed that SFBT can change substance use and comorbid mental health and psychosocial problems such as depression, trauma, and school- and work-related behavior problems. The article concludes with a discussion of the study results' implications for clinical practice and future research.

Stander (2003) evaluate the effect of Solution-Focused Brief Therapy (SFBT) in a South African Youth Centre for young offenders, to which the court had sentenced them for two years. The study focused on the competencies and strengths of youth offenders, as well as on their capacity to find solutions to their problems, whilst being realistic and trying to accomplish positive change within the limits of the youth centre facility. The effectiveness of the intervention was evaluated within three main domains of human experience: (1) subjective discomfort, (2) interpersonal relationships, and (3) social role performance. SFBT proved to be an effective method of intervention within group format in a facility for young offenders.

## STATEMENT OF THE PROBLEM

The use of substances has been an integral part of many cultures for thousands of years. Substance abuse is the consumption of psychoactive substance with dependence-producing properties that has been widely used in many cultures for centuries. The harmful use of substances causes a large disease, social and economic burden in societies. The high prevalence in the use of these substances calls for concern especially in the hands of adolescents. Escalation of substances abuse may be unusually rapid during adolescence. Compared with individuals initiating drug use in adulthood, adolescent-onset individuals have been shown to have accelerated dependency courses, with shorter times from first exposure to dependence for alcohol and cannabis and shorter times between their first and second dependencies.

Another reason for concern about adolescence substance use is the risk of serious social, medical, and legal problems that can result from substances consumption, such as impaired performance at school or work; interpersonal problems with friends, family and community at large. In 2015, in the United States, an estimated 1.3 million adolescents, aged 12 to 17, and 5.4 million young adults, aged 18 to 25, met diagnostic criteria for having a substance use disorder (SUD); the vast majority were untreated (Lipari, Park-Lee and Van Horn, 2016).

The psychosocial factors included social resources (social integration and emotional support), psychological resources (perceived control, self-esteem, sense of coherence, and trust), and psychological risk factors (cynicism, vital exhaustion, hopelessness, and depressiveness). The problem of substance abuse has always existed as long as the history of man. The non-medical use of prescription drugs and other substances have reached epidemic proportion in many parts of the world, Nigeria inclusive. The recent increase, especially

among school aged children which become a global health and social issue have gone beyond the headlines. It cuts across all strata of the society, with children from rich and poor, educated and uneducated families, male and females involved. The impact on the youth who are mostly in secondary schools is a call for serious concern, it impacts negatively on the education and leadership abilities of secondary school students who are particularly at risk, given the fact that, they are in the early stages of their education, career development social skills and identity formation. One of the harmful consequences of substance abuse among students is the adverse effect it has on their academic performance, personality and general wellbeing.

There have been a number of efforts made in the past by the government through its agencies like the National Drug Law Enforcement Agency (NDLEA) and the National Agency for Food and Drug Administration and Control (NAFDAC) to curb the situation. However, such efforts do not seem to be effective and do not pay much attention to substance counselling strategies that are most effective. To this fact therefore, there is an urgent need for effective and far-reaching measures to help remedy the situation.

The challenges are that of devising the most appropriate therapies to help curtail the problem at stake. It is based on this that the researcher saw the need to carry out this study in order to assess the Effect of Solution Focus Therapy on Drugs Abuse Tendency among Addicts of NDLEA Rehabilitation Center, Kano Command, so that they can be used to counselling against substance abuse.

### **Objectives of the Study**

The following objectives of the study were designed to guide the study:

1. Effect of Solution Focused Counselling Technique (SFCT) on psychosocial dimensions of drugs abuse tendency among addicts in NDLEA Rehabilitation Center, Kano Command.
2. Effect of Solution Focused Counselling Technique (SFCT) on Cognitive dimensions of drugs abuse tendency among addicts in NDLEA Rehabilitation Center, Kano Command.
3. Effect of Solution Focused Counselling Technique (SFCT) on psychological risk dimensions of drugs abuse tendency among addicts in NDLEA Rehabilitation Center, Kano Command.

