DRUGS ABUSE AMONGST YOUTH IN HIGHER LEARNING INSTITUTIONS

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Abstract: Drug abuse is one of the central public health problem throughout the international world that is affected by some economic and social burden to different countries. The objective of this study was to explore determinants of the drug abuse amongst youth in higher learning institutions. The specific objectives were to establish how family factors influence the prevalence of drug and scrutinize how socio-economic factors influence the prevalence of drugs. Assess how peer relationships effect the prevalence of drugs and inaugurate how institution related factors influence the drug abuse amongst youth in higher learning institutions and focus on Baha Uddin Zakariya University Multan, Govt. College University Faisalabad and University of Sargodha Faisalabad campus. Through random sampling, 65 students from each institution were selected and total 195 sample size. The study employed primary data where data collection was conducted through a self- administered questionnaire. Quantitative data was collected and it was analyzed by descriptive analysis technique and inner Self Square. The study employed a descriptive survey research design which resulted in the following findings: Lack of direction, monitoring, rejection, isolation and spiritual emptiness, socio-economic status, cost of drugs, parent's level of education and family size, peer grouping, exposure to drug by friends, low self-esteem and poor labor-market productivity, unconcerned university administrations, general performance in university and potential to increase academic attainment were independent variables that ultimately affected prevalence of drugs. Therefore, the study concluded that indeed family factors, socio economic factors, peer relationships and university factors were determinants of drug abuse amongst youth in higher learning institutions.

INTRODUCTION

Drug abuse is the uses of drugs for purposes other than medical reasons, thus affecting the individual in a negative way socially, cognitively or physically. Man has been using plant derived drugs and other manufactured drugs for thousands of years. In recent years the consumption of licit (tobacco, alcohol) as well as illicit substances has increased greatly throughout the world. Particularly alarming is the fact that the age of initiation into substance abuse is progressively falling (UNDCP, 2007). Drug abuse is spreading like mushroom and attacking every level of each a nation like home, educational institutions and affecting individuals of all classes. Everywhere the target group is our young population between the ages of 16 to 35. This is the period of life for exploration and experimentation the means by which 'young people absorb who they are and what they want to do with their lives', and trying out new things and making first time choices by drugs inhalers (Wester meyer, 2009). The young people, particularly the youth, are at this particular age more likely to further their education in institutions of higher learning hence the prevalence of drug and substance abuses in such places.

Pakistan youth face the greatest risk, being targets for recruitment into the abuse of drugs by drug barons. It is increasingly clear by Ministry of Health (2010) that nearly 81% of the youth experiment with drugs during the growing up process. Drug abuse is, therefore, an issue that not only involves the university students but is also a National issue.

In Pakistan, there is evidence of high and rising drug use and abuse of drugs. A report by the Nishtar et al. (2013) indicates that 46% of men and 9% of women in Pakistan smoked and 45% of those are below 19 years. A report by the United Nations'

Drug Control Programme shows that 58% of students abuse drugs. The then National Agency for the Campaign against Drug Abuse's (NACADA) Coordinator, noted that drug and substance abuse is a worse disaster than HIV/AIDS and famine combined (Kaguthi, 2006).

The Pakistani government has formulated drug abuse policies and strategies for prevention and reduction. For instance, in 1994, the Narcotic Drug and Psychotropic Substance Act was enacted to curb drug abuse and trafficking and United Nations designated 1991-2001 as the decode against drug abuse. In March 2001, NACADA was formed with the mandate to initiate public education campaign against drug abuse, develop an action plan aimed at reduction drug abuse by the youth in school and other institutions of learning, sensitize parents on drug use and abuse and this function as role models and initiate rehabilitation programs for addicts (NACADA, 2011). Ochami (2009) stated that there was need for collaborative efforts to come up with strategies that will help the border line region, in particular Pakistan, come up with strategies to help improve education standards and bring them at par with other regions in the country. In realization to the above the study aimed at investigating the determinants of prevalence of drug amongst University students in Punjab, Pakistan.

