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## Influence of Information Behaviour on Substance Use of Undergraduates in Universities in Ogun State, Nigeria

Ruth Owolabi

owolabir@babcock.edu.ng

Chinyere Nkechi Ikonne Dr.

*Babcock University, Ilishan-Remo, Ogun State, ikonnect@babcock.edu.ng*

Adebowale Ifeoluwa Ojo Dr.

*Babcock University, Ilishan-Remo, Ogun State, adebowaleojo@gmail.com*

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# **Influence of Information Behaviour on Substance Use of Undergraduates in Universities in Ogun State, Nigeria**

**OWOLABI, Ruth Onajite**

**IKONNE, Chinyere Nkechi**

**OJO, Adebowale Ifeoluwa**

**Information Resource Management Department  
Babcock University Ogun State, Nigeria**

## **Abstract**

Substance use in universities in Nigeria continue to thrive despite the government and non-government effort to create awareness on the risks involved in the use of substance. This could be attributed to the inability to identify relevant information, inability to use to information appropriately to control the use of substances and the inability to determine the risks and health implication of substance use on academic performance. Empirical work exists to support health risks of substance use among undergraduates but it is not apparent that a study in Ogun State, Nigeria has addressed the influence of information behaviour and substance use. This study examined the influence of information behaviour on substance use among undergraduates in Ogun State, Nigeria. The study population comprised 82,809 undergraduates with a sample size of 1,513 using a two-stage sampling technique to determine the respondents. Findings showed that information behaviour significantly influenced substance use ( $R^2 = .022, \beta = .149, t(1,414) = 6.420, p < 0.05$ ). Alcohol had the highest lifetime use of 39.6% while cocaine use was the lowest at 2.9%. The frequency of substance use among undergraduates was low with majority (98.2%) showing never use of substance in their lifetime. The findings revealed averagely high information behaviour ( $Mean = 2.55$ ). Information sources had outstanding contribution in information behaviour ( $Mean = 2.79$ ). The study concluded that information behaviour influenced substance use of undergraduates in Ogun State, Nigeria. The study recommended provision of affordable rehabilitation facilities in all university campus by Government, Philanthropist, and religious body.

**Keywords:** Information, Information behaviour, Substance, Substance use, Undergraduates

**Word Count:** 245

## **INTRODUCTION**

Undergraduates are students in universities undergoing training that will lead to the award of degree at the end of the different programme enrolled. Undergraduates are group of students found in federal, state, and private universities. The undergraduate years are sensitive one characterised by the age and as well affects the choices made in life. Undergraduates can be

easily influenced by their peer and friends into delinquent act especially on the use of substances. Substances use is one of the global health issues of great concern affecting young people especially undergraduate with its effects revealed in their total wellbeing and academic performance.

Substances can be referred to as drugs which when ingested, inhaled or injected into the body could alter the mood, behaviour, perception or the mental functioning of an individual (Uchendu & Ukonu, 2016). Substances are chemical components that are drug or non-drug that are sometimes used in prescribed and non-prescribed with lifelong consequences on undergraduates' health and academic performance. There are different substances known among young people globally such as alcohol, tobacco, marijuana, cocaine, and opioids like tramadol, codeine, and pentazocine.

Substances can either be legal or illegal. Legal substances are drugs that can be considered acceptable for public use despite the harm it can cause on health example of such substances are alcohol and tobacco. Marijuana, cocaine and opioids are considered as illegal substances prohibited for human consumption and are hazardous to human health. There are some substances banned from counter sales by the federal government of Nigeria such as tramadol and codeine because of its effect on human existence especially when used in non-prescribed amount (National Drug Law Enforcement Agency [NDLEA], 2017). It is quite unfortunate that the considered illicit and banned substances are still at the reach of undergraduates in university campuses as such militating on their wellbeing.