### **Hypotheses**

The following hypotheses were tested at 0.05 level of significance:

**Ho1:** There is no significant effect of Solution Focused Counselling Technique (SFCT) on psychosocial dimensions of drugs abuse tendency among addicts in NDLEA Rehabilitation Center, Kano Command.

**Ho2:** There is no significant effect of Solution Focused Counselling Technique (SFCT) on Cognitive dimensions of drugs abuse tendency among addicts in NDLEA Rehabilitation Center, Kano Command.

**Ho3:** There is no significant effect of Solution Focused Counselling Technique (SFCT) on psychological risk dimensions of drugs abuse tendency among addicts in NDLEA Rehabilitation Center, Kano Command.

### **METHODOLOGY**

Quasi experimental design in form of pretest posttest design was employed in the study. The population of this study comprised one hundred and ninety-one (191) Addicts in NDLEA Rehabilitation Center, Kano Command, Nigeria and out of the identified addicts 30 were selected to participate in the study. Purposive sampling technique was used in sampling persons identified with higher drugs abuse tendency. Stratify sampling technique was used in sampling based on identify male and female addicts with substance abuse

tendency.

The data collection instrument used for identification, pretesting and post-testing of addicts with Substance Abuse Tendency is a researcher developed instrument: “Substance Abuse Tendency Scale”. The researcher developed the instrument based on the literature available on symptoms and diagnosis of substance abuse tendency. The instrument contains items on a 4 point likert scale. It has three (3) sections A and B, and C. The A section of the inventory contained demographic information such as students’ identification number, Gender and age. Section “B” have responses ranging from: Rarely (1), Sometimes (2), Frequently (3) and Always (4) to measure level of drugs abused among addicts’ individuals. While section “C” section which measure Drugs Abuse Tendency Scale contained items on Substance Abuse Tendency with the B’ have responses ranging from: Strongly Agree (4), Agree (3), Disagree and Strongly (2) and Disagree (1). Validity and reliability of the instrument was obtained by the researcher with the assistance of the supervisor. The reliability of the instrument used for this study was established using the test re-test method. Pearson Product Moment Correlation Co-efficient was used in computing the correlation co-efficient of the instrument and the reliability index of 0.68 was established. The study was conducted in three (3) phases: Pretest Phase, Treatment Phase (Treatment Package: Solution-Focused Therapy Techniques) and Posttest Phase. The three null hypotheses were tested using t t-test for related sample at 0.05 level of significance.

## RESULTS

Three null hypotheses raised specifically to determine the Effect of Solution Focus Therapy on Drugs Abuse Tendency among Addicts in NDLEA Rehabilitation Center, Kano Command, Nigeria were tested and results were presented using 0.05 level of significant as follows:

**Hypothesis One:** There is no significant effect of Solution Focused Counselling Technique (SFCT) treatment on psychosocial dimensions abuse tendency among Addicts of NDLEA Rehabilitation Center, Kano Command, Nigeria.

Table 1: Pretest and Posttest t-test for Related Sample on Psychosocial Dimensions of Drugs Abuse Tendency Mean Score:

|                     | N  | Mean  | SD   | t-value | df | P-value (2-tailed) |
|---------------------|----|-------|------|---------|----|--------------------|
| Pretest Mean Score  | 30 | 48.20 | 6.94 | 38.04   | 29 | 0.000              |
| Posttest Mean Score | 30 | 23.70 | 3.60 | 36.04   |    |                    |

p-value 0.000 > 0.05 = significant

Table 1 above shows t-test analysis for related sample psychosocial dimensions of drugs abuse tendency among addicts mean score t-test analysis for pre-test and post-test on the effect of Solution Focused Counselling Technique (SFCT) treatment on psychosocial dimensions of drugs abuse tendency among Addicts of NDLEA Rehabilitation Center, Kano Command, Nigeria. It shows that the t-value of Pretest is 38.04 and that of Posttest is 36.04 with p-value of (0.000) tested at 0.05 level of significance and 29 degree of freedom. The p-value 0.000 is less than 0.05 level of significance and as such the null hypothesis which states that, there is no significant effect of Solution Focused Counselling Technique (SFCT) treatment on psychosocial dimensions of drugs abuse tendency among Addicts of NDLEA Rehabilitation Center, Kano Command is rejected. Therefore, this reveals that, there is significant effect of Solution Focused Counselling Technique (SFCT) treatment on psychosocial dimensions of drugs abuse tendency among Addicts of NDLEA Rehabilitation Center, Kano Command, Nigeria.

