



RESEARCH ARTICLE

INFLUENCE OF CHILDHOOD NEGATIVE LIFE EVENTS AND GENDER ON SUBSTANCE USE PROBLEMS AMONG YOUNG ADULTS IN IBADAN METROPOLIS: MODERATING ROLE OF PSYCHOLOGICAL RESILIENCE

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ABSTRACT

This study investigated the moderating role of psychological resilience on the relationship between childhood negative life events on substance use among young adults in Ibadan Metropolis. Cross sectional survey design was employed in this study. A sample size of 400 young adults in Ibadan Metropolis participated in the study. Three valid and reliable instruments were utilized in collecting data for the study. Two research hypotheses guided the study. SPSS v27 was utilized in analyzing the data. Hierarchical regression analysis and independent sample t-test was used in analyzing the two hypotheses. Results revealed that when combined, demographic variables, childhood negative life event(s) and the moderated childhood negative life event(s) by resilience significantly predicted substance use [$R = .223$; $R^2 = .050$; $F(4, 395) = 5.181$; $p < .01$]. It was also revealed that there exists significant gender differences in substance use among respondents [$t(398) = 2.13$; $p < .01$]. This significant difference is to the detriment of male young adults in Ibadan Metropolis, males reported higher on substance use (Mean = 38.77; SD = 6.49) compared to their female counterparts (Mean = 36.86; SD = 7.39). It was concluded that psychological resilience moderated the relationship between negative life events and substance use problem among young adults in Ibadan. The study also identifies gender disparities in substance use, with males reporting higher levels of substance use compared to females. It was recommended that resilience skills should be enhanced by equipping individuals with effective coping strategies, problem-solving techniques, and social support networks to help them navigate life's challenges without resorting to substance use as a coping mechanism. Male young adults should be counseled on the danger of substance use so as to reduce its use to the barest minimum in the metropolis.

Keywords: Childhood negative life events, psychological resilience, substance use problems, gender.

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1.0. INTRODUCTION

Globally, substance use is a major challenge to individual in all areas of life. The negative impact of substance use among individuals cannot be overemphasized and it is seen virtually in all areas of human endeavours. The resultant effects of substance use problem leads to intimate partners violence, domestic violence, crime and criminality in the society, accident, poor academic performance, absenteeism, dropout, risk-taking behavior, divorce, abandonment, job loss, business failure, risky sexual behavior, theft and death among individuals indulging in substance use (Okeke et al., 2026; Ekpenyong & Aakpege, 2014; Wada et al., 2021).

Substance use entails the consistent consumption of substances such as alcohol, cocaine, heroin in order to alter mood and feelings (Azi & Maduka, 2021). Young adults in Ibadan engaged in substance use but there is a research lacuna on the moderating role of resilience on the influence of childhood negative life events and gender on substance use among this population that is the gap this study has filled.

Nonmedical use of psychoactive chemicals like alcohol, tobacco, cannabis, and many legal and illegal narcotics harms individuals and society. Mental health and substance use disorders caused the most years lived with disability worldwide, according to a 2010 Global Burden of Disease report (Degenhardt 2020). Mental health and drug use problems caused 20.5% of disability-adjusted life years (DALYs) (Degenhardt, 2020). Tobacco use is a leading cause of death and disability worldwide (Forouzanfar et al., 2015). Substance use, particularly opioid use disorders, is one of the leading preventable causes of juvenile mortality in Europe, with most study showing mortality rates of 1-2 percent each year (EMCDDA, 2015). Because the problem is so enormous, effective prevention appears crucial for both the individual and society.

Many intervention programs target adolescents and their families with the goal of stopping or delaying substance use at a young age to reduce the risk of drug problems and their effects (Jackson et al., 2014). Young people are more likely to use alcohol to get high (Dishion, et al., 2018; Johnston, 2015). Most countries have a minimum legal age for buying alcohol (World Health Organization 2014), although minors prefer it to cannabis due to its legality. Alcohol is one of the most harmful substances (Duncan, 2018), and the WHO estimated that 6% of global deaths in 2012 were caused by alcohol. The average daily drinking volume and drinking pattern have been associated to alcohol-related hazards (Dodgen & Shea, 2020). Five drinks for men and four for women in a day is binge drinking. It has been associated to alcohol-related risks regardless of typical consumption (Dodgen & Shea, 2020).

