

**EFFECT OF COGNITIVE BEHAVIORAL THERAPY INTERVENTION ON
PSYCHOLOGICAL ADJUSTMENT OF CLIENT WITH SUBSTANCE ABUSE
DISORDER AT NDLEA REHABILITATION CAMP BAUCHI STATE COMMAND,
NIGERIA**

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Abstract

The study examines the effect CBT intervention on client with substance abuse disorder at NDLEA rehabilitation Camp Bauchi state command, Nigeria. The objective of the study is to determine the psychological adjustment of Client with substance abuse disorder based on ages, and parental socio economic status. The research adopted true experimental pre-test posttest control group design. A Sample of twenty clients in the rehabilitation camp were selected, two different instruments were used to illicit information from respondents after the content and face validity from the expert and those in test and measurement, the test and retest reliability of the instrument was conducted in Gombe State rehabilitation center for the purpose of reliability of the following instrument: drug addicts screening scale, and psychological well-being scale. Moreover, a result of this study shows that, cognitive behavioral therapy on drug addicts' psychological adjustment is in-effective in reducing client with substance abuse disorder in Bauchi State rehabilitation center. Also the study is not significant based on Client age. Moreover, the responses of drug addicts exposed to CBT shows no significant effect on the bases of their parental Socio-Economic Status. The study recommended that cognitive behavioral therapy is not effective in adapting behavior of Client above 30 years. Also the therapy should not be used in differentiate Drug addicts' parental socio-economic status.

Keywords: CBT, Psychological Adjustment, Substance Abuse, Disorder, Rehabilitation

Introduction

One of the major problems constituting a stumbling block in achieving life ambition is the problem of teenage deviant behavior, particularly the use of substance abuse. Drug abuse is deliberate taking of drugs more than recommended dose. While addiction is the in-ability of the body system to function without the use of a particular drug. People have used drugs for various purposes depending on culture and activities at hand. At most drugs have been known to bring euphoric feelings that change the mood of people to pleasurable feelings, especially in social celebrations and when people are operating under tension. People use drugs because of their ability to relieve tension, many people use drugs because of the stressful life associated with challenges in contemporary society.

One of the greatest concerns in many countries today is the rapidly rising in the number of drug users worldwide especially among the youths. According to the World Drug Report (2015), by the United Nation Office on Drugs and Crime (UNODC) estimates that, a total number of 246 million people or 1 out of 20 people, between the ages of 17-64 years consume illicit substances. Consequently, it was estimated that, about 16 to 38 million people were in used of harmful drugs every year. Approximately 22 million American's suffered from substance abuse and addiction (Lakhanpal 2007). Similarly, more Nigerian youths are becoming drug defendants as a result of lack of parental supervision. This finding is supported by Akannam (2008), who added that, parental attitudes contribute to the prevalent substance abuse among wards. Young ones who are mainly from well-to-do home are increasingly identifying with the "big boy" subcultures that practice the use of substance like heroin and cocaine. Other

substance like Indian hemp, which is frequently produce in Nigeria, and other substance like cough syrups and codeine capable of intoxicating were mostly found in Schools, Motor parks, Military barrack, and even local traders who sale provision (Sara, Adam, & Hashidu, 2016). From the record of drugs abuse in Nigeria, no fewer than 29.4 million Nigerians aged between 15 – 64 years abused psychoactive substances and other dangerous drugs, the truth on ground indicates that our society need to do more in the area of creating awareness of the damaging effect of drug abuse on human health. The drug use and health survey capture that 14.4% of the countries drug use prevalence is almost three times the global average of 5.6%. What is more disturbing is that the drug abuse cuts across all ages, gender and socio-economic status of regions. From the survey, 14.3 million Nigerians aged 15- 64 years use psychoactive substances such as alcohol, caffeine, nicotine, and heroine, while 10.6 million abuse cannabis. Also, 4.6 million others abuse pharmaceutical opioid, tramadol, methamphetamine and morphine, among others. Notably these age groups comprise institutions or are on the cusp of graduation. To simplify the report of survey, young people are overwhelmingly the majority of drug abuse in Nigeria. (NDLEA, 2022).