Therefore, the study planned to seek the determinants of the prevalence of this form of abuse and focus was put on three major high institutions of Higher learning in Punjab Pakistan. Pakistan has been cited as a great challenge and a major threat that poses negative implications to the country's political, economic, and social stability, hence calling for urgent mitigating measures (Beckerleg, Deveau & Levine, 2006). The problem of drug abuse amongst youth in a higher learning institutions is growing at an alarming rate, the lack of reliable statistics to reveal the scope and magnitude of drug abuse has left many institutions guessing and speculating on the seriousness of the problem (Olatuwara & Odejide, 2011). The commonly consumed drug both legal and illicit in Pakistan include cannabis, cocaine, heroin, tobacco and alcohol. A review of related literature was done which focused on cannabis and heroin. The ease of access and availability of cannabis among community members is a contributing factor to its greater use, while the fact that production and consumption of heroin is legal its

use has been consistently on the increase worldwide. Peer pressure and curiosity has made heroin a drug of choice to most youth in Pakistan. According to Masudi (2011) majority of drug users start to use at their youthful age between 15 to 30 years of age and a significant proportion of the users start using at old age. Although male users form the majority the females are not left out.

Furthermore, most of the student in universities and technical institution in the Pakistan are said to engage in drug abuse due to ease access to the commodity. This has raised an alarm for authorities to come up with strategies and applicable means of mitigating drug abuse in the region. University of Sargodha, Faisalabad campus, GC University Faisalabad and BZU Multan are not excluded from the colleges that are facing this problem. Hence the need to focus on these 3 major institutions in order to investigate the prevalence of drug abuse amongst youth in higher learning institutions.

Research Design

The study employed a descriptive survey research design. According to Kothari (2007) descriptive survey research design is a type of research used to obtain data that can help determine specific characteristics of a group. A descriptive survey involves asking questions (often in the form of a questionnaire) of a large group of individuals either by mail, by telephone or in person. The main advantage of survey research is that it has the potential to provide us with a lot of information obtained from quite a large sample of individuals.

Target Population

Target population is the entire group a researcher is interested in or the group about which the researcher wishes to draw conclusions. The study targeted youths in institutions of higher learning in Pakistan in order to give a broad picture of the factors influencing of drug abuse amongst youth in higher learning institutions has been highly reported in instances of drug abuse. Target population will collect form three main universities of the Pakistan. University of Sargodha Faisalabad campus, G.C University Faisalabad and BZU Multan Campus. A Sample of 195 participants from the total population of the study 300 and 65 sampling size from each University campus for data collection.

Table 1: Target Population

Campus	Population	Sample	Percentage
University of Sargodha Faisalabad campus	120	65	33.33
Govt. College University FSD	100	65	33.33
BZU Multan Campus	80	65	33.34
Total	300	195	100

Research Instruments

The questionnaires were reviewed by the researcher's professional peers and the research supervisor and then tested on a small pilot sample of respondents with similar characteristics as the study respondents. The pilot sample consisted of 30 students who were selected randomly. Mugenda and Mugenda (2003) suggest that the piloting sample should be 1 to 10% of study sample depending on the study sample size. The piloting was do at research study campuses. Piloting helped in revealing questions that were unclear and allowed for their review until they conveyed the same meaning to all the subjects.

Validity of the Research Instruments

Validity is the quality of a data gathering instrument that enables it to measure what it is supposed to measure. Crosnoe et al. (2002) notes that validity is about whether one can draw meaningful and useful inferences from scores on the instrument. Validity is therefore about the usefulness of the data and not the instrument. To ensure content validity, the instruments were reviewed by the research supervisor, the researcher's peers and other research experts. Content validity yields a logical judgment as to whether the instrument covers what it is supposed to cover. Content validity ensures that all respondents understand the items on the questionnaire similarly to avoid misunderstanding. Response options were provided for most of the questions to ensure that the answers given were in line with the research questions they were meant to measure.