According to Awosusi and Adegboyega (2013) undergraduates attempt on the use of substances often starts on experimentation with alcohol and tobacco which are considered as legal before migrating to cocaine, marijuana, opioids and heroine. The use of these substance among students in universities are some of the leading causes of violent acts on campuses, substance use disorder, expulsion and ultimately untimely death. In a study by Onafa, Adamson, Ighoroje, and Majekodumi (2016), in the study carried out on the prevalent pattern of drug abuse among students in tertiary institutions in Ogun State, Nigeria discovered the lifetime prevalence of the use of one or more drugs leading to abuse at 69.2%. Alcohol (34.3%) had the highest lifetime prevalence rate followed by tobacco 14.4%, hypnotosedatives 8.8% and cannabis at 6.2%. These substances expose the users to lifelong consequences that can lead to permanent damage in the mental functioning of the undergraduates as such the academic performance is at risks.

Substance use by undergraduates in university campuses still persist despite the efforts of government and non-governmental organization to create awareness on the implications on health and the environment. In a study by Makanjuola, Daramola and Obembe (2007) on the prevalent substance use among undergraduates reveals a current use of one or more psychoactive substance of 40.4% with a lifetime prevalence of 78%. Undergraduates in their lifetime have taken at least one psychoactive substances which could be as a result of peer influence or the urge to experiment or feel a sense of belonging among friends. Media report by NDLEA (2017) reveals that 60% of Nigerian youths have one time or the other tasted substance. The findings of NDLEA affirms the widespread of substance use among youths. Substances can be used for different purposes by undergraduates such as to boost confidence and to read for exams (Johnson, Akpanekpo, Okonma, Adeboya and Udoh, 2017). Substances are wrongly used in a non-prescribe able way which could result in a momenta satisfaction and

a permanent damage on the brain. It is important to emphasize the role on information especially to undergraduates as regards substance use.

Information is indispensable in our day-to-day life as such undergraduate who recognised the need to acquire the right information will possible use it for the right purpose. Information is the outcome of processed data relevant for decision making. Undergraduates without adequate information become vulnerable to substance use. Information is available everywhere as a result of information overload, the ability to develop the right attitude towards the search for information brings about information behaviour. Information behaviour according to Wilson (1999), is referred to as the “totality of human behaviour in relation to sources and channels of information, including both active and passive information-seeking and information use” (p.249). In addition, information behaviour comprised of the intentional information seeking as well as the unintentional information encounter. Undergraduates are expected to search for the right information from the right sources in order to make the right decisions.

Undergraduates ability to identify the right information as regards substances will determine the use to abstain from illicit substances. This substance can be injurious to the health and affects the academic performance of undergraduates if they do not intentionally develop a good information behaviour. Information behaviour is divided into three (4) main components which are information need, information seeking pattern, information sources and information use. For the purpose of this paper information need and information sources will be discussed extensively in this paper. Information need is the ability to recognise an internal longing for an answer to fill a gap in knowledge. Different individuals have their need varied. According to Wilson (2000) information need is the “recognition that (one’s) knowledge is inadequate to satisfy one’s goal”. Therefore, the need arises to provide an answer to the gap created by identifying the right information sources.

Information sources are information bearing materials that users consult to satisfy their curiosity and fill the gap in knowledge. Information sources can be referred to as a person, place or thing where information can be derived. Ingram and Estate (2008) referred to information sources as the act of deriving information from someone or through something. Information sources are like containers of information or carrier of information. Information sources was explicitly defined by Adomi (2012) as the “resources/materials from which people receive ideas, meaningful messages, enlightenment and direction that will enable them to accomplish tasks, take decisions and solve problem”. Information consulted by undergraduate is expected to provide all the required information relevant to decide on the use and the non-use of substances. Undergraduates consult sources of information ranging from their friends, parents, books, online resources and social media.

Young people especially undergraduates are acquainted with sources such as internet, radio, newspaper, and television (Bevan, 2013). This sources reveals the rate at which undergraduates use of substance has become persistent to extent of affecting the academic performance and in many instances dropout from school. The undergraduates’ health is at stake which could result in different terminal diseases, mental illness and ultimately death when there is no prompt rehabilitation. In view of the afore mentioned this study seek to exam the influence of information behaviour on substance use among undergraduates in universities in Ogun State, Nigeria.

