

The Manifest and Latent Consequences of Psychotropic Substance Consumption on Users in Nigeria

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Abstract

The use and abuse of psychotropic substances by the youth is a global concern and Nigeria remains one of the top consumers in Africa, particularly of cannabis and amphetamine. Evidence showed that one in seven Nigerians aged 15 to 64 years uses at least one psychotropic substance, compared to one in 20 globally. Nigeria has 6% of the world's cannabis users and 14% of the world's users and abusers of psychotropic chemicals (tramadol and codeine cough syrup). Undertaking a comprehensive published literature review by the authors to identify journal articles and books dealing with psychotropic substances, findings affirmed that consumption of psychotropic substances is prevalent in Nigeria. The study relies on the structural functionalist perspective, the theory of latent and manifest functions by Robert K. Merton which establish that the manifest production and distribution of psychotropic substances are to better human life, by maximising pleasure and minimising pain. Findings affirmed that many users who are aware of the positive manifest of the substances, continually engage in the consumption to the extent that it becomes harmful to their health. While these substances are taken in large quantities and frequently, users endanger their health through addiction, lose focus, fail to fulfil expected roles and responsibilities, and fail to control their urge for other substances and immoral behaviours. Therefore, the study concludes that harmful consumption of psychotropic substances has both manifest and latent functions that could as well be negative or positive on the health of the users depending on the quantity and frequency of consumption. The study recommends among others that accessibility, affordability and availability of psychotropic substances should be strictly controlled by government at all levels. Campaigns should be held to sensitise the youths on the manifest and latent dangers embedded in the consumption of substances classified as illicit and harmful.

Keywords: Consumption, Consequence, Latent, Manifest, Psychotropic Substance

Introduction

Globally, more than one substance is abused by youngsters, however the extent of abuse differs by country. Consumption of psychotropic substances is a consequence of rapid social change and the resultant breakdown of traditional social structures. According to the World Health Organisation (WHO, 2014), psychotropic consumption has spread across the globe and Nigeria is one of the Africa's top consumers, particularly on cannabis and amphetamine. In Nigeria, the use of psychotropic substances like alcohol, prescription medicines, inhalants, and solvents has

risen at an alarming rate in recent years. According to the United Nations Office on Drugs and Crime (UNODC, 2019), one in seven Nigerians aged 15 to 64 years uses at least one psychotropic substance, compared to one in 20 globally. Nigeria has a population of around 3% of the world's population, yet it has 6% of the world's cannabis users and 14% of the world's users and abusers of psychotropic chemicals (tramadol and codeine cough syrup) (UNODC, 2019).

Apart from the fact that psychotropic substances are addictive and constitute health challenges, they have been used in religious ceremonies for medicinal purposes and recreation. Ritchie and Roser (2019) revealed that over 350,000 dies from harmful consumption of alcohol and illicit drug use disorders annually. The report is also supported by the result of WHO (2019), revealing that more than half die from alcohol or psychotropic overdoses and are younger than 50 years with over 1.5% of the global disease burden resulting from it. The development and increasing rate of psychotropic chemical usage were first detected in the developed world around the 1800s, according to Oshikoya and Alli (2016). Since the return of World War II veterans who fought in Malaysia and Burma (Myanmar), the production and consumption of psychotropic substances has been a unique challenge to Nigeria. According to Awosusi and Adegboyega (2014), the veterans brought concealed cannabis (Indian hemp) as keepsakes with them. As a result, there was irregular and illicit cannabis production as a common farm product. The rate of drug trafficking was minimal between the 1960s and 1970s, according to history, because derivatives and cannabis were the only drugs in circulation. According to Eric (2017), the 1980s saw the introduction of a wide range of narcotics into Nigeria, including cocaine, heroin, and hallucinogens.

The introduction of psychotropic substances to Nigeria has led to their harmful consumption among the youths and such behaviour impacts the mental, physical and social well-being of the users. On this note, WHO (2019) established that consumption of these substances poses many health challenges, negatively affects relationships with friends, families and social activities. Increased use of these substances is capable of rendering not only the population of the youth unhealthy but also the country. Folorunsho-Francis (2020) reported that psychotropic consumption is responsible for several social vices which are directly or indirectly resulting in health challenges. Accordingly, indiscriminate consumption of psychotropic substances by the youths increases heinous crimes in the country. Reports of rape cases in the country cannot be dissociated from the use of psychotropic substances because rational human beings who have internalised the norms and values of their culture would engage in the act.