Reliability of Research Instruments

Reliability is a measure of the degree to which a research instrument yields consistent results or data after repeated trial. Reliability answers the question "Are scores stable over time when the instrument is administered a second time?" (Creswell, 2003). To ensure reliability, the researcher will use split-half technique to calculate reliability coefficient which should be within the recommended reliability coefficient of 0.7-1. This involved scoring two-halves of the tests separately for each person and then calculating a correlation coefficient for the two sets of scores. The instruments were split into the odd items and the even items.

Data Collection Procedure

After consent was given by the Riphah International University Faisalabad campus to collect data, the researcher coordinated data collection process. Data was collected from three institutions of University of Sargodha Faisalabad campus, Govt.College University Faisalabad and Bahauddin zakriya University BZU Multan campus for the collection of data. The research was taken through clearly understand the research instruments, purpose of the study and ethics of research. The researcher administered the questionnaires to the respondents face to face. A youthful tutor was selected as a research assistant because he was deemed best to understand the language mostly used in campus and thus avoiding potential for communication barrier.

Data Analysis Techniques

Data was cleaned, coded, entered and analyzed using Statistical Package for Social Science (SPSS, Version 21.0). SPSS was used because it was fast and flexible and provides more accurate analysis resulting in dependable conclusions. Technically speaking, data processing implies editing, classification, coding, and tabulation of collected data so that they are amenable to analysis (Kothari, 2007). Data analysis involves computation of certain measures along with searching for patterns of relationships that exist between the dependent variables and independent variables. The data was analyzed according to variables and objectives of the study. Descriptive statistics is be used to analyze, present and interpret data. Descriptive analysis involved use of frequency distribution tables and cross tabulation which was used to generate values between dependent and independent variables used in the study. Content analysis was used for the

qualitative data from the open ended questions in the questionnaire. While conducting the study, the researcher ensured that research ethics were observed. Participation in the study was voluntary. Privacy and confidentiality was observed. The objectives of the study were explained to the respondents with an assurance that the data provided were used for academic purpose only.

Ethical Considerations

According to (Gakuu, 2010) ethical issues are an integral part of the research planning and implementation process. Ethics in research refers to social norm of behavior while conducting research. Researcher in this case will treat people with respect will ensure that the procedure are reasonable and fairly administered. Full informed agreement obtained, privacy and confidentiality of the research participants protected. The researcher will explain the real purpose and the use of the research to participants. Silence voices will be included to ensure that the groups marginalized in the society are considered and an instrument identified used which was publish the research to enable the linking of research results to social action. The information gathered from the subjects' also be confidential.

Results and discussion

The research aimed at establishing how family factors, social-economic factors, peer relationship and school factors influence drugs abuse amongst youth in higher learning institutions with focus on University of Sargodha Faisalabad campus, Govt. College University Faisalabad and Bahauddin Zakriya University BZU Multan Campus. The data collected was arranged into categories and interpreted on the basis of each research objectives.

Respondent's demographics

This section presents the respondents classification by gender, age, and respondents' duration of study in school.

Respondents' gender

With regard to the respondents' gender, from the table 2 below, majority of the respondents were male as indicated by 52.3% while the rest 47.7% were female. This therefore indicates that majority of the students are male.

Table 2: Respondents gender

Gender	Frequency	Percent (%)
Male	102	52.3
Female	93	47.7
Total	195	100

Respondents 'age

According to the table 3, most of the respondents (88.71%) were aged between 18 – 24 years, 8.2% were aged between 25 - 30 years,1.02% were aged 31 - 34 and 41 – 44 years while 1.0% were aged between 35 – 40 years, It therefore depicts that majority of the students were youths and therefore have a greater propensity toward substance use.

