Gender and Socio-economic Differences in Substance Use Among Academics in Niger Delta University, Bayelsa State of Nigeria

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Abstract

The use of substance by university academics in recent times is a cause for concern especially due to the negative implications of its misuse. The social climate in the university is gradually changing in spite of its setting which is meant for educating and reforming individuals, as new forms of social organizations have evolved wherein academics get involved in indiscriminate substance use as a result. This research was undertaken to investigate the reasons why academics engaged in substance use and to find out the difference in its use, based on gender and socio-economic status of the respondents. The study adopted the descriptive survey design. The population of the study comprised 833 academic staff. A total of 113 academics who were randomly selected from six out of twelve faculties in the university participated in the study. Three Research questions and two research hypotheses were generated to guide the study. A researcher designed instrument named 'University Academics' Substance Use Questionnaire' was used to generate data, and analyzed using mean scores, standard deviations and the t-test. Results indicated that a higher number of male than female academics engaged in substance use due to emotional and psychological reasons; and that alcohol, tobacco and caffeine were the most frequently used substances. The predisposing factors to substance use were amongst others, early parental and cultural initiation. The t-test also showed statistically significant differences in substance use based on gender and socio-economic status of the respondents. Based on the findings, recommendations were made.

Keywords: Substance use; university academics; gender; socioeconomic status; Nigeria

1. Introduction

The incidence and pattern of substance use and substance disorder is said to be on the increase currently in Nigeria (Abasiubong, Udobang, Idung, et al., 2014; Gureje, Degenhardt, Olley, Uwakwe, et al., 2007; Makanjuola, Daramola & Obembe, 2007; Yusuf, 2010; Akindutire & Adegboyega, 2012; Awoyinfa, 2012). This incidence cuts across all strata of the society, involving youths, the middle aged and elderly. Some reasons for the use of substance among others include lack of restriction and wide acceptability of its use, especially at traditional functions (Abasiubong et al., 2014). Similarly, its prevalence extends to other parts of the continent in Africa, notably East Africa, South Africa and West Africa. While alcohol and cannabis were noted to be commonly used in East and South African regions, cocaine and heroin were commonly used in Nigeria, Cote D'voire, Ghana, Kenya, Mauritius, etc The commonest substance used were reported to be alcohol and tobacco, considered to be 'gate way' drugs to the use of more sophisticated substances such as cocaine, heroin, amphetamines, inhalants and hallucinogens (World Psychiatry, 2007).

According to Igwe, Ojinnaka, Emechebe and Ibe (2009), most young people begin with alcohol and cigarettes and later progress to more dangerous substances as cocaine and cannabis. They reiterated that the causes of this

practice included early initiation, female involvement as well as the use of multiple substances mostly among youths in Nigeria (Igwe et al., 2009).

2. Conceptual Clarifications

The word 'substance' is derived from English and Latin. 'Sub' means 'under' and 'stance' means 'stand'. Thus, substance is that which 'stands under' or underlies its outward appearance (The American Heritage Dictionary of English Language, 2007). Substance use or abuse refers to the maladaptive pattern of use of substance that is considered dependent (Wikipedia, 2015). The use of substance ranges from beneficial use to chronic dependence, that is, 'use' versus 'abuse'.

However, the American Diagnostic and Statistical Manual of Mental Disorders (DSM) and the World Health Organization International Statistical Classification of Diseases and Related Health Problems (IGD) refrains from using either 'substance abuse' or 'drug abuse', but instead use the word 'harmful use' to cover physical or psychological harm to the user. Psychoactive substances refer to chemical substances that when taken have the ability to change an individual's consciousness, mood or thinking processes (WHO, 2004).

Conversely, from prehistoric times, human kind has used various substances in the hope of reducing pain or altering states of consciousness. Almost everyone has discovered some intoxicants that affect the central nervous system, relieving physical and mental anguish or producing euphoria. Unfortunately, despite the often devastating consequences of taking such substances into the body, their initial effects are usually pleasing, a factor that is perhaps the root of substance abuse.