Folorunsho-Francis (2020) observed that psychotropic substance most especially alcohol is taken everywhere and anywhere without any regulation, unlike others defined as illicit. Jobless youths find succour in taking some of these substances, hence, their behaviours are altered, and they act contrarily to the norms of their communities which tampers with the general well-being of the community members as well as the users. As noted by Folorunsho-Francis (2020), the psychiatric department at Apapa General Hospital, Lagos, has received a significant number of people for rehabilitation. Similarly, the psychiatric department at the Federal Neuro-Psychiatric

Hospital, Yaba, affirmed that the use of psychotropic substances to bottle-up challenges would do more harm than good and could result in suicidal thoughts, more pains, frustration, etc. Kobiowu (2016) asserted that the indulgence of the youth in psychotropic substances is detrimental to the attainment of peace, security and the growth of Nigeria. Similarly, WHO (2019) reported that a nation free from increased consumption of psychotropic substance rates easily gets boosted in terms of quality health, labour productiveness, income, literacy levels and even alleviates poverty. Uneven development in different countries in the promotion of health and illness control, particularly in the regulation of psychotropic substances, is a common danger.

Awareness of the implications of psychotropic substances on individuals and society has forced several nations to draft and implement various laws and policies prohibiting any forms of abuse. For instance, attention drawn to the consumption of some psychotropic substances for non-medical and scientific purposes led to the emergence of an international treaty entitled “Single Convention on Narcotic Drugs” established in 1961 to limit their possession, use, distribution, import, export, manufacture and production (United Nations Drug Control Programme [UNDCP], 2018). The treaty consolidated and broadened the scope of the early treaties which previously controlled opium, coca and derivatives such as morphine, heroin and cocaine but excluded cannabis and drugs whose effects are similar to those of the drugs specified. Similarly, another treaty, “Convention on Psychotropic Substances”, was introduced in 1971 due to the failure of the 1961 treaty to recognise newly discovered recreational psychotropic and psychedelic substances including amphetamine-type stimulants and barbiturates, benzodiazepines.

While one would think that the several attempts made by all stakeholders to deter users from harmfully using psychotropic substances, the problem keeps increasing on a daily basis. Also, the explanation of the phenomenon within a sociological lens is important to contribute to knowledge in the discipline. Nigeria is bedevilled with security challenges which cannot be rule out of abuse of psychotropic substances. It is on this basis that this paper sets to look into both the latent and manifest consequences of consumption of psychotropic substances on users in Nigeria. Making this a reality, a conceptual review of psychotropic substance was done, then follow by implications of consumption of psychotropic substances, explained within the purview of Robert K. Merton’s Latent and Manifest Functions.

Methodology

This study is theoretical and qualitative in nature. In other words, it relies on secondary sources of data. Secondary data were gathered from diverse literature sources such as research reports, institutional publications, journals, magazines, newspapers and the internet. The researcher searched Google Scholar database, using a number of word and phrase combinations: “Drug abuse,” “Drug Misuse”, “Psychotropic substances,” “Substance abuse,” “Latent and Manifest functions,” “Consequences “Structural functionalism,” “Youth”, “Robert K. Merton,” and “Nigeria.” The data from these publications were analysed and discussed with

recommendations made based on identified gaps in efforts toward achieving minimised substance abuse rates among the youths in Nigeria.

Conceptual Review: Psychotropic Substance

Psychotropic substances are chemicals that, when ingested, change the body's normal psychological and biological functioning, particularly the central nervous system (Fareo, 2012). These substances are capable of causing a change in biological function. Psychotropic substances, also known as psychoactive substances or psycho-pharmaceuticals, are chemical substances capable of changing brain function by altering cognition, perception, consciousness, mood and even behaviour (WHO, 2014). The substances are medically used and prescribed by medical practitioners to better the lives of man, recreationally used to ease stress and purposefully used to improve performance. They have therapeutic value and can be used to detoxify and rehabilitate drug addicts, for research or as entheogens for spiritual purposes. They include anticonvulsants, analgesics, anaesthetics, antiparkinsonian substances as well as medications used to treat neuropsychiatric disorders, such as anxiolytics, antipsychotics, antidepressants, and stimulant medications.