Duration of Study in the College

With honor to the duration they had been studying in the college, 98.4% of the respondents indicated that they had been studying for between 0-5 years while 1.6% of the respondents indicated that they had been studying for between 10-15years.

Table 3: Respondents' age

Age	Frequency	Percent (%)
18 – 24 years	173	88.71
25 - 30 years	16	8.20
31 - 34 years	2	1.02
35 – 40 years	2	1.02
41 – 44 years	2	1.02
Total	195	100

Table 4: Duration of Study in the College

Duration	Frequency	Percent (%)
0-5 years	192	98.4
10-15 years	3	1.6
Total	195	100

Family Factors

This section presents the findings on the influence of family factors on the prevalence of drug amongst youth in Punjab, Pakistan.

Facet Relating to Family Characteristics

The respondents were asked to respond to the extent to which the facet relating to family characteristics influenced drug and substance abuse in colleges using the Likert scale, where: very great extent = 5, great extent= 4, moderate extent = 3, low extent = 2 and not at all = 1. The respondents indicated that lack of direction and purpose in life and lack of monitoring influenced drug and substance abuse in institutions of higher learning to a very great extent as shown by a mean score of 4.9588 and 4.9072 respectively. Further, the respondents indicated that rejection, isolation and spiritual emptiness influenced drug and substance abuse in institutions of higher learning to a very great extent as shown by a mean score of 3.7320, 3.5825 and 3.7062 respectively. We can therefore deduce that drug users bear such characteristics as loneliness, rejection, isolation and constant punishment.

Family Factors Influence on Drug and substance Abuse

The study sought to determine the extent to which family factors influenced drug and substance abuse in institutions of higher learning. 24.7% of the respondents indicated that family factor influenced drug and substance abuse in institutions of higher learning to a moderate extent, 21.6% of the respondents indicated that family factor influenced drug and substance abuse in colleges to a very great extent,21.1% of the respondents indicated that family factor influenced drug and substance abuse in colleges to a great extent,16.5% of the respondents indicated that family factor influenced drug and substance abuse in colleges to a little extent while 16.0% of the respondents indicated that family factor influenced drug and substance abuse in colleges to a very little extent.

Table 5: Facet Relating to Family Characteristics (n-195)

Factors	Mean	Std. Deviation
Lack of direction and purpose in life	4.9588	1.62823
Rejection	3.7320	1.31563
Isolation	3.5825	1.26569
Lack of monitoring	4.9072	1.30826
Spiritual emptiness	3.7062	1.41101

Table 6: Family Factors Influence on Drug (n-195)

Factors	Frequency	Percent (%)
Very great extent	42	21.53
Great extent	41	21.02
Moderate extent	48	24.61
Little extent	32	16.41
To a very little extent	32	16.41
Total	195	100.0

Socio-Economic Factors

In this section, the study sought to scrutinize how socio-economic factors influence the drug abuse amongst youth in higher learning institutions.

Facet Relating to Socio-Economic Factors influence on Drug and substance abuse

In determining the extent to which facet relating social-economic factor influenced drug and substance abuse in the college, the respondents indicated that social and economic status influenced drug and substance abuse in the college to a very large extent as indicated by a mean score of 4.5289 and 4.5165 respectively. The respondents also indicated that cost of drugs influenced drug and substance abuse in the college to a large extent as indicated by a mean score of 3.8238. The respondents further indicated that parent's level of education and family size status influenced drug and substance abuse in the college to a moderate extent as indicated by a mean score of 2.5619 and 2.5485 respectively. From these findings we can therefore deduce that low socioeconomic status contributes to drug abuse.