3. Literature Review

3.1 Substance Use: Theoretical Framework

The present study is hinged on the cultural identity theory. It indicates the relationship between the individual (i.e micro) and environment (meso and macro), and how these influence the construction of drug-related identity change process. According to Anderson (1998), the cultural identity theory contains 12 hypothetical relationships describing the link between the micro, meso and macro level concepts. In other words, this theory explains the relationship between the individual and the environmental factors that influence drug abuse and drug related identity change. Substance use and drug use can be used interchangeably as pointed out by Anderson. For instance, there is the tendency in etiological theory to use the words 'use; and; abuse; together or interchangeably. Furthermore, many authors attribute credibility to the 'gateway' theory of drug use (i.e that the use of 'softer' drugs eventually leads to the abuse of 'harder' ones without discussing the processes involved in that transition (Anderson, 1998). Whether drug or substance use, the rate of use is also a matter of concern to individuals. This is so because the longer its use, the more severe consequences may arise which could have adverse health implications. To this end, Johnston et al (1975) noted that there are large discrepancies between monthly or annual use and daily use rates (which can serve as a proxy for abuse). They contended that only a small portion of eight graders who use drugs (about 21% in 1995) may likely become drug abusers of them (4.6%) by twelfth grade (Johnston, O'Malley & Bachman, 1975).

However, the cultural identity theory is said to treat drug use and abuse as separate phenomena, while other theories point to the fact that people may use drugs in a non-abusive or unproblematic fashion as indicated by several studies over extended period of time (Waldorf et al., 1991; Granfield & Cloud, 1996). On the contrary, the cultural identity theory addresses the diverse etiologies of drug/substance use and abuse by simply focusing on drug abuse (Anderson, 1998). Moreover, other researchers affiliated to the cultural identity theory have described how various macro level phenomena, like economic and social inequality and social marginalization result in many social ills including drug abuse.

Thus, the cultural identity theory deals with how the multiple interactions between socially and culturally constructed meanings, symbols, and institutions interact with the individual to produce drug abuse. In view of the foregoing, the present study considers substance use to be associated with first, early initiation from the family as is obtainable in Nigeria where it is customary to use the local gin especially among traditional leaders and their subjects. This is also in addition to the influence by friends at social engagements such as those who visit night clubs, drinking spots especially where pepper soup and alcohol are specifically served. Thus, this becomes a necessity for both men and women at such occasions.

3.2 Prevalence, Predisposition, Gender and Socio-economic Variables in Substance Use

In Nigeria, there has been a handful of studies in the area of substance use or substance use disorder (Abasiubong et al., 2014, Igwe et al., 2009; Adelekan et al., 2002; Makanjuola et al., 2007). A study found that substance use was prevalent especially among youths in Southern and Northern Nigeria. Although no striking data was available to compare the prevalence rate across Nigeria as a whole, the youths in Uyo city of Akwa Ibom State and Kiru in Kano State of Nigeria respectively were compared. The result of the study showed that more youths in Uyo as compared to those in Kiru were involved in substance use; and that while the youths in Uyo commonly used such substances as alcohol in very high quantities, those in Kiru used cigarettes, inhalants, sleeping drugs, etc (Abasiubong et al., 2014). Furthermore, youths in both cities were high on the use of cigarettes, with similar reasons for its use (Abasiubong et al., 2014). Similarly, literature shows that alcohol, tobacco, caffeine and cigarettes were the most consumed psychoactive substances by students (Awoyinfa, 2012).

Other uses of substances were mainly tied to traditional or cultural reasons for which case substance use or disorder became very rampant. For example, it was observed that locally available substances were consumed in high quantities during traditional functions such as marriages, burials only to mention but a few. These locally made substances include the local gin, called 'ogogoro' in the Nigerian parlance, kola nut and bitter kola which have some psychological effects on the user. These were used both in the rural and urban communities in Nigeria (Adelekan et al., 2002; Gureje et al., 2007; Makanjuola et al., 2007; Obot, 2007). In particular, Abasiubong et al (2014) noted that the high prevalence of the use of local substances was predicated on its cultural importance and general acceptance, thereby making their use to be unrestricted. Moreover, Idoniye, Festus, Asika et al (2012) posited that local illicit gin ('ogogoro' or 'kaikai') is consumed not only in Southern Nigeria, but other parts of the world, where it is called by various names such as 'akpeteshi (Ghana) or 'toddy' (South America). In the foreign scene, there are over 50 million regular users of heroin, cocaine, and other synthetic drugs (United Nations, 2005).