Cognitive behavior therapy (CBT) is originally developed for treating depression. Presently, it is a very common form of therapy in rehabilitation settings. Those who suffered from addiction are often motivated by damaging thought patterns. CBT trains clients to questions and examine recurrent thoughts in order to eliminate those that are unhealthy. For the drug addiction treatment or counseling cognitive behavioral therapy (CBT) is more effective when compared with other



therapeutic modalities; because it is highly focused on adapting client thinking. Also Cognitive behavioral therapy (CBT) has been scientifically proven to be extremely effective for treatment of psychological problems. Such as anxiety, depression, and many other mental and physical conditions. CBT, is a combination of cognitive and behavioral therapies, is used to treat mood and anxiety disorders. Cognitive behavioral therapy is based on the process of identifying negative, irrational thought patterns which in turn influence a person's behavior. Unhealthy thought patterns. (Akpama, 2013). Drug abuse is increasingly growing higher day after day with an accelerated decrease in socio-economic development. Thus at various level, Government has promulgated a decrees and edicts (as in military regime) laws during the civilian administration to check and curb out this problem. Buhari and Idiagbon regime in 1984, enacted a decree call anti cocaine decree which spelt death sentence for drugs pushers as well as abusers. During Babangida administration established National Drugs Law Enforcement Agency (NDLEA) in 1990. (Umar, A 2018). Government effort in subsequent regimes led to establishment of another sister agency called: National Agency for Food and Drugs Administration and Control (NAFDAC) is poised to check the excesses of drugs production, circulation, quality, content, distribution and consumption. It is evident that street, rehabilitation Centers, Psychiatric Hospitals, were full of these ill- behaved adolescents. Despite all these efforts made by Government has not help matters as it is plagued to funding difficulties and applying severe punishment measures to victims. Instead of counseling rehabilitation. (Ugwuoke, Bassey, & Dauda, 2019).

Statement of the Problems

Despite all the efforts made by Government to control menace of substance abuse still the issue is increasing among adolescents in

Nigeria and Bauchi state in general in an alarming rate. These may be the causes of Youths involvement in unwanted cases of societal unrest and other form of violence, theft. Burglary and arm robbery causing devastating effect on the user in particular and the society in general. Therefore, this study set out to find out whether cognitive behavioral therapy will be effective in managing psychological adjustment among drug addicts in the rehabilitation camp of NDEA Bauchi state command.

Objectives of the study

The main aim of this study is to find out the Psychological adjustment of Client with substance abuse dis-order in Bauchi State command, in specific term the study sought to achieve the following objectives:

1. To determine the psychological adjustment of client with substance abuse disorder based on ages of the clients.
2. To determine the psychological adjustment of client with substance abuse disorder based on parental socio-economic status.

Research Questions

The following research questions guided the conduct of study:

1. What are the psychological adjustments of client with substance abuse disorder base on ages?
2. What are the psychological adjustments of client with substance abuse disorder base on parental socio-economic status?

Hypotheses

The following hypotheses were tested at 0.5 level of significance:

H₀₁. There is no significant difference in the mean score on the psychological adjustment of drug addict exposed to CBT and those who were not exposed to CBT based on ages of the clients.



H₀₂. There is no significant difference in the psychological adjustment of drug addicts exposed to CBT based on parental socio-economic background.

Methodology

This study adopted experimental (pre-test post-test) control group design. According to Nworgu (2006) and Emaikwu (2007) in experimental research, there are two groups, drawn from the same population. One of the groups (experimental group) exposed to a treatment and the other groups (control group) were not exposing to treatment, and some comparison from which change can be inferred and attributed to the treatment. Quasi experimental pretest and posttest control group design was adopted due to the nature of phenomenon. The control group and experimental group were pretested (O_1) prior to the administration of the treatment. The essence of pretest was to ensure that the experimental group and control group are not significantly different in their ability level before the treatment. Treatment is to use CBT in psychological well-being among client with substance abuse disorder (X). The control group was given placebo treatment (X_0). Post-test (X_2) was administered after administering the treatment to determine the effective of CBT on psychological adjustment of client with substance abuse disorder. The target population for this study involved all drug