## **Statement of the Problem**

Substance use among undergraduates has become a global health issue of great concern. Many undergraduates in recent times have cut short their career in recent times have been suspended and in some cases expulsion from due to substance use in university campuses. Despite the efforts of the government and non-government organisations to create awareness on the hazards associated with substance use, substance use still persists among undergraduates as such affecting their academic performance and health. This could be attributed to factors such as the inability to recognize the need relevant information, or the inappropriate use of the information sources for the wrong purpose. Therefore, this study investigated the influence on information behaviour on substance use.

### **Objective of the Study**

The main objective of the study is to investigate the influence of information behaviour on substance use among undergraduates in universities in Ogun State, Nigeria. The specific objectives are to:

1. determine the information behaviour of undergraduates as regards substance use;
2. examine the frequency of substance use among undergraduates and
3. find out the relative influence of information behaviour on Substance use among undergraduates in Ogun State, Nigeria.

### **Research Questions**

1. What is the information behaviour of undergraduates as regard substance use?
2. What are some of the frequently used substances among undergraduates?

### **Hypothesis**

The null hypothesis was be tested at 0.05 level of significance.

H1 information behaviour does not have relative significant influence on substance use among undergraduates in Ogun State, Nigeria.

### **Literature Review**

Substance Use are drugs and non-drug that can be applied in a prescribed or non-prescribed amount with the potentials of altering the mental functioning of a person. Substance can be seen as a drug that modifies perceptions, thought process, mood behaviour and the general body functions of human at any given period when used (Balogun, 2006). The use of this substance among undergraduates could alter the central nervous system function that could result from addiction to substances. Undergraduates have adopted so many ways of applying substances to their body by ingesting, inhaling, or injecting, smoking, chewing (eating), and drinking. Uchenna and Ukonu (2016) affirms that substances are chemicals that can be ingested, inhaled, or injected into the body with the potential to alter mood, behaviour and perception or mental functioning of an individual. In addition, substances are drugs which change the way the body functions, mentally, physically or emotionally.

Substances constitute chemicals that destabilise the functions of the brain thereby distorting the thinking and learning process. Examples of substances are alcohol, tobacco, caffeine, marijuana, nicotine, opiate, cocaine among others; these are substances that affect the central

nervous system. Some of these substances are considered legal while others illegal but all the substances carry equal rate of harm on the health and the total wellbeing of undergraduates. According to Omigbodun & Babalola (2004), “Alcohol and cigarette are considered as gateways substance because they are the initial substance used before other ones such as marijuana and cocaine” (p.111). Other identified examples of substances are nicotine, caffeine, heroine, opiate, among others.

Alcohol is a drug regarded as depressant in the sense that it slows down certain functions of vital organs in human beings like the brain and other sensory organs. The excessive use of alcohol will possibly lead to slurred speech, unsteady movement, poor perception and redundancy in the brain functions. In addition, the abuse of alcohol can predispose the users to health issues such as severe depressant effects like the inability to feel pain, toxicity where the body vomits the poison, unconsciousness, coma or death (Foundation for a Drug Free World, 2006-2017). However, Bello and Owoaje (2010) discovered that the most common substances used by undergraduates were alcohol and tobacco (p.40). For students in universities, alcohol consumption can be regarded as one of the leading cause of violence among them because acute intoxication with alcohol can lead to aggressive and violent behaviour. Global disease trends associated with alcohol, tobacco and illicit drugs were estimated at 5.4% for alcohol use while 3.7% was for tobacco use alone (WHO, 2010).

Marijuana is one of the substances that is common in Nigeria and among undergraduates in the country because it is one of the locally produced substance. Marijuana is among the legally prohibited substances around the world. Marijuana in the herbal form in West Africa is the most abused substance because it is locally cultivated all over the region and therefore, affordable (United Office on Drugs and Crime (UNODC), 2011). There are about 205 million people from global estimation who make use of one illicit substance or another with marijuana being the most commonly used (WHO, 2004).