According to the World Health Organisation [WHO] (2014), “psychotropic substances are substances that, when taken in or administered into one's system, affect mental processes”. The psychotropic substance is used to refer to both licit and illicit drugs, which are of interest to drug policy. Many of these substances have the potential to become addictive, generating chemical dependency and perhaps leading to substance misuse. Psychotropic substances differ from other substances because they are addictive in nature, hence, capable of leading to substance use disorders. This condition predisposes a user to health issues or problems at work, school, or home. Thus, harmful psychotropic substance use is broad and encompasses the consumption of alcohol, relaxants, amphetamines, barbiturates, marijuana, cocaine, opiates, among others that alter the brain functioning and cause detrimental health and social consequences for the users, the people around the users and society at large (Volkow, Baler, Compton & Weiss, 2014).

Psychotropic or psychoactive is a term that applies to chemical substances that change the working system of the brain and the nervous system of an individual. Psychotropic substances are consumed to stimulate intoxication through alterations of moods, consciousness, and perception (Hartney, 2019). The substances are found in many medications, alcohol, plants, some animals as well as other illegal and recreational substances. Hartney (2019), revealed that alcohol and caffeine are psychotropic substances that are mostly used by the youth to alter their mental state. These substances are legally available but can still be physically and psychologically harmful if used excessively. In Nigeria, the most common types of psychotropic substances that are harmfully used by youth according to Haladu (2003), WHO (2019), UNODC (2019), are categorized as follows: -

- i. **Stimulants (Uppers):** They are substances used for speeding up activity in the central nervous system, the heart rate and increasing the blood pressure; can be illicit

- or licit. They make users feel more energetic, alert and confident in some cases. They work on and stimulate the central nervous system directly and are commonly given for disorders including 'attention deficit hyperactivity disorder' (ADHD) and narcolepsy, among others. The early effects on users are favourable, such as an increase in energy. They are sourced from caffeine substances including ecstasy, Ritalin, methamphetamine, Adderall, cocaine, nicotine, etc.
- ii. **Hallucinogens (Dissociatives):** This type of psychotropic substance alters the sensory processing unit in the brain and produces distorted perception, euphoria, sadness, inner joy and feeling of anxiety. The substances are usually sourced from marijuana, phencyclidine (PCP), Lysergic Acid Diethylamide (LSD), ketamine, mescaline, etc.
 - iii. **Narcotics:** These substances dull the senses, ease pain, and are addictive. Codeine, tramadol, opium, heroin, fentanyl, morphine, oxycodone, hydrocodone, and other opiates contain them.
 - iv. **Sedatives (Depressants):** They are also called downers, can either be pills or liquids, among the most widely used and abused because of the belief that they help in relieving stress and anxiety, make users forget their problems, induce sleep and ease tension. They slow down activity in the brain system, slow down the heart rate and lower blood pressure. Examples are barbiturates, benzodiazepines, and can be sourced from Valium (Diazepam Tablets), alcohol, promotazine, chloroform, etc.
 - v. **Tranquilizers:** They are usually derived from Valium, Librium, and other substances that are thought to create tranquility without causing drowsiness.
 - vi. **Miscellaneous:** This refers to a group of volatile solvents or inhalants consumed by users to produce emotional disinhibition, euphoria, and distortion of thought. They are sourced from spot removers, glues, perfumes, tube repair, chemicals, etc.

A psychotropic substance is defined as a chemical that alters brain functioning and is likely to cause dependency in the context of this research. These drugs alter the way the brain functions, resulting in mood, awareness, thoughts, feelings, and behaviour changes. Dependence on these chemical compounds has the potential to harm an individual's general health as well as the welfare of others. Alcohol, marijuana, caffeine, nicotine and certain pain medications, as well as cocaine, heroin, LSD (lysergic acid diethylamide) and amphetamines are examples of psychotropic substances.

Consequences of Consumption of Psychotropic Substances on Users in Nigeria

Coping with stress and other life factors has made many young men and women endorse the consumption of psychotropic substances, particularly attaching solace to its consumption. It is an indisputable fact that many countries today are becoming substance-oriented due to the debilitating implications on the social well-being of the users. Ikoh *et al* (2019), in their study, '*Factors Affecting Entry into Drug Abuse Among Youths in Lafia Metropolis: Implications on*

Security, found out that psychotropic substances impact users' acquisition of a sense of identity and purpose in life. The study which administered copies of questionnaire on 520 respondents, with a satisfactory response rate of 76.92%, using bivariate analysis, logistic regression, and multiple regression analyses for the evaluation of the responses, discovered that harmful consumption of psychotropic substances exposed users to problems of love and sex as well as some degree of economic and social skills to actively discharge their responsibilities in society. More so, users are poorly integrated or get assimilated into some dominant social order.