Cannabis is the most often used illicit drug among adolescents (Johnston, 2015). Cannabis is less harmful than alcohol (Dishion, et al., 2018), yet it has social, psychological, and bodily impacts (Alhammad et al., 2022). Risks include dependence, vehicle accidents, cardiovascular disease, impaired respiratory function, and, most importantly, negative impacts on youthful cognitive performance and mental health (Akers & Lee, 2022). Use frequency is linked to problem likelihood (Ariffin et al., 2019). Many people have heard of the "gateway effect." This is when adolescents switch from tobacco and alcohol to cannabis and other illegal drugs.



Several studies show that using one substance leads to using others. Akers & Lee (2022) found that 7th-grade alcohol usage was linked to unfavorable substance use outcomes in grade 12 and 23. (2018) (2018) found that alcohol and tobacco use predict cannabis dependency. Blanco et al (2018) found that early alcohol use was linked to alcohol, tobacco, cannabis, and cocaine dependence. Furthermore, premature cigarette or cannabis usage was independently connected to later tobacco and cannabis dependence symptoms (Blanco et al, 2018).

The "gateway effect" discourse has focused on the causes of the substance use initiation trend, particularly the correlation between cannabis use and later drug use problems (Hall & Pacula, 2003; Degenhardt et al., 2020). One theory is that premature drug use alters reward pathways. Another view is that teens must buy cannabis from drug dealers, exposing them to more illegal drugs. A third approach suggests that the correlation is non-causal since the same intra-individual features (e.g., genetic, psychological, or social factors) are associated to cannabis and other drug use (Degenhardt et al., 2020). Youth substance use is associated with lower academic achievement (Akers & Lee, 2022; & Latvala et al., 2014), internalizing problems like depressed mood and anxiety (Bahji., 2024), employment problems (Akers & Lee, 2022; Bouchery, 2020), and disinhibitory psychopathology.

These linkages are part of a complex web of problems with multiple sources. Multiple researches have connected poor academic performance to early drug use start (Latvala et al., 2014). Some researches imply that experimental substance users may have a higher education rate than abstainers (Englund et al., 2013). Some believe that alcohol use and education are linked by shared factors (Nwaoru et al., 2024). Many individuals are concerned about Nigeria, according to Abiodun. (2021). Nigeria is Africa's most drugged nation, according to the World Drug Report (2011). A recent large study of a representative sample of Nigerians found that 58 percent of people used alcohol, 17% tobacco, 14 percent sedatives, 2.4 percent other narcotics, and 3 percent cannabis. The lack of effective international and local interventions may be contributing to Nigeria's rising substance usage rate, requiring the immediate creation of a remedy (Abiodun, 2021).

The importance of sound, healthy and vibrant youth to the economic and social development of the nations of the earth cannot be overemphasized; this is because they are the leaders of tomorrow. Young adults hold the keys to the educational, economic, moral, social and technological development of their various nations, Nigeria inclusive. As a result of this, the mental health, emotional stability and the psychological wellbeing of the young adults is vital to the attainment of all round development in the country.

Substance use problems pose a great danger to the attainment of these lofty ideas in the country. Substance use affects academic achievement of the youths leading to absenteeism, school dropout, truancy, bullying and poor performance. Substance use affect economic development where a businessman or businesswoman spent capital for their businesses in the purchase of these substances, thereby running out of capital for business sustenance, leading to business collapse. Substance use problem also affect the family, family member that engaged in substance use become to burden to their family members, they become dependents, thereby causing serious strain on the entire family.



1.1. Purpose of the Study

The purpose of this study is to investigate the moderating role of resilience on the relationship between childhood negative life events and substance use problems among young adults in Ibadan. The specific objectives of the study include;

1. To examine if resilience moderates the link between childhood trauma and substance use in Ibadan's young adults.
2. To investigate if gender will significantly impact substance use among young adults in Ibadan.

1.2. Research Hypotheses

The following hypotheses will be put to test in the current study:

- a. Resilience moderates the relationship between childhood negative life and substance use among young adult in Ibadan.
- b. Male respondents will significantly report higher on substance use compared to their female counterparts among young adults in Ibadan.