Some studies have reported that the predisposing factors to psychoactive substance use include certain personality traits (Malouff, Thorsteinssen, Schutte & 2006; Silventoinen et al., 2007; Terracciano, Lockenhoff, Crum, Bienvenu & Costa, 2008). For instance, in a study on substance use and personality, it found that the 'big five' personality traits together with acculturation strategies were related to substance use among Lithuania emigrants, and that substance use of emigrant men and women were of different nature. (Endriulaitiene, et al., 2015); others argue that substance use behaviour has strong social and cultural background (Idoniye et al., 2012; McQueen, Getz & Bray, 2003; Pokhrel, Herzog, Sun, Rohrbach & Sussman, 2013; Rote & Brown, 2013).

In terms of gender, the prevalence rate shows that a greater number of females than males indulged in substance use (ESPAD, 2003). Also, both males and females aged 12-17 were dependent on or abusing alcohol or an illicit substance (SAMHSA, 2003). Among the older age groups, males were likely than females to be dependent on or abusing alcohol or illicit substances; and that approximately 4 percent of married females aged 18-49 were dependent or abusing alcohol compared with 11 percent of females who were divorced or 16 percent of females who had never been married. In comparison, 10 percent of males aged 18-49 who were married were dependent on or abusing alcohol as opposed to 23 percent of divorced or separated males and 24 percent who were never married (ESPAD, 2003; SAMHSA, 2003; EMCDDA, 2004). It was also reported that marginalization was

associated with greater life risk for lifetime alcohol use and drug use among males and a greater role of current drug use among females (Fosados, McClain, Ritt-Olson, et al., 2007). Whereas in Nigeria, adolescent males than their female counterparts were involved in high consumption of alcohol Adelekan et al., 2002). In line with this observation, another study found that alcohol, sedatives and cannabis were the most commonly used psychoactive substances by Nigerian housewives (Gureje et al., 2007).

Finally, the socio-economic position of families may be a predisposing factor to the consumption of psychoactive substances. To this end, Jones, Helfinger and Sanders (2007) contended that the economic strength of a parent affects the use of substances by students, while children and families living in poverty are at greater risk of hunger, homelessness, physical and mental disabilities, violence, teen parenthood, etc. For instance, income change is presumed to be a factor of the demand for substance; even as consumers are said to want to buy more goods when the income consumption curve has a positive slope (Taylor, 2008). Moreover, among the factors that shape consumer tastes include economic, social and psychological forces (Taylor, 2008). Similarly, social factors also shape substance use behavior (Galiea, 2004).

The premise on which the current study is based is on the assumption that the use of psychoactive substances among university academics have not been explored to the best of the researcher's knowledge. Many of the studies carried out in Nigeria were mainly among students and youths (Adelekan, et al., 2002; Makanjuola, et al., 2007; Awoyinfa et al., 2012; Abasiubong et al., 2014). None of such studies have surveyed university academics' drinking habits as far as the researcher is concerned. Moreover, the consequences of high use of substances abound in the literature. These include predisposing antisocial vices such as assault, rape, burglary, violence, sexual promiscuity, high level of prostitution, thuggery, arson, indiscipline, high rate of road and fire accidents, etc (Igwe, et al., 2009; Diaz & Rickert, 2002; Akindutire & Adegboyega, 2012). In particular, Adamson and Babalola (2008) found that most anti-social vices were committed under the influence of cocaine and heroin. Perhaps, this could possibly be one of the factors responsible for the incessant kidnapping and cult activities occurring daily in Nigeria in recent times.