Cocaine is another substance abused by many young people in America and Caribbean including Nigeria. Cocaine is made from plant called coca bush (*Erythroxilin coca*) and is grown mainly in Peru and Bolivia. It is processed to yield cocaine hydrochloride, which is highly smuggled to North America and Europe (WHO, 1987). Cocaine is harmful to human health it was established that, cocaine acts by inhibiting the reuptake of serotonin, norepinephrine, and dopamine, which results in greater concentration of these three

neurotransmitters in the brain with the resulting effect showing the blockage of dopamine transporters (Semulimi, 2017).

Opioid is an analgesic used in clinical treatment of moderate to severe pain and it is derived from opium poppy plant. In addition, opioids are chemically related and interact with opioid receptors on nerve cells in the brain and nervous system to produce pleasurable effects and relieve pain. The excessive use of prescribed drug can lead to abuse and cause the same deadly effect like drugs not prescribed. Oshodi, Aina and Onojole (2010) discovered that Nigeria has the highest prevalence of substance use in Africa in a study population of 382 participants 43.5% use it for relief from stress, 23.8% use for self-medication against illness, 14.9% of the respondents use it to keep awake, 9.9% did not give reasons for its use, 3.9% make use of it for religious purposes while 2.4% use for fun and 1.6% other things. Opiates such as tramadol, codeine, pentazocine, and others are mainly prescription medicines that are abused in Nigeria (UNODC, 2015). The Federal Ministry of health has banned the importation and production of codeine as an active pharmaceutical ingredient in Nigeria prior to BBC feature recently which was aired to show the traumatic and stimulating effects on Nigerian youth and its abuse across the country (Federal Ministry of Health, 2018).

A survey was conducted among 10,069 Nigerians with age range of 15-64 years in six geopolitical zones of Nigeria and recorded a lifetime prevalence of 39% for alcohol, 6.6% for cannabis with 12.2% for cigarettes (Adamson, et al., 2015). In Nigeria, as evidenced from other researchers' findings, alcohol remains the highest among substances use by young and old in all works of life. Substance use among undergraduates has become a recognised phenomenon. A study carried out among undergraduates in Ilorin discovered the current use of one or more psychoactive substance to be 40.4% and a lifetime prevalence to be 78% (Makanjuola, 2007). Frequent use of substance has resulted in increased delinquent behaviours such as rape, robbery, cultism, violence, and vandalism among Nigerian youths (Fareo, 2012).

A study was carried out on the prevalence and factors affecting substance use among 89 undergraduates in University of Uyo, the result revealed that the prevalence of psychoactive substance use was more among female (37.7%) while peer group influence (94.3%), stress (70.5%), and curiosity (58.7%) amounted in the lost common factors that predispose to substance use among undergraduates (Johnson et al., 2017). Furthermore, the findings revealed the most common substance use to be alcohol at 100% which ranked the highest substance use followed by codeine (79.8%), tramadol (74.2%), and cigarette 41.6% while the most known

source of substance was from friends 85.4% and the reasons were to boost confidence (92.1%), and to read for exams (85.4%) (Johnson et al, 2017). This also affirmed that alcohol is one of the predominant substances which is a form of legal substance that is mostly abused among undergraduates. In spite of the efforts made to create awareness of substance use cases of suspension from school as a result of substance use still occurs. As such the paper will discuss the recognition of information need by undergraduates as regards substance use.

Recognition of information need of users (undergraduates) is derived from the urge to fill a gap in knowledge. Case (2009) described information need as an individual's or group's desire to locate and obtain information to satisfy a conscious or unconscious need. It was established by Ekoja (2010) that information needs are the information which the information seeker requires to conduct his or her business and live his/her daily life. Kumar and Reddy (2014) says that information needs vary from function to function; from environment to environment; from discipline to discipline and even from age to age. Undergraduates' information needs differ from adult information need and as such, each category of users try to identify information suitable to satisfy each individuals need. Sometimes, people are not aware of any information need until it is pointed out to them, before they acknowledge how much they needed the information which happens when there is user apathy and it is referred to as user-unfelt need (Opeke, 2017).