addicts' client referred to NDLEA Rehabilitation camp Bauchi State Command during this research work. The sample of this study has been identified after given a screening test to all drug abusers referred to the rehabilitation camp. Clients that scored above twelve (12) cut of marks of the addiction screening test were considered as sample of the study. Therefore, after the screening, purposive sampling techniques was used to select a sample of 20 clients from the population. The selection was randomized in to two (2) groups of ten (10) each. This is because the principles of cognitive behavioral therapy (CBT) agree with using of group therapy, particularly in helping the client with the same challenge such as drugs addiction. After face and content validity was used also the instruments were subject to test and retest reliability to similar Client in Gombe State. The two adapted different instruments were: Drug addict screening scale and Psychological well-being scale.

Descriptive statistics was used to answer two research questions using mean and standard deviation. Also ANCOVA was used to test the two hypotheses at 0.5 level of significance, the results are as follows:

Results

Research Question One: What are the psychological adjustments of client with substance abuse disorder base on ages?

Table 1: Mean of pretest, posttest and mean loss of the Psychological adjustment of clients with substance abuse disorder base on ages

Age	N	Pretest \bar{X}	Posttest \bar{X}	Mean loss
18-25	5	107.60	85.00	22.60
26-30	3	103.67	94.33	9.34
30 and above	2	103.50	91.00	12.50
Total	10			



Table1: Shows the Mean of pretest, posttest and mean loss of the effects of cognitive behavioral therapy (CBT) on psychological adjustment of drugs addict based on Age. The table revealed that drugs addicts of the age range between 18-25years had the highest mean loss of 22.60, followed by those that are 30years and above (mean loss

of 12.50). However, the drugs addicts of the age range of 26-30years had the least mean loss. The implication of this is that, cognitive behavioral therapy (CBT) has a remarkable effect on psychological adjustment of drugs addict mostly on the age range between 18-25years.

Research Question 2: What are the psychological adjustments of client with substance abuse disorder base on parental socio-economic status?

Table 2: Mean score and standard deviation of the Psychological adjustment of client with substance abuse disorder based on parental socio-economic status.

SES	N	Mean score	Std. Deviation
Low	4	88.75	6.344
Medium	7	95.43	4.826
High	9	90.44	4.927
Total	20	91.85	5.622

Table 2: Shows the Mean score and standard deviation of the effects of cognitive behavioral therapy (CBT) on psychological adjustment of drug addicts based on SES. The table revealed that the drug addicts from medium SES had the highest mean score (95.45) on

psychological adjustment of drugs addict, followed by those from high SES with a mean score of 90.44. However, the finding revealed that those from low SES had the least (88.75) psychological adjustment of drugs addict.

Research Hypothesis 1: There is no significant mean score difference between psychological adjustment of drugs addicts exposed to CBT based on age

Table 3: Summary of Analysis of Covariance (ANCOVA) on the mean score difference between psychological adjustments of drug addicts exposed to CBT based on Age.

Group	Source	Type III Sum of Squares	Df	Mean Square	F	Sig.
Experimenta l	Corrected Model	178.318 ^a	3	59.439	5.430	.038
	Intercept	128.368	1	128.368	11.726	.014
	Pretest	4.985	1	4.985	.455	.525
	Age	108.705	2	54.353	4.965	.053
	Error	65.682	6	10.947		
	Total	79454.000	10			
	Corrected Total	244.000	9			

a. R Squared = .731 (Adjusted R Squared = .596)



Table 3: Shows the Summary of Analysis of Covariance (ANCOVA) on the mean score difference between psychological adjustments of drug addicts exposed to CBT based on Age. The table revealed that after adjusting for the covariate (pre-test score in Cognitive Behavioral Therapy), the effect of age on psychological adjustment of drug addicts is statistically not significant, $F_{(2,6)} = 4.965$, $p = .053$ (slightly greater than .05 level of significant). Thus, the null Hypothesis which states that there is no significant mean score difference

between psychological adjustments of drugs addicts exposed to CBT based on age not therefore rejected. This implies that age has nothing or little to do with psychological adjustment of drugs addicts if CBT is introduced.