Furthermore, studies have shown that uncontrolled use of substances or their abuse have certain health consequences, ranging from psychological, socio-economic, emotional and physical. Although there has been an awareness campaign in the news and print media in Nigeria, especially notable is the daily jingle stressing that 'tobacco smoking is dangerous to health', personal observation among colleagues have shown that academics also engage in the use of psychoactive substances irrespective of their level of education as well as their awareness of the adverse consequences. Finally, there is the likelihood that those who spend their family funds in procuring these substances may be undergoing marital conflicts with the resultant effects as marital instability, separation and divorce. In view of the foregoing, it has become necessary to investigate gender and socio-economic differences in substance use among academics in the Niger Delta University, Bayelsa State of Nigeria.

4. Purpose of the Study

The main purpose of this study was to investigate gender and socio-economic differences in substance use among academics in Niger Delta University, Bayelsa State, Nigeria. The specific objectives included; to:

1. Ascertain the gender differences in the type of substance used by academics.
2. Identify the socio-economic differences in substance use among academics.
3. Evaluate factors predisposing the academics to substance use.

5. Research Questions

1. What is the difference between male and female academics in the type of substance used?

2. What is the difference in substance use between academics in the high and low socio- economic levels?
3. What are the factors predisposing academics to substance use?

6. Research Hypotheses

1.There is no statistically significant difference between male and female academics in the type of substance used.
2. There is no statistically significant difference in substance use between academics in the high and low socio-economic levels.

7. Research Methodology

7.1 Research Design:

The descriptive survey was used to collect necessary information from a subset of the university population as regards their opinion on substance use
The population of this study comprised 833 academics in 12 faculties in the Niger Delta University, Bayelsa State of Nigeria. The random sampling technique was adopted in selecting six (6) out of the thirteen (12) faculties for the study. This comprises the faculties of Arts, Agricultural Technology, Education, Engineering, Management Sciences and Nursing. Thereafter, the stratified random sampling technique was employed in selecting the sample based on gender, that is male and female. A total of 113 university academics were randomly selected. This number consisted of (58 males and 55 females). The mean age of the respondents is 34. years for the females and 40.7 years for the males respectively. The rank/position in the academic ladder consisted of Professors; 7(6.2%); Readers; 19(16.8%) Senior Lecturer, 22 (19.5%); Lecturer I, 23 (20.3%) Lecturer II; 29 (25.7%) Assistant Lecturer 6 (5.3%) and Graduate Assistant, 7 (6.2%) respectively. In this study, an academic's socio-economic status is based on his/her position in a hierarchical social structure using income. In order for ease of analysis of the data collected for this study, professors, readers and senior lecturers were categorized as belonging to the high socio-economic status and Lecturer I to Graduate Assistant, categorized as those in the low socio-economic status.

7.2 Measures:

A researcher-constructed instrument named University Academics' Substance Use Questionnaire (UASUQ) was used in generating data for this research. It is a questionnaire of two main parts. Section A consists of the demographic characteristics of the respondents and Section B, contains 22 items, divided into two sub-sections comprising A and B respectively. The subsections consisted of statements evaluating the respondents' opinion on the type of substance used on the basis of their gender and socio-economic levels. The other subsection contains statements evaluating the factors predisposing the respondents to substance use. All the items were arranged according to the order in which the research questions were written.
The responses were scored on a four-point rating scale such as strongly Agree (SA) =4, Agree (A) =3, Disagree (D)=2 and Strongly Disagree (SD) =1 respectively. The instrument was subjected to face and content validity by experts. After the modification of the instrument, a trial test was carried out on 30 academics from a university in Rivers State, Nigeria. After two weeks' interval, the same instrument was re-administered on the same set of academics who did not participate in the final study. The reliability index after comparing the scores obtained from both administrations yielded a Pearson (r) of 0.69.

The data were analyzed, using frequency counts and percentages in analyzing the demographic variables, mean and standard deviation for the research questions and the t-test statistics for the hypotheses. All participants in the study willingly and voluntarily agreed to be involved.

8. Results

The demographic variables of the respondents is presented in Table 1 and the results of the findings in Table 2-6.