Safahieh (2007) discovered that students essentially need information for five broad purposes, namely: (i) the fact finding information, for obtaining answers to specific questions (ii) the current awareness information, for news and updates; (iii) the research information (critical thinking as the case may be), for investigating a new field (phenomena) in depth; (iv) the background information about an issue, for briefing and understanding the situation; and (v) the stimulus information, for ideas to obtain stimulus. Undergraduates in universities, exclusively need information on academic and personal development, school curriculum, and social life on campus which may include participating in religious and departmental association and networking. They also need information on how to stay healthy. How do undergraduates derive relevant information? There are sources of information important to undergraduates that will be discussed.

Information sources are information carrier that undergraduates consult to use or abstain from substances. Identifying information sources from the health perspective, Dutta-Bergman (2004) examined interpersonal and media health information sources that include television, radio, newspapers, magazines, hotlines, internet, and family or friends. Internet has turned during the past decade into a major information resource in various domains of life and a

communication venue among students in universities who seek information via the net (Georgian, 2013). Another source of information undergraduates appreciate and consult is media. According to Thayer and Kamal (2010), mass media is now largely used for health education as it is largely influential and accessible and plays an important role in changing attitudes and behaviour of the people. The issue of substance use/drug abuse has been on the increase and has become a public health menace to the extent that there is virtually a week that passed by on electronic media (television and radio) where the health implication of its use is not emphasised. One of the media reports on Nigerian Television Authority (NTA) on the 25<sup>th</sup> November, 2017 revealed that 60% of the youth in Nigeria one time or the other have used substance. The instances where undergraduates are suspended in the school for rehabilitation is alarming due to substance use. the study will examine undergraduates' information behaviour based on the information sources consulted in respect to substance use.

## **METHODOLOGY**

Survey research design was adopted for the study in order to elicit information based on the information behaviour of undergraduates on substance use.

## **POPULATION**

The population comprised of 82,809 undergraduates in all the 14 approved universities in Ogun State, Nigeria.

## **SAMPLE SIZE AND SAMPLING TECHNIQUE**

A sample size of 1,513 was derived from the Krejcie and Morgan (1970) table. A two stage random sampling technique was adopted. In the first stage, total enumeration technique was used in selecting all the categories of universities that included privates, states, and federal universities. In the second stage, a simple random sampling technique was used to select 1.83% of students from each institution. The 1.83 percentage was determined in line with the Krejcie and Morgan's (1970) table of sample size determination to arrive at 1,513 sample size required for the study from a student population of 82,809 among undergraduates in all the universities.

## **RESEARCH INSTRUMENT**

The main instrument for the study was a self-structured and adapted questionnaire to elicit data from respondents. The structured portion of the instrument was on the variable information behaviour that had 2 indicators which are information need and information sources. The adapted portion is on substance use by (European School Survey Project on Alcohol and other Drugs [ESPAD], 2015).