2.0. LITERATURE REVIEW

Modern society's substance misuse is growing (Buddy, 2011). Nigeria is becoming a drug-producing nation as more people become addicts. The Nigerian Drug Law Enforcement Agency has tried several times to address the myriad issues surrounding creating, distributing, and using illegal drugs in Nigeria, but drug barons are recruiting more couriers every day. Drug addiction is rising, especially among young individuals (National Drug Enforcement Agency 2007 and Weekly Trust reports. 2011). Due to their diverse social and economic backgrounds, familial upbringing, education, and uncontrollable outside pressures, many of these young people use drugs. This study collects and synthesizes investigations on how resilience moderates the connection between adverse childhood events and substance use in Ibadan young adults.

The Tracking Adolescents' Individual Lives Survey's childhood adversity interview (Cloitre et al., 2019) shed light on childhood hardships. A trained research assistant asked the youth's parent or caregiver if each of the 14 occurrences occurred and how old he was at the time. These included the youth being hospitalized, the mother, father, sibling, or close friend being seriously ill or hospitalized, a family or friend death, parental divorce, moving houses, repeating a class, switching schools, living outside the household for a long time, physical violence, and sexual abuse. Each event was categorized as 0–3, 4–8, 9–12, or 12 or older. These time periods were chosen to reconcile theoretically significant maturation windows that are expected to be especially vulnerable to bad life experiences (Andersen, 2019) and timing research on negative life events (Dunn et al., 2020).

The cumulative aggregate score could range from 0 (no events) to 14 (all events). They also calculated cumulative aggregate scores for each of the four age groups (four occurrences between 4 and 8). Finally, the same total scores were applied for only physical and sexual abuse incidents to



create a sum score of major adverse occurrences from 0 to 2. These interpersonal, assaultive, and outside-the-normal-range developmental adversity experiences were harsh and unpleasant (Charuvastra & Cloitre, 2008).

Negative life experiences and psychiatric problems include depression, anxiety, somatic complaints, delinquency, insomnia, and social dysfunction (Kendler, 2022). Stressors can also hinder college students' academic performance (LeMoul, et al., 2020). Multiple researches have linked unfavorable life experiences to general psychological discomfort and decreased life satisfaction (Hustedde, 2021). Psychological distress in college students predicts alcohol use, poor diet, physical inactivity, tobacco use, substance abuse, suicidality, and self-harm (Deasy et al., 2014). Distress predicts negative academic self-perception and academic procrastination (Yamada et al., 2014; Eisenbeck, 2019).

Psychological resilience refers to the ability to adapt positively to stress, help individuals in coping with negative life event, as well as managing substance use problem. Resilient young adults usually do well in life and maintain emotional stability in adverse conditions such as childhood negative life events (Masten, 2021; Oladipo & Oleyele., 2021). In Nigeria, resilience is increasingly valued as a protective factor in individuals' mental health (Nwankwo & Adebayo, 2022; Ademola & Idowu, 2023).

Resilience is often researched in a two-dimensional framework that evaluates adversity and positive adjustment (Luther & Cicchetti, 2000). Many studies and scientific papers examine resilience, yet the definition of adversity and the conditions for positive adjustment are unclear. Luthar & Cicchetti (2000) define resilience as "positive adaptation is considered in a demonstration of manifested behavior on social competence or success at meeting any particular tasks at a specific life stage". Werner and Smith (1992) defined resilience as a person's positive response to stress or disruption. Their longitudinal research showed that many "at risk" children who needed help became healthy, capable adults (Werner & Smith, 1992). According to Werner and Smith (1992), resilient children "love, work, play, and expect well."

Masten (1994) posited that resilience should be conceptualized as a process, notwithstanding variations in language. Masten (1994) elucidated that resilience should be perceived as an interaction between certain human traits and the encompassing environment, equilibrium between stress and coping capacity, and a dynamic, evolving process that holds significance during life changes. Masten (2011) characterized resilience as "the capacity of a dynamic system to withstand or recover from significant changes that threaten its stability, viability, or development." Masten took off "withstand" in 2014 and updated the meaning to include "adapt successfully." The 2014 definition is "the ability of a dynamic system to successfully adapt to disturbances that threaten system function, viability, or development" (Masten, 2014).