Table 1: Percentage Distribution of Demographic variables of the respondents

Variable	Frequency	Percentage
Faculty Type:		
Agricultural Technology	11	9.7
Education	55	48.7
Engineering	10	8.8
Management Science	13	11.5
Nursing	12	10.6
Social Sciences	12	10.6
Total	**113**	**100.0**
Gender:		
Male	58	51.3
Female	55	48.7
Total	**113**	**100.0**
Socio-economic status(Rank)		
Professor	7	6.2
Reader	19	16.8
Senior Lecturer	22	19.5
Lecturer I	23	20.3
Lecturer II	29	25.7
Assistant Lecturer	6	5.3
Graduate Assistant	7	6.2
Total	**113**	**100.0**

Table 1 indicates that 113 academic staff of the university made up the sample of this study,. Out of this number, 11(9.7%), 55(48.7%), 10(8.8%), 13(11.5%), 12(10.6%) and 12(10.6%) were from the faculties of Agricultural Technology, Education, Engineering, Management Science, Nursing and Engineering respectively. Furthermore, the male respondents were made up of 58(51.3%) and the female 55(48.7%). In terms of the socio-economic status of the respondents, Professors consisted of 7(6.2%), Readers 19 (16.8%), Senior Lecturers 22(19.5%), Lecturer I, 23(20.3%), Lecturer II, 29(25.7%), Assistant Lecturer, 6(5.3%) and Graduate Assistant 7(6.2%) respectively.

8.1 Research Question One:

What is the difference between male and female academics in the type of substance used?

Table 2: Mean and SD Analysis of Types of Substance Used by basis of Gender

Substance Type	Male(N=58)		Female(N=55)	
	X	SD	X	SD
1.Alcohol	3.95 *	1.45	3.81*	1.31
2.Caffeine(coffee)	3.81*	1.31	2.19	0.31
3.Tobacco (snuff)	3.32*	1.22	2.26	0.24
4.Local gin (ogogoro)	3.18*	1.20	3.59*	1.29
5.. Bitter Kola	3.06*	1.19	3.40*	0.90
6.Valium	2.92*	1.12	2.17	0.33
7.Hot drinks	2.45*	1,08	2.13	0.42
8.Kola nut	2.17	0,84	1.72	0.78
9.Cough syrup	1.79	0.57	1.64	0.86
10.Cocaine	0.0	0.0	0.0	0.0
11.Heroin	0.0	0.0	0.0	0.0
12.Indian hemp	0.0	0.0	0.0	0.0

*Significant

Table 2 shows that in terms of the type of substance used on the basis of gender, the most significant as indicated by the male respondents were the following, having the highest mean scores:: Alcohol (3.95), followed by caffeine (3.81), tobacco (3.32), the local gin (3.18) and bitter kola (3.06) The female respondents indicated alcohol (3.81), local gin (3.59) and bitter kola (3.40). Others which were insignificant and not mentioned by both male and female respondents were cocaine, heroin and Indian hemp.

8.2 Research Question Two:

What is the difference in substance use between academics in the high and low socio- economic levels?

Table 3: Mean and SD of Type of Substance Used by basis of Socio-economic Status

Socio-economic Status	High(N=48)		Low(N=65)	
	High		Low	
	X	SD	X	SD
1.Alcohol	3.77*	1.27	3.53*	1.03
2.Local gin (Ogogoro)	2.12	0.38	3.97 *	1.47
3.Caffeine(coffee)	3.73*	1.23	2.19	0.31
4.Bitter Kola	3.64*	1.14	1,26	1.24
5.Valium	2.23	0,27	2.42	0.51
6.Hot drinks	3.33*	0.83	2.31	0.32
7.Kola nut	2.04	0,46	3.31*	1.31
8.Cough syrup	1.78	0,72	1.70	0.80
9.Cocaine	0.0	0.0	0.0	0.0
10.Heroin	0.0	0.0	0.0	0.0
11.Indian hemp	0.0	0.0	0.0	0.0
12.Tobacco (Snuff)	0.0	0.0	0.0	0.0