Additionally, Eric (2017), asserted that addicted psychotropic users are prevented from discharging obligations, being productive, maintaining personal and social ties, accepting restrictions, acknowledging other people's rights and authority, and planning for the future. Fatoye (2017), in a study titled '*Substance use Among University Undergraduates: A Study of Pattern and Beliefs in Ile-Ife*', using a cross-sectional survey of randomly selected undergraduates of Obafemi Awolowo University, Ile Ife, affirmed that psychotropic users easily become crazy and socially disabled. Psychotropic abuse results in unhappier and dangerous behaviour, particularly for those with less structure, integration, and ego (Fatoye, 2017; Makanjuola *et al*, 2017).

Makanjuola *et al* (2017) found that psychotropic users become ethnocentric and egocentric with substance use by withdrawing within a narrow substance culture and themselves in a survey study conducted on psychoactive substance use among medical students at the University of Ilorin in Nigeria, using a compilation of 'a 22-item modified, pilot-tested semi-structured self-report questionnaire' based on the WHO's guidelines for student substance use survey,' As a result, they ignore obligations at a time when they need more critical growth experiences. Being a youngster is tough, impractical, or impossible, and when that youngster consumes powerful substances on a regular basis, resolving the situation becomes difficult, impractical, or impossible.

Although the use of psychotropic substances is medically "safe," the experience can be extremely ineffective and costly in terms of the users' ability to fully participate in society. The study by Awosusi and Adegboyega (2014), titled 'Knowledge of Health Effects and Substance Use among Students of Tertiary Institutions in Southwestern, Nigeria,' found that harmful consumption of psychotropic substances has a significant relationship with emotional breakdown and inability to control the self, which also leads to inner-city crises, crime, and youth violence, using a survey research design with 2,297 respondents. As a result, detrimental psychotropic substance use interferes with an individual's knowledge of their unique potential and, as a result, their interest in their professional development.

Psychotropic substance abuse has been found to have a negative impact on the social well-being of users who are students. Failure to learn at school, even for brief or sporadic times (a side effect of acute intoxication), will limit one's ability to achieve increasingly difficult educational goals in the future. Desalu *et al* (2010) conducted a cross-sectional survey of 1776 adults in Yola, North-East Nigeria, using a modified World Health Organization (WHO) tobacco survey

questionnaire for interview and data collection. They found that regular marijuana use was associated with poor grades due to the effect it has on the brain, resulting in a major decline in its functions. As a result, students' concentration, school interest, and extracurricular interests are skewed. As a result, absence and dropout rates rise. Most psychotropic substances have an impact on students' decision-making, creative thinking, and the development of necessary life and social skills.

In a study titled '*An Investigation into the Incidence of Alcohol Usage and Abuse among Female Students of the University of Lagos, Nigeria, West Africa*,' Awoyinfa (2012) found that when a child or young person is addicted to psychotropic substances, it affects their schooling (truancy), relationships with other children, and home life. The study which adopted the 'students' questionnaire on alcohol use abuse (SQAUA)' as the major research instrument to collect relevant data from 200 randomly selected respondents, revealed that concentration would be poor, and motivation would drop among psychotropic users. The findings also established that users tend to spend inordinate time in their room or stay out most of the night with people (other psychotropic users) unknown to the parents.

The relationship of those who harmfully use psychotropic substances is threatened, making it difficult for them to have a successful friendship. Validating this assertion, Volkow *et al* (2014), expressed that at first, the friends of psychotropic users might not be bothered by their substance behaviour, although may not want to use them. They may want to do other things while users want to abuse these substances. This may make them not find the company enjoyable most especially when the users are high where they are not. As a result, persons who are substance-free may not want to socialize with someone who uses psychotropic chemicals or hang out with a group of people who use substances in hazardous ways. When substance users get euphoric or high, they lose interest in activities such as sports, gaming, going to the movies, skating, hanging out, or just hanging out with their pals. Rather of spending time with their friends, they will choose to spend time with people who share their interests, such as smoking or drinking (Makanjuola *et al*, 2017). Users who have failed to form good friendships and relationships may spend more time alone or with other psychotropic substance users. Users develop a stronger bond with them because of their proximity to them than with their old buddies. As a result, they can start lying and stealing to pay for psychiatric drugs.