**Hypothesis Two:** There is no significant effect of Solution Focused Counselling Technique (SFCT) treatment on Cognitive Dimensions of drugs abuse tendency among Addicts of NDLEA Rehabilitation Center, Kano Command, Nigeria.

Table 2: Pretest and Posttest t-test for Related Sample on Cognitive Dimensions of Drugs Abuse Tendency Mean Score:

|                     | N  | Mean  | SD   | t-value | df | P-value (2-tailed) |
|---------------------|----|-------|------|---------|----|--------------------|
| Pretest Mean Score  | 30 | 48.20 | 6.94 | 38.04   | 14 | 0.000              |
| Posttest Mean Score | 30 | 23.70 | 3.60 | 36.04   |    |                    |

p-value 0.000 > 0.05 = significant

Table 2 above shows t-test analysis for related sample Cognitive dimensions of drugs abuse tendency among addicts mean score t-test analysis for pre-test and post-test effect of Solution Focused Counselling Technique (SFCT) treatment on Cognitive dimensions of drugs abuse tendency among Addicts of NDLEA Rehabilitation Center, Kano Command, Nigeria. It shows that the t-value of pretest is 38.04 and that of posttest is 36.04 with p-value of (0.000) tested at 0.05 level of significance and 29 degree of freedom. The p-value 0.000 is less than 0.05 level of significance and as such the null hypothesis which states that, there is no significant effect of Solution Focused Counselling Technique (SFCT) treatment on Cognitive dimensions of drugs abuse tendency among Addicts in NDLEA Rehabilitation Center, Kano Command is rejected. Therefore, this reveals that, there is significant effect of Solution Focused Counselling Technique (SFCT) treatment on Cognitive dimensions of drugs abuse tendency among Addicts of NDLEA Rehabilitation Center, Kano Command, Nigeria.

**Hypothesis Three:** There is no significant effect of Solution Focused Counselling Technique (SFCT) treatment on psychological risk dimensions of drugs abuse tendency among Addicts in NDLEA Rehabilitation Center, Kano Command, Nigeria.

Table 3: Pretest and Posttest t-test for Related Sample on Psychological Risk Dimensions of Drugs Abuse Tendency Mean Score:

|                     | N  | Mean  | SD   | t-value | df | P-value (2-tailed) |
|---------------------|----|-------|------|---------|----|--------------------|
| Pretest Mean Score  | 30 | 48.20 | 6.94 | 38.04   | 29 | 0.000              |
| Posttest Mean Score | 30 | 23.70 | 3.60 | 36.04   |    |                    |

p-value 0.000 > 0.05 = significant

Table 3 above shows t-test analysis for related sample psychological risk dimensions of drugs abuse tendency among addicts mean score t-test analysis for pre-test and post-test effect of Solution Focused Counselling Technique (SFCT) treatment on psychological risk dimensions of drugs abuse tendency among Addicts of NDLEA Rehabilitation Center, Kano Command, Nigeria. It shows that the t-value of pretest is 38.04 and that of posttest is 36.04 with p-value of (0.000) tested at 0.05 level of significance and 29 degree of freedom. The p-value 0.000 is less than 0.05 level of significance and as such the null hypothesis which states that, there is no significant effect of Solution Focused Counselling Technique (SFCT) treatment on psychological risk dimensions of drugs abuse tendency among Addicts of NDLEA Rehabilitation Center, Kano Command is rejected. Therefore, this reveals that, there is significant effect of Solution Focused



Counselling Technique (SFCT) treatment on psychological risk dimensions of drugs abuse tendency among addicts in NDLEA Rehabilitation Center, Kano Command.