Socio-Economic Factor of Drugs amongst Youth in higher learning institutions

With regard to the extent to which socio-economic factors influenced drug and substance abuse in the college.24.7% of the respondents indicated that social-economic factor influenced drug and substance abuse in colleges to a little extent, 22.7% of the respondents indicated that social-economic factor influenced drug and substance abuse in colleges to a very little extent,20.1% of the respondents indicated that socio-economic factors influenced drug and substance abuse in colleges to a very great extent,19.1% of the respondents indicated that socio-economic factors influenced drug and substance abuse in colleges to a moderate extent while 13.4% of the respondents indicated that socio-economic factors influenced drug and substance abuse in colleges to a great extent. We can therefore infer that both high and low childhood socioeconomic status lead to abuse.

Table 7: Facet Relating to Socio-Economic Factors (n-195)

Category	Mean	Std. Deviation
Social status	4.5289	1.30320
Economic status	4.5165	1.34840
Parent's level of education	2.5619	1.22529
Family size	2.5485	1.25501
Cost of drugs	3.8238	1.43616

Table 8: Socio-Economic Factors Influence prevalence of drugs (n-195)

Factors	Frequency	Percentage (%)
Very great extent	39	20
Great extent	26	13.3
Moderate extent	37	18.9
Little extent	49	25.1
To a very little extent	44	22.5
Total	195	100.0

Peer Relationships Influence Drugs

In response to whether peer relation influenced drug abuse.75.8% of the respondents indicated that peer relation influenced drug and substance abuse in colleges while 24.2% of the respondents indicated that peer relation didn't influence drug and substance abuse in colleges. We can therefore conclude that peer pressure influences teenagers to substance abuse. On the question on how peer relation influenced drug and substance abuse. The respondents indicated that it was through the desire to emulate others, desire to feel like the rest, in order not to look odd, difficult to withstand drug abuse if you relate to a drug user, lack of personal stand, addiction, and for friend satisfaction.

Facet Relating to Peer Relationships

The study sought to establish the extent to which facet relating peer relationship influenced drug and substance abuse in the college. The respondents indicated that peer grouping and exposure to drug by friends influenced drug and substance abuse in the college to a large extent as indicated by a mean score of 3.5928 and 3.5670 respectively. The respondents also indicated that low self-esteem and exposure to drug by sexual partner influenced drug and substance abuse in the college to a moderate extent as indicated by a mean score of 2.9588 and 2.9793 respectively. We can therefore conclude that teenagers feel extreme pressure to fit in with their peers and often if one "cool" kid begins using drugs or drinking, others will follow in order to gain status or save face.

Table 9: Facet Relating to Peer Relationships (n-195)

Category	Mean	Std. Deviation
Peer grouping	3.5928	1.40471
Exposure to drug by friends	3.5670	1.22502
Low self esteem	2.9588	1.31091

Table 10: Peer Relationships Influence on Drug (n-195)

Peer relationship influence	Frequency	Percentage (%)
Yes	147	75.4
No	48	24.6
Total	195	100.0

University Factors

The study also sought to establish how school factors influence the drug abuse amongst youth in higher learning institutions like Govt. college university Faisalabad, University of Sargodha Faisalabad Campus and Bahauddin Zakriya University Multan Campus.

Academic Performance

The study sought to establish whether academic performance influenced drug and substance abuse among student. From the respondents, 69.6% indicated that academic performance influenced drug and substance abuse among students while 30.4% indicated that academic performance didn't influence drug and substance abuse among students. We can therefore infer that engagement in substance use can have negative implications in academic performance.

Facet Relating to University Factors

The study sought to establish the extent to which facet relating university factor influenced drug and substance abuse in the university. The respondents indicated that labor market productivity and unconcerned university administration influenced drug and substance abuse in the university to a very large extent as indicated by a mean score of 4.7216 and 4.7835 respectively. The respondents also

indicated that performance in university influenced drug and substance abuse in the college to a large extent as indicated by a mean score of 3.9021.The respondents further indicated that potential to increase academic attainment influenced drug and substance abuse in the college to a moderate extent as indicated by a mean score of 2.4948. From these findings we can therefore that substance use at young ages is associated with decreased educational attainment and labor market productivity.