Home/family life, marriage/relationships, health and well-being, education, career, financial concerns, personality, and law and order, according to Awoyinfa (2012), are all endangered in the lives of psychotropic users. Marital instability has also been linked to the use of psychoactive substances, although, it occurs when one of the partners is an addict who continues to put the other person through unimaginable pain. The couple's addicted member may have morphed from a formerly respected and easy-going personality to one prone to violent outbursts, mood swings, secrecy, and other extreme behaviours. This shift in behaviour can be difficult for the other spouse, and it can be considerably more difficult if the couple has children, who may be puzzled and distressed when they see one parent (or both parents) displaying indications of addiction or indulging in embarrassing behaviours. Marital instability and

breakdown become the order of the day in a situation whereby one of the partners has run down the family finance recklessly due to addiction, combined with paranoia, irrational behaviour, and criminal behaviour. Lateef and Ibrahim (2016) expressed that where an addicted partner craves a substance and is unable to access them, either by the other partner or lack of money, he resorts to violence and other unacceptable behaviours.

Psychotropic users who are not aggressive by nature but are driven by the desire for the substances might perform violent acts, and their addiction is their top goal in life and all that matters to them. According to a study conducted by Klantschnig (2013), someone suffering from addiction might become selfish, self-centred, and ignorant to the concerns of others. Paying the mortgage and expenses, as well as other day-to-day concerns about operating a property, are no longer relevant to them. The family ties get broken, relationships become shattered and financial hardship and distress ensued. The addicted individual may be excluded from family discussions and deserted by other family members to further prevent other forms of shame and consequences of the addiction and to present a united front to society.

Fatoye (2017) found out that consumption of marijuana affects socioeconomic growth and results in lower-income, lower satisfaction with life, unemployment and criminal behaviour. Awoyinfa (2012) revealed that both employers and employees are seriously affected by the use of psychotropic substances, specifically, if the latter are addicted and have changed from being punctual, efficient and smart to being late for work, neglecting appearance and personal hygiene and perpetually displaying erratic behaviours at work. Workers living with addiction may be consistently absent for no genuine reason, not complete their duties as expected and steal from colleagues or the company. Such unacceptable and erratic behaviours could jeopardise the employment status of the addicted workers. The loss of a job could also disbalance their home and family life through a reduction in income, particularly, if the affected worker is a family breadwinner and strained relationships with other family members.

More importantly, psychotropic users tend to experience difficulty in abiding by laws and order in society when they get euphoric or addicted, hence, leads to problems with the law. A person convicted of a substance offence is faced with a criminal record and difficulties in getting a job or visas for overseas travel after serving the sentences. Fatoye (2017), asserted that people who harmfully use psychotropic substances often engage in crimes such as theft, fraud, etc., to bankroll or pay for their addiction. They can start by stealing from their friends, partner or family members and can as well degenerate to include their employers or several organisations. Ejikeme (2010) claimed that substance addiction results in huge costs on the police while trying to maintain law and order most especially when dealing with its after-effects. People with alcohol addiction often engage in drunken and anti-social behaviour in every part of the country.

Robert K. Merton's Theory of Manifest and Latent Functions

The explanation of the implication of harmful consumption of psychotropic substances can be fully understood from Robert K. Merton's Manifest and Latent Functions of the strands of Structural Functionalist Perspective. The structural functionalism which has its roots in the

works and contributions of Auguste Comte (organicism), Herbert Spencer, Emile Durkheim, Talcott Parsons, Robert K. Merton, Malinowski, Radcliffe Brown, among others, sees the system as a structure existing with some functions (including distributive function) to carry out. Structural Functionalism is a sociological perspective, focusing on the links among the many social institutions (e.g., government, law, education, religion, etc.) that make up society in to explain why society functions the way it does. According to this view, society is a complex system whose components work together to produce unity and stability. It posits that social structures, which are relatively constant patterns of social behaviour, guide people's lives.