Research Hypothesis 2 : There is no significant mean score difference between psychological adjustment of drugs addicts exposed to CBT and those who were not based on parent's socio- economic status

Table 4: Summary of Analysis of Covariance (ANCOVA) of mean score difference on psychological adjustment of drug addicts exposed to CBT and those who were not based on parental socio- economic status

Source	Type III Sum of Squares	Df	Mean Square	F	Sig.	Partial Eta Squared
Corrected Model	145.888 ^a	3	48.629	1.711	.205	.243
Intercept	641.217	1	641.217	22.565	.000	.585
Pretest	.024	1	.024	.001	.977	.000
SES	141.682	2	70.841	2.493	.114	.238
Error	454.662	16	28.416			
Total	169329.000	20				
Corrected Total	600.550	19				

a. R Squared = .243 (Adjusted R Squared = .101)

Table 4: Shows the Analysis of Covariance (ANCOVA) of mean score difference on psychological adjustment of drugs addicts exposed to CBT and those who were not based on parental socio- economic status. The table revealed that the effect of SES on psychological adjustment of drug addicts exposed to CBT and those who were not, is NOT significant, $F_{(2,16)} = 2.493$, $p (0.114) > 0.05$.

Summary of Findings:

Having collected and analyzed the data for this research, the findings were summarized below as follows:

1. That cognitive behavioral therapy on drugs addicts' psychological adjustment is statistically not significant on bases of age.

2. That the responses of drug addicts' exposed to CBT showed no significant effect on the bases of their parents' Socio-Economic Status in psychological adjustment.

Discussion

The specific objective of the study was to determine the psychological adjustment of client with substance abuse disorder based on ages of the clients. The findings of this study revealed that, Cognitive Behavioral Therapy on psychological adjustment of client with substance abuse disorder based on age was statistically not significant. the null hypothesis which states that there is no significant mean score difference between psychological adjustment of drug addicts exposed to CBT and those who were not



based on age is therefore NOT rejected. The findings agree with Bernad and Alan (2008) work on cognitive behavioral therapy (CBT) for alcohol and drugs use disorder. The aim of this study was to determine the use of cognitive behavioral therapy for treating alcohol and drug use disorder. The research is carried out in Brazil, the findings of the study indicated that, this type of treatment could not positive solution there is need for another one alternative treatment in use. Also disagree with Philips, C., and Morrow, P. (2011), who investigated CBT childhood anxiety and substance use at 7.5 years. The study revealed that successful cognitive behavioral therapy is significance in reducing substance abuse disorder for children of 15- 22 years' ages.

The hypothesis two of this study revealed that the effect of Cognitive Behavioral Therapy on psychological adjustment of drugs addicts' based on parental socio-economic status was statistically not significant. Therefore, the null Hypothesis which states that there is no significant mean score difference between psychological adjustments of drugs addicts exposed to CBT based on parental socio-economic status not rejected. The findings of Gilberto, G. and Elisa, B. (2020). Whose investigated socio economic status, parental education, school connectedness and individual socio cultural resources in vulnerability for Drug use among students the study revealed that, parental low socio economic will lead to child involvement in substance abuse in school.

Conclusion

The cognitive behavioral therapy as scientific tool for rehabilitating drug addicts is the work of American psychologist Aroen Beck, who discovered that every action of individual is preceded by his thought, meaning that ones' thinking determine his action. This tool was

administered to drugs addicts in NDLEA rehabilitation unit Bauchi state command. Thus the work had this conclusion to make regarding the use of CBT in rehabilitating drug addicts.

Cognitive Behavioral Therapy (CBT) on the other hand didn't show any significant different between those with higher parental socio-economic status and those with low socio-economic status. Its' also effective on the age range between 18-25, but has shown no significant impact on these ages above 30. In a nut shell Cognitive Behavioral Therapy (CBT) proved to be effective in curving out the drug use and addiction and improved the client's psychological well-being. When counsellors are to use CBT they should not consider drugs addict parents' socio-economic status and also when drugs addicts' age is above 30 different therapies should be used like reality therapy.

Recommendations

1. The cognitive behavior therapy is not effective in adapting the behavior of Client above 30 years.
2. Also the therapy should not be used in differentiate Drug addicts' parental socio-economic status

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