Table 11: Academic Performance influence on Drug and substance abuse (n-195)

Academic Performance	Frequency	Percentage (%)
Yes	135	69.4
No	60	30.6
Total	195	100.0

Table 12: Facet Relating to School Factors (n-195)

	Mean	Std. Deviation
Performance in university	3.9021	1.34114
Labor market productivity	4.7216	1.30159
Unconcerned university administration	4.7835	1.33294
Potential to increase academic attainment.	2.4948	1.30462

University Factors Influence on Drug Abuse

With regard to the extent to which university factor influenced drug and substance abuse in the college.36.6 % of the respondents indicated that school factor influenced drug and substance abuse in colleges to a moderate extent, 22.2% of the respondents indicated that university factor influenced drug and substance abuse in colleges to a little extent, 18.0% of the respondents indicated that university factor influenced drug and substance abuse in colleges to a great extent,11.9% of the respondents indicated that university factor influenced drug and substance abuse in colleges to a very little extent while 11.3% of the respondents indicated that university factor influenced drug and substance abuse in colleges to a very great extent. We can therefore deduce that substance use can have substantial negative consequences for young adults.

Drug and Substance Abuse:

This section focuses on the symptoms of drug and substance abuse among the students in Pakistan.

Rating of drug abuse Symptoms

From the findings the respondents rated low memory, loose parental tie, and high risk of developing drug dependence and depression and stress as symptoms related to drug and substance to a large extent as indicated by a mean of 3.6598, 3.5969, 3.5567 and 3.6443 respectively. The respondents further indicated that lack of attention and body image dissatisfaction as symptoms related to drug and substance to a moderate extent as indicated by a mean of 3.0309 and 3.3918 respectively.

Table 13: University Factor Influence on Drug Abuse (n-195)

	Frequency	Percentage (%)
Very great extent	22	11.3
Great extent	35	17.9
Moderate extent	71	36.4
Little extent	43	22.0
To a very little extent	24	12.3
Total	195	100.0

(n-195)

Table 14: Rate the Following Symptoms

	Mean	Std. Deviation
lack of attention	3.0309	1.36919
low memory	3.6598	1.24685
loose parental tie	3.5969	1.21399
High risk of developing drug dependence	3.5567	1.24234
Depression and stress	3.6443	1.35137
Body image dissatisfaction	3.3918	1.36997

Discussion

The researcher made the assumption that the respondents would be cooperative enough to give the required information of the study. The researcher assumed that all information collected from respondents was true to give a clear and true picture. The researcher also assumed that external factors like strike would not arise as this would affect the process of data collection and hence the completion of the research. The researcher assumed that the cited respondents had some knowledge on the subject matter. The research found out that shortage of direction and aim in life, lack of monitoring, isolation, spiritual emptiness and rejection influenced drugs abuse amongst youth in higher learning institutions. The study find out that the socio economic factors, educational level of the parents, family size and cost of drugs, influenced drug amongst youth in Punjab, Pakistan. The study shown that peer grouping, low self-esteem and exposure to drug by friends, influenced drug abuse amongst youth in higher learning institutions.

The study also revealed that potential to increase academic attainment, unconcerned school administration, labor market productivity and performance in university influenced drugs amongst youth in institutions. The study found out that lack of direction and purpose in life, lack of monitoring, rejection, isolation and spiritual emptiness influenced drug abuse amongst youth in higher learning institutions. Breakdown in social structure of society, which includes the family and its role of inculcating morals to young ones, has contributed to drug abuse. Conducted a comparative study on adolescents' drug users and an equal number of abstainers. Their study reveals that the drug free children not only feel closer to their parents but consider it important to get along with them. The drug users bear such characteristics as loneliness, rejection, isolation and constant punishment. Furthermore, Needle et al. (2009) have