The understanding of the health implications of harmful consumption of psychotropic substances in Nigeria is explained by Robert K Merton's Manifest and Latent Consequences/Functions. The term 'function' simply describes how a social institution, or a cultural practice contributes to the society's cohesiveness (Merton, 1936). The explanation of function contains the theory's assertions. To begin with, the theory assumes that society works because its constituent parts, such as its numerous institutions or cultural practices, contribute to the establishment of social unity, order, and cohesiveness. As a result, function is the contribution that gives a society order, unity, and cohesion. The function can also be explained as an outcome or consequence of people's actions. In any social institution, these implications can be latent or evident. The actor is aware of the repercussions of manifest functions. The actor is aware of the implications of his acts in visible functions, but the actor is unaware of his actions in latent functions. Robert K. Merton clarified the issue in his 1949 work, *Social Theory and Social Structure*.

Unintended or unanticipated consequences of any social structure are known as latent functions (Merton, 1968). They are there, but not readily apparent. Manifest functions, on the other hand, are the purposeful, conscious, or deliberate functions of social policies or actions that are developed for the benefit of society. The institutions are often expected to perform manifest functions. Returning to slavery, for example, the manifest function was to boost the South's economic productivity, but the latent function was to create a massive underclass that elevated the prestige of Southern whites, both rich and poor. Structures and activities have both intended and unintended outcomes, according to Merton's related concept of unforeseen consequences (Merton, 1968). Slavery may have been adopted to strengthen the Southern economy, but it had the unintended consequence of slowing industrialization and, as a result, weakening rather than strengthening the region's economy. In the same way, if a rule is created, the manifest function will be the intended function for which the rule is created. The latent function, on the other hand, is the unintended function. For example, if a rule is created to promote peace but affects the public, that harm is the latent function.

Furthermore, the obvious functions of hospitals are to provide better healthcare to people or to treat patients suffering from various ailments or who have been involved in accidents, among other things. Similarly, in a hospital, the latent function may be that while treating a patient with an incurable sickness, the doctors somehow save the patient, resulting in the discovery of a new method of treating that disease. Manifest functions, according to Merton (1968), are

helpful in nature, but latent functions can both hurt and benefit society. As a result, latent functions are more likely to become dysfunctions. That is not always the case, though. Dysfunctions are unseen functions that cause harm to society, social chaos, and conflict. Unless there are dysfunctions or functions that result in undesirable results, latent functions frequently go undiscovered. It is not uncommon for manifest functions to become dysfunctional at times; in many circumstances, it is already recognized that a policy or action would have a negative outcome (Merton, 1936). However, latent dysfunctions are of more concern since, because they are unknown and unpredictable, they are more likely to inflict irreversible harm to society. The latent functions have the potential to undermine the visible functions. The sociological endeavour has been built around the exploration of unintended consequences of social action.

The application of this theory to the use of psychotropic substances reveals that the manifest production and distribution of these substances for consumption are to better human life. It is expected that these psychotropic substances would maximise pleasure and minimise pain, produce energy, make users feel good, reduce stress and aid sleep. The use is then regulated and recommended by professionals to achieve optimal level of relief of pain. Also, some substances like cocaine, ecstasy, heroin, among others, are considered illegal because of their dysfunctions on the wellbeing of the users. While the users are aware of the benefits of these substances, they continually engage in the use to the extent that it becomes harmful to their health. This explains the latent dysfunction of harmful consumption of psychotropic substances. These substances are taken in large quantities and frequently; hence, the users endanger their health through addiction. The addiction makes them to lose focus, fail to fulfil expected roles and responsibilities, and fail to control their urge for other substances and immoral behaviours. Where a psychotropic substance like Colorado is taken to have fun or get euphoric, users may experience hallucinations, make unnecessary and silly decisions, smear ties with friends and families including community and its members.

The substances render them unconscious of their actions and encourage the habit of keeping multiple sex partners. This gets them exposed to HIV/AIDS and other sexually transmitted diseases, possible of rendering the community unsafe for members due to the carelessness in the spread of the disease. Intravenous use of psychotropic substances, according to Pagliaro and Pagliaro (2014), creates an entryway for potentially fatal blood-borne illnesses like HIV and hepatitis. Insomnia, increased body temperature, prolonged loss of appetite, higher risk of hepatitis and HIV/AIDS infection, death, many types of ulcers, cancers, and brain damage are all consequences of dangerous psychotropic substance use. It is important to note that the rate of premarital sexual relationships, abortion and births of children out of wedlock may become the order of the day which are more consequential on the future of the family institution. Unhealthy lifestyle is common with harmful users of psychotropic substances, and they are also known for engaging in unhealthy sexual relationships, caused by excessive consumption of the substances (WHO, 2019).