## SUMMARY OF FINDING

The summary of the research findings as interpreted above shows that:

1. There is significant effect of Solution Focused Counselling Technique (SFCT) treatment on psychosocial dimensions of drugs abuse tendency among Addicts in NDLEA Rehabilitation Center, Kano Command, Nigeria.
2. There is significant effect of Solution Focused Counselling Technique (SFCT) treatment on Cognitive dimensions of drugs abuse tendency among Addicts in NDLEA Rehabilitation Center, Kano Command, Nigeria.
3. There is significant effect of Solution Focused Counselling Technique (SFCT) treatment on psychological risk dimensions of drugs abuse tendency among Addicts of NDLEA Rehabilitation Center, Kano Command, Nigeria.

## DISCUSSION

This study was designed to explore the effect of Solution Focus Therapy on Drugs Abuse Tendency among addicts in NDLEA rehabilitation center, Kano Command, Nigeria. The first finding of the study revealed that, there is significant effect of Solution Focused Counselling Technique (SFCT) treatment on psychosocial dimensions of drugs abuse tendency among Addicts in NDLEA Rehabilitation Center, Kano Command, Nigeria. The psychosocial theory of addiction involves the psychosocial Stages and Substance Use as poor or disrupted psychosocial development may contribute to substance use and addiction. For instance, when young ones struggle to develop a strong identity, they may be more likely to use drugs as a way to create an identity.

There are three major dimensional aspects with regard to associations between Substance-Related Disorders (SRD) and psychosocial factors. They are religious/spiritual, job-related, and symptomatic (clinical) factors, each of which strongly affects or modifies the quality of life among SRD patients.

In relation to effect of solution focus on drugs addiction, the study of Ali (2018) assessed the effect of Solution Focused Brief Therapy in Alcohol Dependence Syndrome. The solution-focused therapist believes that helping clients with substance abuse disorders to address any life problems they find significant will help them to reduce their substance use. What is important is finding a solution to the problems the client identifies as significant, and then reinforcing the client's success in solving those problems. This procedure helps the client to recognize his own ability to solve his problems. Chelbyanloo and Alinejhad (2019) study on relationship of temperament-character, abnormal dimensions of personality, and self-control with addiction tendency in university Students found out that, abnormal personality dimensions and temperament-character dimensions have a significant role in drug use tendency in student population. With the identification of these dimensions and characteristics, it is possible to devise appropriate strategies for preventing this phenomenon in student environments.

Another finding of the study discovered that, there is significant effect of Solution Focused Counselling Technique (SFCT) treatment on Cognitive dimensions of drugs abuse tendency among addicts in NDLEA Rehabilitation Center, Kano Command. Cognitive, Clinical, and Neural aspects of drug addiction focuses on the theories that cause drug addiction, including avoidance behavior, self-medication, reward sensitization, behavioral inhibition and impulsivity. According to Expectancy theory addictive behaviors are chosen over healthy behaviors due to one expectations. When people expect the pros and cons of addictive behavior

favorably outweigh the pros and cons of healthy behavior, they will choose addiction.

The work of Ramey and Regier (2019) on cognitive impairment in substance use disorders. Explained the cognitive causes of substance-related and addictive disorders include the expectancy effect, and research provides stronger support for positive expectancy over negative expectancy. Behavioral causes of substance-related and addictive disorders include positive and negative reinforcement.

In similar vein the study of Ramey and Regier (2019) on cognitive impairment in substance use disorders maintained that, conceptually altered cognitive function can be viewed as a hallmark feature of substance use disorders, with documented alterations in the well-known “executive” domains of attention, inhibition/regulation, working memory, and decision-making. Poor cognitive regulation of downstream motivational processes whether appetitive (reward, incentive salience) or aversive (stress, negative affect) is recognized as a fundamental impairment in addiction and a potentially important target for intervention. As addressed in this special issue, cognitive impairment is a trans-diagnostic domain; thus, advances in the characterization and treatment of cognitive dysfunction in substance use disorders could have benefit across multiple psychiatric disorders. Toward this general goal, we summarize current findings in the abovementioned cognitive domains of substance use disorders, while suggesting a potentially useful expansion to include processes that both precede (precognition) and supersede (social cognition) what is usually thought of as strictly cognition. These additional two areas have received relatively less attention but phenomenological and otherwise are important features of substance use disorders. The review concludes with suggestions for research and potential therapeutic targeting of both the familiar and this more comprehensive version of cognitive domains related to substance use disorders.