## **Presentation of the Data**

**Table 1**      **FREQUENCY OF SUBSTANCE USE**

	<b>Never</b>	<b>1-2</b>	<b>3-5</b>	<b>6-9</b>	<b>10-19</b>	<b>20-39</b>	<b>40 or more times</b>
	<b>(%)</b>	<b>(%)</b>	<b>(%)</b>	<b>(%)</b>	<b>(%)</b>	<b>(%)</b>	<b>(%)</b>
<b>Lifetime</b>							
<b>Substance use</b>							
Alcohol	858 (60.4)	217 (15.3)	132 (9.3)	56 (3.9)	53 (3.7)	42 (3)	62 (4.4)
Tobacco	1358 (95.8)	27 (1.9)	20 (1.4)	9 (0.6)	2 (0.1)	0 (0)	4 (0.3)
Marijuana	1336 (94.1)	41 (2.9)	25 (1.8)	2 (0.1)	11 (0.8)	2 (0.1)	3 (0.2)
Cocaine	1380 (97.1)	21 (1.5)	11 (0.8)	1 (0.1)	5 (0.4)	0 (0)	2 (0.1)
Opioids	1292 (90.9)	72 (5.1)	18 (1.3)	9 (0.6)	7 (0.5)	17 (1.2)	5 (0.4)
<b>Substance use During the last 1 year</b>							
Alcohol	971 (68.4)	215 (15.1)	126 (8.9)	33 (2.3)	30 (2.1)	8 (0.6)	37 (2.6)
Tobacco	1369 (96.4)	23 (1.6)	19 (1.3)	5 (0.4)	0 (0)	1 (0.1)	3 (0.2)
Marijuana	1355 (95.4)	34 (2.4)	22 (1.5)	2 (0.1)	4 (0.3)	0 (0)	3 (0.2)
Cocaine	1381 (97.3)	21 (1.5)	12 (0.8)	0 (0)	4 (0.3)	0 (0)	2 (0.1)
Opioids	1335 (94)	42 (3)	27 (1.9)	5 (0.4)	2 (0.1)	4 (0.3)	5 (0.4)
<b>Substance use in the last 30 days</b>							
Alcohol	1170 (82.4)	157 (11.1)	42 (3)	12 (0.8)	18 (1.3)	9 (0.6)	12 (0.8)
Tobacco	1387 (97.7)	17 (1.2)	9 (0.6)	4 (0.3)	0 (0)	0 (0)	3 (0.2)
Marijuana	1390 (97.9)	12 (0.8)	11 (0.8)	1 (0.1)	3 (0.2)	0 (0)	3 (0.2)
Cocaine	1394 (98.2)	12 (0.8)	11 (0.8)	1 (0.1)	0 (0)	0 (0)	2 (0.1)
Opioids	1362 (95.9)	39 (2.7)	6 (0.4)	5 (0.4)	1 (0.1)	2 (0.1)	5 (0.4)

**Source: Field Survey, 2019**

Table 1 shows that alcohol had the highest of lifetime use 39.6%. The result also shows that cocaine lifetime use was the lowest 2.9%. The lifetime use of substances implies that alcohol had the highest use followed by the opioids lifetime use (9.1%). The use of alcohol could result from its availability in the environment. The result reveals alcohol use during the last 12 months to more (31.6%) while cocaine use during the last 12 months was very low (2.7%). The current

use of alcohol in the last 30 days ranked the highest 17.6% and cocaine use ranked the lowest 1.8% during the last 30 days. This could mean that the availability of alcohol in the university environment resulted in the frequent use.