The word resilience comes from the Latin word *resiliens*, which means "to bounce back" or "to be flexible" (Joseph, 1994). Webster's New Twentieth Century Dictionary of English Language (1958) defined resilience as "the ability to bounce or spring back after being stretched or constrained or recovering strength or spirit," and the American Heritage Dictionary defined resilience as "the ability to recover quickly from illness, change, or misfortune." Resilience is still a common word in everyday



English, but it means different things in different situations. In this study, resilience is characterized as an interacting term that pertains to the amalgamation of significant risk exposure and a comparatively favorable psychological result despite such exposures.

Substance use disorders are linked to impulsivity, unpleasant emotions, and stress from adversity. Impulsivity, negative emotions, and stress are strongly linked to negative life events (Hayaki et al., 2005). This proposed study examines how individual characteristics may alter the link between bad life events and drug and alcohol use. This strategy may explain why some people can handle challenging circumstances without drugs or alcohol and others are more likely to do so. Impulsivity is doing without thinking, without control, or without considering repercussions (Dom et al., 2006). Impulsive people are more likely to use drugs and alcohol to cope with negative life events without considering the consequences. Impulsive characters may also be unable to change. Depression, rage, and other negative emotions are unpleasant emotions (McGue et al., 1999).

Women traditionally, utilize drugs less than men (Bergmark 2004; Wilsnack 1995). Men were 1970s research subjects and researchers. Feminists noted that women may have different substance use patterns, problems, and treatment needs than men (Ahlström & Haavio Mannila 1989). Although still large, the gender gap has decreased (CAN 2009; Mäkelä et al. 2006; Holmila & Raitasalo 2005). This convergence in consumption (and difficulties) is due to more women in politics, economics, and public life. Women are “not a ‘high-risk group’ for either heavy drinking or alcohol-related problems” (Plant 1997, 30), contrary to popular belief. Drinking more alcohol puts men at risk for public health (Hensing & Spak 2009). However, women and drug use are causing concern. According to Abrahamson & Heimdahl (2010), Swedish alcohol policy action plans from 1965 to 2007 initially saw female drinking as a symbol of freedom, which was neither sought or worth investigating. His drinking was normal.

Abrahamson & Heimdahl (2010) state, “Although men drink more and confront more alcohol-related issues, it is the alteration in women's drinking that raises concern” (p. 76). Women are often portrayed with certainty and insufficient evidence as having unique challenges (poor self-esteem, depression, physical/sexual abuse, sexuality, relationships, childhood experiences, emotional sensitivity) and requiring specialized therapy compared to men. Men merely need drinking aid. Maltreated women require support with basic issues to recover. Male problem drinking is easier to address since people accept it and don't blame women. Policy suggestions distinguish women's problems from men's easier ones (Abrahamson & Heimdahl 2010). One third of Swedish treatment facilities claim to provide specific therapy for women but not men (Socialstyrelsen 2004), which may explain these demands for women-specific therapies (Abrahamson & Heimdahl 2010).

Swedish addiction treatment workers have gender views. Women, who use drugs are sicker, have lower self-esteem, struggle to form positive relationships, seek their female identity, are deceptive, and need longer treatment durations that prioritize social interactions, maternal roles, and other non-related concerns than men. Palm (2007) found on a staff questionnaire that staff thought men and women who misuse should be punished differently. Employees believe women need more social support, are more vulnerable, humiliated, and have a harder time seeking care. Client data showed few gender disparities. Women feared losing custody of their children (47 percent vs. 27 percent) and had more domestic duties (43 percent vs. 25 percent).



3.0. RESEARCH METHODOLOGY

3.1. Design

A cross-sectional survey design was used to determine whether the independent variable (childhood negative life event) will predict the dependent variable (substance use) among young adults in Ibadan: Moderating role of resilience.

3.2. Setting:

The study involved young adults in Ibadan, Oyo State, Nigeria. This was chosen since it was easier for study participants to reach.

3.3. Population

The population of the study comprised of all youth in Ibadan within Oyo state Nigeria.

3.4. Sample Size and Sampling Technique

With 1,138,581 people, a sample size calculation was select 400 young adults was selected as a representative sample. The convenient sampling technique was used to select 80 youth from each of the selected areas in Ibadan north LGAs (Yemetu, Adeoye, Samonda, Gate and Oremeji). The process was repeated in all selected areas to make 400 study participants. The study only included interested participants.

3.5. Parameterization of Instruments

Socio-Demographic Variable: This section comprised items that measure the socio-demographic characteristics of the participant such as gender, age, religion, ethnicity and highest educational qualification.