*Significant

Table 3 shows that the use of substance was more predominant among the high socio-economic group as indicated by the respondents but weaker for those in the low socio-economic level. The respondents in the high socio-economic level in the order of importance indicated alcohol (3.77),
followed by caffeine (3.73), bitter kola (3.64) and hot drinks (3.33). The low socio-economic level indicated the local gin (3.97), alcohol (3.53) and kola nut (3.31)

8.3 Research Question Three: What are the factors predisposing academics to substance use?

Table 4: Mean and SD Analysis of Predisposing factors to substance use by respondents

Statement				
I indulge in the use of substance for the following reasons:	**Male**		**Female**	
	X	**SD**	**X**	**SD**
13. Psychological stress from workplace	3.92*	2.37	2.88*	1.72
14.Availability/Easy accessibility	3.61*	2.27	2.36	1.46
15.Early parental/cultural initiation	31.2*	1.77	2.76*	1.65
16 Relaxation from emotional trauma	3.76. *	2.35	2.01	1.23
17Influence by friends and colleagues	3.05*	1.56	1.71	1.17
18 Enhancement of performance	2.69*	1.32	1.69	0.84
19.Unidentified reasons	2.64*	1.21	1.15	0.72
20.An escape to avoid family stress	2.30	1.18	3.79*	2.30
21.Mark of social class	2.08	1.06	1.46	0.43
22.. Others: To keep self-warm	2.02	1.03	1.08	0.36

*Significant

Table 4 shows that in terms of the predisposing factors, the highest as indicated by the male respondents included psychological stress of workplace (item 13), followed by relaxation from emotional trauma (item16), availability and accessibility (item 14), early parental and cultural initiation (item 15), influence by friends and colleagues (item 17), enhancement of performance (item 18) and unidentified reasons (item 19). The female respondents indicated an escape to avoid family stress (item 20), Psychological stress from workplace (item 13), early parental and cultural initiation (item 15).

8.4 Hypotheses One: There is no statistically significant difference between male and female academics in the type of substance used

Table 5: t-test comparing male and female respondents on substance use

Gender	**N**	**X**	**SD**	**df**	**Cal. t**	**Crit.t**
Male	58	`44.2	22.4			
				111	2.40*	1.96
Female	55	18.1	11.4			

*Significant, $p<0.05$

Table 5 shows that the calculated t-value of 2.40 is greater than the critical t value of 1.96. The hypothesis is therefore rejected; which implies that there is a statistically significant difference between male and female academics in the type of substance used.

8.5 Hypothesis Two: There is no statistically significant difference in substance use between academics in the high and low socio-economic levels.

Table 6: t-test comparing substance use by respondents on the basis of SES

Socioeconomic Status	N	Mean	SD	df	Cal.t	Crit t-
High	48	18.6	8.29	111	3.37*	1,96
Low	65	11.2	11.2			

*Significant, p<0.05

Table 6 shows that the calculated t-value of 3.37 is greater than the critical t value of 1.96. The hypothesis is therefore rejected; which implies that there is a statistically significant difference in substance use between academics from high and low socio-economic status.

Discussion of Findings

The first research question which investigated gender differences in the type of substance used by academics found that the most commonly used substance were alcohol, tobacco and caffeine, local gin, bitter kola and valium as indicated by male respondents, and the female respondents indicated alcohol, local gin and bitter kola. It further showed that both males and females were only similar in the use of alcohol and local gin, but different in terms of kola nut, and others, which the male respondents indicated. This finding is consistent with previous literature, in which alcohol was found to be commonly used. (William & Wilkins, 2007). However, local gin emerged in the present study as commonly used by the male and female respondents, this result is not surprising and it could probably be because of the locale in which the study was conducted, being fairly a semi -village setting which is now regarded as a city, due largely to the presence of the university.

Moreover, people in this part of Nigeria, that is the Niger Delta Area are known to use the local gin without restriction. This same observation was made in previous literature since almost any traditional function requires the inclusion of local gin or (ogogoro), which is a customary practice (Abasiubong et ai., 2014). In buttressing this point, a few of the respondents when asked to specify other reasons for indulging in the use of substance pointed out that it drives away cold and keeps them warm. In other words, it is beneficial to health. Surprisingly, two respondents indicated that local gin, when gaggled and left in the mouth for a while, gives relief from tooth ache. This may be a traditional belief. This study also found that caffeine, and especially bitter kola were common among the two groups of respondents probably due to the medicinal properties in bitter kola which is used traditionally in the relief of stomach upset, along with other herbs.