The work of Robinson and Adinoff (2016) highlights the how SFT could be effective in the reduction of drugs abuse tendency a long-term drug use is associated with a wide-range of cognitive impairments. Cognitive impairments are potential targets for the treatment of addictive disorders. These impairments can be targeted by both medications and behavioral approaches i.e SFBT for the cognitive enhancement to improve treatment outcomes is a novel strategy.

Smock, et. al. (2008) study on Solution-Focused Group Therapy for level 1 substance abusers. They compared Solution-Focused Group Therapy (SFGT) with a traditional problem-focused treatment for level 1 substance abusers. Outcome research on the effectiveness of solution-focused group therapy is minimal, especially in treating substance abusers. Clients in the solution-focused group significantly improved on both the Beck Depression. The clients in the comparison group did not improve significantly on either measure. Therapist skill level and adherence to theoretical models were measured in each group to reduce confounding variables.

## **CONCLUSION**

Based on the research finding and discussions the study concluded that, the majority of drugs addict persons in NDLEA Rehabilitation Center, Kano Command, Nigeria have high drugs abuse tendency (40.83%). It was also concluded that, over-the- (OTC) medications are the most common drugs abused among Addicts in NDLEA Rehabilitation Counter Center, Kano Command, Nigeria. It was concluded that, Solution Focused Counselling Technique (SFCT) treatment significantly reduce psychosocial dimensions, Cognitive dimensions and psychological risk dimensions of drugs addiction tendency among drugs addicts in NDLEA Rehabilitation Center, Kano Command.

## **IMPLICATION FOR COUNSELLING**

Proper implementation and utilization of guidance and counselling services had a positive effect in the

management of drug abuse among students this as explained by King'ori, (2020) "Guidance and counselling services reduces the level of drug taking in schools". Therefore, t guidance and counseling services should be strengthened which includes interaction forums between students and professional counsellors and counseling workshops, symposia, and conferences should be organized regularly for students on the prevalence and effects of drugs and substance abuse.

Some studies show family's influence is still very minimal for users to recover during rehabilitation, therefore there is need for effective counselling techniques such as Solution Focus Brief Therapy (Supriyanto, Hendiani, Hartini and Sabri, 2021). Perine and Schare (1999) study indicated that counselor and client education was effective in significantly changing the clients' thoughts toward smoking cessation and their smoking behaviors.

The impact of drug abuse and addiction among the youth has been a stigma for decade's violence, thugery, assault, madness murder. The broader context of abuse and addictive substances include tobacco alcohol solvents the alter the functions of the human brain and have an impact on the behaviour the also causes harmful with extensive damage of individual and family and community the present study was end at aimed at producing effective counselling strategies session to reduce or manage aftermath of those drug abuse and addiction who need rehabilitation and counselling.

Effective addiction counseling must also involve dual diagnosis and therapy that addresses the seriousness of mental health problems. It requires a combination of things, beginning with proper diagnosis, prescribing medications, and then effective therapies to help with coping, healing, and recovery (Ngwu, 2022). Effective treatment focuses on the genetic and environmental causes of addiction. It also treats the physical and mental side effects.

## RECOMMENDATIONS

Based on the findings and conclusions the study recommends that:

1. The factors influencing youth drug abuse tendency should undergo specific scientific scrutiny to address the unique challenges and develop appropriate solutions.
2. Structured Solution Focus Counselling Technique should be designed and make it available to personal in counselling unit of NDLE for tackling the menace of drug abuse and addiction.
3. There should be well defined counselling programme in schools and other law reinforcement agencies such as NDLE to curb drug abuse.
4. The Guidance and Counselling practitioners should go beyond the confine of school and offices and reach out to the masses.

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