**Table 2 Information Behaviour of Undergraduates on Substance Use**

	Strongly Agree (%)	Agree (%)	Disagree (%)	Strongly Disagree (%)	Mean (sd)
<b>Information Need</b>					
How to quit substance use	347(24.4)	295(20.8)	161(11.3)	617(43.5)	2.26(1.25)
The health consequences of substance use	363(25.6)	396(27.9)	138(9.7)	523(36.8)	2.42(1.22)
Measures to reduce substance use among undergraduates	389(27.4)	389(27.4)	125(8.8)	517(36.4)	2.46(1.24)
The risk of harm to oneself and other	380(26.8)	397(28.0)	126(8.9)	517(36.4)	2.45(1.23)
Location on where to buy substances	251(17.7)	269(18.9)	189(13.3)	711(50.1)	2.04(1.18)
Instruction on new products	328(23.1)	277(19.5)	173(12.2)	642(45.2)	2.20(1.24)
<b>Average Mean</b>					<b>2.31(1.23)</b>
<b>Information Sources Used</b>					
I use the listed information sources to learn about substance use					
Internet	717(50.5)	357(25.1)	119(8.4)	227(16.0)	3.10(1.10)
Friends	644(45.4)	388(27.3)	168(11.8)	220(15.5)	3.03(1.09)
Books	480(33.8)	417(29.4)	266(18.7)	257(18.1)	2.79(1.10)
Newspapers	412(29.0)	379(26.7)	346(24.4)	283(19.9)	2.65(1.10)
Social media	639(45.0)	339(23.9)	183(12.9)	259(18.2)	2.96(1.14)
Radio	480(33.8)	333(23.5)	307(21.6)	300(21.1)	2.70(1.14)
Television	495(34.9)	421(29.6)	243(17.1)	261(18.4)	2.81(1.10)
Posters and chart	431(30.4)	355(25.0)	360(25.4)	274(19.3)	2.66(1.10)
Physicians	436(30.7)	356(25.1)	318(22.4)	310(21.8)	2.65(1.13)
Seminars / conferences	432(30.4)	369(26.0)	300(21.1)	319(22.5)	2.64(1.13)
Religious programmes	464(32.7)	392(27.6)	255(18.0)	309(21.8)	2.71(1.14)
Family and relatives	495(34.9)	432(30.4)	204(14.4)	289(20.4)	2.80(1.13)
<b>Average Mean</b>					<b>2.79(1.12)</b>
<b>Grand Mean</b>					<b>2.55(1.18)</b>

**Source:** Field Survey, 2018  
**Interpretation Keys** - Strongly disagree: 1-1.49; Disagree: 1.50–2.49; Agree: 2.50–3.49; Strongly agree: 3.50–4.00. \*\*\***Decision Rule when the mean score is from 1-1.49 very low; 1.5-2.49 low; 2.50-3.49 moderate; 3.50-above high.**

Table 2 result shows that respondent recognition of information is low (Mean = 2.31, SD = 1.23) while the dominant need was to identify measures to reduce substance use (Mean = 2.46, SD = 1.24). Table 2 reveals that information sources used was high (Mean = 2.79, SD = 1.18). The widely used information sources were internet (Mean = 3.10, SD = 1.10), followed by Friends (Mean = 3.03, SD = 1.09) then by social media. In addition, Television (Mean = 2.81, SD = 1.10) with Family and relative (Mean = 2.80, SD = 1.13) were also considered most frequently used information sources. The use of these information sources could be the result of their age, environment and financial factors.

## HYPOTHESIS TESTING

Relative contribution of Information need and information sources used on substance use.

**Relative influence of information behaviour on substance use.**

Model		Coefficients			t	Sig.
		Unstandardised		Standardised		
		B	Std. Error	Beta		
1	(Constant)	1.254	.044		28.281	.000
	Information Need	.009	.013	.022	.660	.509
	Information Sources Used	-.096	.020	-.195	-4.708	.000
	Frequency of Information Sources Used	.055	.018	.116	3.035	.002

a. Dependent Variable: Substance Use  
R = .149      R Square .022      Adjusted R Square = .019

Table 3 shows the linear regression analysis of the influence of information behaviour on substance use. The findings reveal that information behaviour significantly influence substance use among the undergraduates when ( $R = .15$ ,  $F_{5,1418} = 6.42$ ,  $p < 0.05$ ). Since the P value is less than 0.05, it therefore means that information behaviour has significant influence on substance use as such information behaviour accounts for only 2.2% of the variance in the substance use. the result is very low meaning other factors were responsible for about 97.8% for what could bring about change in substance use. Furthermore, the standardised beta coefficients show that frequency of information sources used ( $\beta = .055$ ,  $p < 0.05$ ) relatively contribute to substance use. Information need ( $\beta = .009$ ,  $p > 0.05$ ) do not relatively contribute to substance use. Therefore, the null hypothesis was rejected as information behaviour has a significant influence on substance use among undergraduates in Ogun State.