There is no gain saying that harmful consumption of psychotropic substances could indirectly result in disabilities and deaths of the users and other community members through addictive

reckless and careless deviant behaviours. Many addicted users can be admitted into hospitals for one health problem or the other. The deaths and disabilities of the users surface due to their inability to control themselves when heavily high or drunk during violent fights, working with machines, or driving vehicles. In their study, Nutt *et al* (2017) discovered that smoking psychotropic substances like marijuana increases the risk of bronchitis, chronic cough, and lung and upper airway cancers in users. Similarly, Volkow *et al* (2014) observed that psychotropic substances could reduce life expectancy by an average of ten years and that the addictive nature of street heroin does not fully dissolve and results in further damage to blood vessels.

The strength of the theory is its ability to justify the health implications of the harmful consumption of psychotropic substances. The theory emphasizes that users are more aware of the manifest functions of these substances but unaware of the latent dysfunctions. The latent dysfunctions could appear in the forms of depression, anxiety, headache due to insomnia, HIV/AIDS due to unprotected sex engaged in while unconscious or drunk, lung cancer, brain damage, to mention a few. The theory also posits that harmful consumption of psychotropic substances can influence the users to engage in criminal behaviours that are detrimental to societal goals and development. The fact that the theory is able to explain the phenomenon under study does not mean it is free from criticism. The theory fails to recognise that the reaction of every user to similar substance is different from one person to another. The theory also lacks the ability to predict unintended consequences and identify the gender gaps on the impact of harmful consumption of psychotropic substances. The theory was criticised for being too emphatic on functions. Also, the theory fails to identify with the fact that what is considered dysfunctional is functional to other users of psychotropic substances.

Conclusion

This study has established that harmful consumption of psychotropic substances seriously impedes the socioeconomic activities of the users through addiction which endanger their lives and lives of others particularly when they take more doses of the substances. Several psychotropic substances are consumed in large quantities and carelessly including marijuana which has other variants such as Loud, Colorado, Arizona, etc., and is capable of deteriorating the wellbeing of the users. Unintended and unexpected consequences of the act could worsen users' engagement in regular exercises, deteriorate adequate amount of sleep/rest and unconsciously discourage regular medical check-ups. With no doubt, an addicted user, if presented with options to choose between the consumption of their regular substances and eating a balanced diet, the former would be prioritised as against the latter. This may result in heart disease, weight loss, diabetes, persistent headache, tooth decay, poor wound healing, anaemia, weak immune system, high blood pressure (hypertension), among several physiological problems on the part of psychotropic users.

Furthermore, some of the users may lose their jobs, become injured, be rendered incapacitated, made bedridden and such could deepen their health problems. It is not new that harmful consumption of psychotropic substances is associated with persistent coughing and lung

cancer/disease among the users. Therefore, the chronic cough experienced by the users affects the quality of life, disrupts sleep patterns, compounds headaches, results in throat infection, inflammation in the tissues of the throat, cracked ribs, and coughing up blood. Lung cancer can result in shortness of breath most especially if cancer grows to block the major airways. These problems are likely to distress and depress the family members of the patient. Thus, resources that ought to have been used for other developmental purposes will be diverted to ensure the wellbeing of the diseased. This paper concludes that users focus more on the manifest functions of the substances and neglect or fail to recognise the manifest and latent consequences (health implications).

Recommendations

In light of the findings and gaps found in this study, it is recommended that:

- i. accessibility, affordability and availability of psychotropic substances should be strictly controlled by government at all levels.
- ii. treatment programs such as counselling, medication and other behavioural therapies should be readily available and be effective in attending to the multiple needs of addicted psychotropic users and its attendant problems.
- iii. campaigns should be held to sensitize the youths on the manifest and latent dangers embedded in the consumption of substances classified illicit and harmful.
- iv. environmental approaches should be attempted to promote policies that can reduce risk factors and/or increase protective factors related to harmful consumption of substances.

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