shown that youths from disrupted families tend to get involved in substance abuse. On the other hand, he observed that abstainer parents have firmer standards regarding curfew, television, schoolwork, use of alcohol and other drugs. The study established that social, economic grade, budget of drugs, blood relation level of education and the family size status influenced drug abuse amongst youth in higher learning institutions. The relationship between childhood socioeconomic status (SES) and behavioral health in adulthood has long been of interest to researchers and policymakers. Lower household income and parental education were associated with greater adolescent depression. An analysis by Hamilton and colleagues (2009) found that adolescents (ages 12-19) with college-educated parents were less likely to engage in hazardous or harmful drinking or illicit drug use. The study revealed that peer grouping, exposure to drug by friends, low self-esteem and exposure influenced drugs abuse and its impact amongst youth in higher learning institutions. The biggest factor that influences teenagers to substance abuse is peer pressure. Teenagers have an urge to belong, to be loved and liked by those close to them. This can lead to one doing things he/she could not have done to gain group approvals and identity with it. This is more serious when one has low self-esteem, sense of lack of security and dependency. The insecure youth finds comfort and approval conforming to the standards of a peer group. Wills et al. (2011) have conducted a study of 1700 adolescents and assessed them yearly from the seventh to the ninth grade. The findings show that there is a good correlation between the level of alcohol and other drug use in the respondents and the number of the peers who used the drugs. The study also found out that unconcerned university administration, performance in university and potential to increase academic attainment influenced of drugs abuse amongst youth in higher learning institutions. Research has shown that substance use at young ages is associated with decreased educational attainment and labor market productivity. Blast drinking in particular has been linked to driving under the influence of alcohol (DUI) and accidental deaths in college-age students. As illicit drugs are illegal the use of these substances places young adults at risk of involvement in the criminal justice system. Thus, substance use can have substantial negative consequences for young adults. Houghton (2007) on the other hand argues that parents, teachers, policymakers and program administrators may be less focused on the possible

long-term implications of substance use on adolescents with higher SES.

Conclusions

The study concluded that family factors were a major determinant on the prevalence of drug amongst youth in Punjab, Pakistan. This means that an unstable home life is a contributing factor to going down the path of drug abuse. This is because parents can be a strong influence in keeping children away from drugs, by being positive role models and showing their children the negative aspects of drugs. The study also concluded that socio-economic factors influenced drugs and its bad impact on youth in Punjab, Pakistan. University students with lower levels of spending money have lower levels of drugs. The socio-cultural factors of valuing autonomy and refraining from discussing personal issues outside the family likely play a role. The study further concludes that peer relationships influenced drugs in institutions of higher learning because youth are susceptible to peer influence. When looking at the rural population of youth, understanding the factors influencing substance use is important. Moreover, drug abuse is associated with reduced educational attainment.

Recommendations:

Based on the findings and conclusions, the following recommendations are made from the study: The study recommends that parents need to ensure that children form appropriate bonds and learn age appropriate behaviors. This is because it will lead to acceptance and reinforcement which form the basis for learning age appropriate behaviors as the child develops. The study also recommends that parents need to have a strong influence in keeping children away from drugs, by being positive role models and showing their children the negative aspects of substance abuse. Moreover, the study also recommends that since strong family cohesion is associated with negative attitudes toward substance use, Positive relationships at home should be established to promote peer relationships that do not support substance use. Females are reported to receive more parental monitoring and be more concerned about maintaining a positive relationship with parents. In conclusion, research set up to ensure that drug abuse amongst youth in higher learning institutions youth in Pakistan are addressed and consequently eradicated. The study recommends that to add weight to this study, another study should be done to investigate on the drug abuse amongst youth in higher learning institutions that exist in Pakistan so as to allow for generalization. There is much to be

done about the extent of use drugs in our society and its impacts to the general public. Further research should be conducted on the same topic on all social activities in the country especially sporting events and road trips. Furthermore, studies should be done on the challenges facing the fight against drug and substance abuse.

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