Negative life event: This 20-item checklist of unpleasant life events is based on prior teenage life event questionnaires (Newcomb & Harlow, 1986; Wills et al., 1992). Teens use a dichotomous (yes-no) scale to indicate if each item occurred last year. The inventory comprises 11 family events ("Somebody in my family had a serious illness") and 9 adolescent events ("I had a serious accident"). Total scale Cronbach's alpha is 0.67–0.71.

Resilience: Connor and Davidson (2003) created this scale. It has 10 things. It used a five-point likert scale from strongly disagree to strongly agree. 10-item CD-RISC is internally consistent (cronbach's $\alpha=0.85$). In revalidation, the CD-RISC10 shows strong internal consistency (cronbach's $\alpha=0.91$) and test-retest reliability ($r=0.90$ for a two-week interval) (wang,shi, and zhang, 2010). It consists of questions 1,4,6,7,8,11,14,16,17, and 19 from the 25-item scale. In this study, resilience has Cronbach $\alpha=.87$.

Substance use: The 10-item Drug Abuse Screening Test developed by Skinner was used. Brief screening tool DAST is utilized in clinical settings. DAST focuses on drug misuse consequences and severity from the past year. The DAST-28, DAST-20, and DAST-10 tests are widely used globally and have outstanding validity and reliability. Cronbach's alpha coefficients showed 0.93 internal consistency for the Persian DAST-10 total score, which spans from yes to no.



4.0. PRESENTATION OF RESULTS AND DISCUSSION

4.1. Presentation of Results

The data was analyzed using the Statistical Package for Social Sciences (SPSS v 27). Inferential statistical tool such as Hierarchical regression analysis and independent sample t-test was used in analyzing the two hypotheses.

Hypothesis One

Resilience will significantly moderate the relationship between childhood negative life event(s) and substance use among youths in Ibadan North. This was tested using hierarchical regression and the result is presented on table 1;

Table 1: Hierarchical regression analysis summary table showing results on the moderating role of resilience in the relationship between childhood negative life event(s) and substance use

Variables	Model 1			Model 2			Model 2		
	β	t	P	B	t	P	β	t	P
Age	0.095	1.877	> 0.05	0.089	1.779	> 0.05	0.117	2.324	<0.05
Qualification	-0.068	-1.351	> 0.05	-0.059	-1.177	> 0.05	-0.050	-1.009	>0.05
CNLE				-0.111	-2.218	< 0.05	-0.016	-.28	>0.05
CNLE *							0.189	3.285	< 0.01
Resilience									
R	0.108			0.155			0.223		
R ²	0.012			0.024			0.050		
R ² Change	0.012			0.012			0.026		
F	0.026			3.231			5.181		
P	>0 .05			< 0.01					

**p<.01; *p<.05

NB: CNLE: *Childhood Negative Life Event(s)*

The results from Table 1 in model one reveals that demographic factors (Age and educational qualification) had neither joint nor independent influence on substance use among youths in Ibadan [$R = .108$; $R^2 = .012$; $F(2, 397) = .026$; $p > .05$].

In model two when childhood negative life event(s) was introduced with the demographic factors, all the variables (Age, educational qualification and childhood negative life events) accounted for 2.4% variance in substance use among youths in Ibadan [$R = .155$; $R^2 = .024$; $F(3, 396) = 3.231$; $p < .05$]. However, only childhood negative life event(s) had independent influence on substance use ($\beta = -.111$; $t = -2.218$; $p < .05$). The addition of childhood negative life event(s) contributed about 1.2% change in substance use and was significant ($\Delta R^2 = .012$; $p < .05$).

In model three, childhood negative life event(s) was moderated by resilience. It is shown that when combined, demographic variables, childhood negative life event(s) and the moderated childhood negative life event(s) by resilience significantly predicted substance use [$R = .223$; $R^2 = .050$; $F(4, 395) = 5.181$; $p < .01$]. These variables accounted for about 5% variance in substance use among youths in Ibadan. Further, resilience was a significant moderator as it contributed about 2.6% change in the relationship between childhood negative life event(s) and substance use ($\Delta R^2 = .026$; $p < .05$). This confirms the stated hypothesis.