In terms of research question two on socio-economic differences, it showed that the two groups, that is, the high and low SES had little differences and similarities. It showed that the high SES commonly used substance more than the low SES which is inconsistent with previous literature.

In view of research question three, the predisposing factors to substance use by the male respondents included from the highest to the lowest, psychological stress from workplace, easy availability /accessibility of substance,

early parental and cultural initiation, relaxation from emotional stress, influence by friends and colleagues, enhancement of performance and unidentified reasons. However, the females were only similar with the males in terms of psychological stress from workplace, early parental and cultural initiation and relaxation from emotional trauma (i.e items 1, 3 and 4) respectively. On the contrary, the female respondents differed from the males in terms of using substance as a means of escape to avoid family stress; while they were not disposed to using substance due to its easy accessibility, influence by friends and colleagues or for the enhancement of performance. Perhaps the females being different in terms of using substance to escape from family stress could be explained in terms of the huge burden of catering for the family, such as cooking, washing, helping the kids with their school work, which is basically the traditional role of women in Nigeria. The males on their own could have been significantly different from the females because most of them have formed the habit of hanging out with friends, colleagues, etc due to their interest in discussing political rather than family issues. Also, literature confirms that the males are more susceptible to substance use than females (Eaton, Keyes, Krudger, Skodol, Balsis et al., 2012).

Finally, the comparison between the male and female respondents, using the t-test statistics showed that the two groups were statistically significantly different in their use of substance. This means that they were not in agreement in totality of the type, and factors predisposing them to substance use. In the same vein, respondents belonging to the high and low socio-economic status were significantly different in the types and factors predisposing them to substance use. The probable reasons for the differences could be because of the traditional orientation or socialization processes which is different for both the males and females. Another possible reason for the differences could be as a result of the unequal number of respondents used.

Counselling Implications

Since the present study has established that university academics engage in substance use, it has become pertinent that this group should be targeted for a sensitization seminar in which the negative consequences of substance use and the impact it may have on the students who are taught by them and their families might be unthinkable. Using group and individual counseling methods, counsellors can bring about a change in the habits cultivated by those who may be permanent users. One basic fact is, depending on the type, substance could distort normal reasoning when taken during working hours. This habit should be discouraged among academics. It is capable of tarnishing their reputation especially because when the local gin is taken in excess, the user may involve in derogatory activities and statements.

Furthermore, as academics are supposed to be good role models, it becomes necessary to limit their use of such substance in an educational setting where character of the young ones should be moulded. Although Okpataku, Kwanashie, Ejiofor and Olisah (2014) found that those without formal education used substance more, the present study has proved otherwise. In view of the foregoing, counsellors should engage this set of people in a re-orientation using cognitive restructuring technique to appeal to their sense of reasoning. The university should also p[ace restrictions on the use of certain substances in the workers' conditions of service, which if violated should attract disciplinary sanctions. This may help in limiting their use on campus.

Conclusion

This study has clearly shown that the use of substance is common among male and female university academics and that such substance include mainly alcohol, caffeine, tobacco, bitter kola and valium. There were statistically significant differences in substance use on the basis of gender and socio-economic levels of the respondents. Finally, some predisposing factors were indicated, notably a way of avoiding psychological and emotional trauma, escape from family stress, amongst others.

Limitations of the Study

The study has a few limitations as follows:

1. An unequal number of respondents could have affected the outcome of this study. This is due to some faculties having more teachers than others making the researcher select more respondents in a largely populated faculty.

2. The sensitive nature of the research may have caused some respondents to 'fake' in their responses in order to avoid being branded as a 'drunk' which some perceived in the process of accepting the questionnaire forms.

3. The study was carried out in just one university in the Niger Delta Area of Nigeria, as such may be subject to prejudice.

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