## DISCUSSION OF THE FINDINGS

The study investigated information behaviour on substance use among undergraduates in Ogun State, Nigeria. The research questions and hypotheses stated in the study were aimed at determining the influence of information behaviour on substance use among undergraduates. The study examined two research questions and one hypotheses. The findings of the study are discussed as follows:

The findings revealed that the majority of the undergraduates never used substance in their lifetime. Contrary to the findings of NDLEA (2017) report on psychoactive substance use among youths in Nigeria showed that 60% of Nigerian youths have tasted substance at least once in their lifetime. Onafa, Adamson, Ighoroje and Majekodunmi (2016) carried out a study of prevalence and pattern of drug abuse among students in tertiary institutions in Ogun State,

Nigeria and discovered the lifetime prevalence 69.2% of the use of one or more drugs leading to abuse. The findings of this study also revealed a lower substance use during the last 12 months and 30 days among undergraduates in Ogun State, Nigeria.

The findings showed that cigarette smoking within the last 30 days was lower, with undergraduates not using cigarette at all having a very high frequency as compared to the use with different quantity at different occasions. In a study carried out by Adekeye, *et al.*, (2015) on the assessment of alcohol and substance use among undergraduates in selected private universities in Ogun State, it showed that cigarette smoking (81%) and alcohol (72%) use had the highest prevalence followed by the use of coffee, energy drinks and kolanut (69%). The findings of this study is contrary to the work of Adekeye *et al.*, (2015) because cigarette smoking was low while alcohol use ranked higher. This study finding showed that cigarette smoking during lifetime was low among undergraduates in Ogun State, Nigeria. This is finding is in contrast with the submission of Owoaje and Bello (2010) that reported the use of cigarette product to rank second after alcohol use. This study revealed opioids use to rank second while alcohol ranked the highest of the used substances within the last 30 days.

Research question two answered the question of information behaviour of undergraduates. The findings revealed the recognition of information need to be low and with low relative contribution on substance use. the information sources contributed positively to substance use. the low recognition of need could be the result of not really recognising the need to search for the needed information or because of the age and nonchalant attitude of the undergraduates. Peoples need differs as such the statement by Kumar and Reddy (2014) makes it clear that information needs vary from function to function; from environment to environment; from discipline to discipline and even from age to age. This study affirmed that undergraduates do not need information on how to quit substance use since the majority of the undergraduates do not indulge in substance use. In addition, location on where to buy substances, and instruction on new products (substances) were not considered important information of undergraduates.

The first hypothesis ascertained the influence of information behaviour on substance use among undergraduates in Ogun State, Nigeria. This study revealed that information behaviour significantly influence substance use among undergraduates in Ogun State, Nigeria. Since information behaviour is a complex human activity consisting of intentional and non-intentional acts that can be expressed by an individual instinct and affected by external factors such as organisational tasks or customer problem situations (Spink, & Cole, 2006; Spink,

2010). Information behaviour is human activity centred and involves young and old in identifying their need and use the right information from the right source to effectively and efficiently make timely decisions.

The findings of this study slightly contradicts the research of Baheiraei, Khoori, Foroushani, Ahmadi, and Ybarra (2014) who carried out a study on what sources adolescents turn to for information about their health concerns and discovered that mothers 51.11% and same sex friends as 40.11% are the two primary sources well preferred for health information by adolescents. More than one in three adolescents identified media information sources, including books 39.6% and the internet 37.9%, as their primary sources. This study established that undergraduates used information sources such as internet, friends and social media to source for information on substance use.

## **CONCLUSION**

The study concluded that good information behaviour will help determine undergraduates' use or abstain from substances such as alcohol, tobacco, marijuana, cocaine, and opioids. Introducing and implementing measures to control the risks associated with substance use by creating advisory student support programmes could help create awareness strategies to limit substance use. Thus, promote healthy lifestyle and good academic performance of undergraduates.

## **RECOMMENDATION**

Government, non-government organisation and university administration should intensify efforts in creating awareness of the implication on substance use on undergraduates' health and academic performance. Provision of affordable rehabilitation facilities in all university campus by Government, Philanthropist, and religious body is essential to control the issue of substance use that still persist.

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