Hypothesis Two

Male respondents will significantly report higher on substance use compared to their female counterparts. This was tested using t-test for independent samples and the result is presented on Table 2;

Table 2: t-test for independent sample summary table showing results on gender differences in substance use

Gender	N	Mean	SD	T	Df	P
Male	170	38.77	6.49	2.13	398	< .01
Female	230	36.86	7.39			

Table 2 presents results on gender differences in substance use among respondents. It is shown that there exists significant gender differences in substance use among respondents [$t(398) = 2.13$; $p < .01$]. Further, males reported higher on substance use (Mean = 38.77; SD = 6.49) compared to their female counterparts (Mean = 36.86; SD = 7.39). This confirms the stated hypothesis, hence was retained in this study.

4.2. Discussion of Findings

Hypothesis one stated that resilience will significantly moderate the relationship between childhood negative life events and substance use among youths in Ibadan metropolis. This was tested using hierarchical regression. It was found that resilience was a significant moderator as it contributed about 2.6% change in the relationship between childhood negative life events and substance use. This confirms the stated hypothesis. Studies in literature support this assertion. For instance, Garcia & McNeil, (2020) systematic review examines protective factors that may mitigate the risk of substance use among young people exposed to maltreatment, including resilience.

The researchers synthesized findings from various studies and identified resilience as a key protective factor against substance use in this population. Higher levels of resilience were consistently associated with lower levels of substance use, suggesting that resilience plays a crucial role in buffering the adverse effects of childhood maltreatment on substance use behavior. Also Lee & Park, (2019) investigates the moderating effect of resilience on the relationship between childhood maltreatment and substance use among adolescents. Through a longitudinal analysis, the researchers found that resilience significantly attenuated the association between childhood maltreatment and substance use. Adolescents with higher levels of resilience were less likely to engage in substance use, even in the presence of significant childhood adversity. These findings underscore the importance of resilience as a protective factor in mitigating the adverse effects of early-life stressors on substance use behavior.

Hypothesis two stated Male respondents will significantly report higher on substance use compared to their female counterparts. This was tested using t-test for independent samples and the result is presented. The results imply that there exist significant gender differences in substance use among respondents. Further, males reported higher on substance use compared to their female counterparts. This confirms the stated hypothesis, hence was retained in this study. Studies in literature support this



assertion. For instance, Chen and Jacobson's (2012) study explores developmental trajectories of substance use from early adolescence to young adulthood, with a focus on gender and racial/ethnic differences. The research provides valuable insights into how substance use behaviors evolve over time and vary between genders. The study utilizes longitudinal data to examine patterns of substance use, including alcohol, tobacco, and illicit drugs, among male and female participants from diverse racial and ethnic backgrounds.

5.0. CONCLUSION AND RECOMMENDATIONS

5.1. Conclusion

The study found that psychological resilience moderated the relationship between negative life events and substance use problem among young adults in Ibadan. The study also identifies gender disparities in substance use, with males reporting higher levels of substance use compared to females. This finding underscores the multifactorial nature of gender differences in substance use behaviors, influenced by biological, social, and environmental factors. Acknowledging these gender disparities is crucial for designing gender-sensitive interventions that address the unique needs and vulnerabilities of males and females in substance use prevention efforts.

5.1. Recommendations

The recommendations stemming from the study on the moderating role of resilience on the relationship between childhood negative life events and substance use among young adults in Ibadan metropolis are crucial for informing interventions and policies aimed at addressing substance use in this population. Here are the recommendations in elaborate form:

Enhancement of Resilience Skills: It is essential to develop targeted interventions aimed at enhancing resilience skills among young adults in Ibadan metropolis. These interventions should focus on equipping individuals with effective coping strategies, problem-solving techniques, and social support networks to help them navigate life's challenges without resorting to substance use as a coping mechanism. Providing resilience-building programs and workshops can empower individuals to develop adaptive responses to stressors and build their capacity to overcome adversity.

Community Engagement and Collaboration: Engaging with local communities and stakeholders is critical for the successful implementation of substance use prevention and intervention efforts. Collaborating with community organizations, schools, healthcare providers, and law enforcement agencies can help ensure that interventions are culturally sensitive, contextually relevant, and accessible to all members of the community. By fostering partnerships and collaboration, policymakers and practitioners can leverage community resources and expertise to address substance use effectively. Male young adults should be counseled on the danger of substance use so as to reduce its use to the barest minimum in the metropolis.

Conflict of Interest

The author declares that no conflict of interest exist in this manuscript.

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