



UNIVERSITI PUTRA MALAYSIA

***MEDIATING EFFECT OF SELF-ESTEEM AND RELIGIOSITY IN THE
RELATIONSHIP BETWEEN STRESS, PEER SUBSTANCE USE, DEPRESSION
AND DRUG ABUSE AMONG ADOLESCENTS IN SOMOLU, LAGOS,
NIGERIA***

UBA IKECHUKWU UZODINMA

FEM 2013 23



**MEDIATING EFFECT OF SELF-ESTEEM AND RELIGIOSITY IN THE
RELATIONSHIP BETWEEN STRESS, PEER SUBSTANCE USE, DEPRESSION
AND DRUG ABUSE AMONG ADOLESCENTS IN SOMOLU, LAGOS,
NIGERIA**

By

UBA IKECHUKWU UZODINMA

**Thesis submitted to the School of Graduate Studies, Universiti Putra Malaysia, in
Fulfillment of the Requirements for the Degree of Doctor of Philosophy**

December 2013

COPYRIGHT

All materials contained within the thesis, including without limitation text, logos, icons, photograph and all other artwork, is copyright material of Universiti Putra Malaysia unless otherwise stated. Use may be made of any material contained within the thesis for non-commercial purposes from the copyright holder. Commercial use of material may only be made with the express, prior, written permission of Universiti Putra Malaysia.

Copyright © Universiti Putra Malaysia



DEDICATION

This academic work is dedicated to the Almighty God and to the memory of my late father Emmanuel Chukwunyere Uba



Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfilment of the requirement for the degree of Doctor of Philosophy

**MEDIATING EFFECT OF SELF-ESTEEM AND RELIGIOSITY IN THE
RELATIONSHIP BETWEEN STRESS, PEER SUBSTANCE USE,
DEPRESSION AND DRUG ABUSE AMONG ADOLESCENTS
IN SOMOLU, LAGOS, NIGERIA**

By

UBA IKECHUKWU UZODINMA

December 2013

Chairperson: Siti Nor Yaacob, PhD

Faculty: Human Ecology

The present study examined the mediating effect of self-esteem and religiosity in the relationship between stress, peer substance use, depression and drug abuse in Somolu, Lagos, Nigeria, given the high drug abuse cases reported in the zone. Three hundred and fifty two adolescents aged 13 to 18 years ($M=15.48$, $SD=1.53$) participated in the study. The two theories (Bandura, 1977; Stryker, 1980) used in the present study highlighted two main assumptions. First, adolescents with high self-esteem can overcome stress, peer substance use and depression in relation to drug abuse. Second, adolescents with high levels of religiosity can also triumph over stress, peer substance use and depression in relation to drug abuse. Respondents were identified using multi-stage cluster sampling. The data was analyzed using descriptive statistics, t-test, ANOVA, Pearson correlation and regression analysis. Drug Abuse Screening Test (DAST: Skinner, 1982) was used to assess drug abuse. Perceived Stress Scale (PSS) by Cohen (1983) was used to measure stress. Peer substance use sub-scale of the Communities that Care Youth Survey developed by Hawkins et al. (1992) was used to measure peer substance use. Beck Depression Inventory (BDI II) by Beck, Gregory and Steer (1996) was used to measure depression. Self-esteem was measured with the Rosenberg Self-Esteem Scale (Rosenberg, 1965), while Religiosity was measured with the Religious Background and Behaviors Questionnaire (RBB: Connors, Tonigan & Miller, 1996). The findings revealed that 36.9% ($n = 130$) of the adolescents in the study were substantial drug abusers, while 27% (95) were severe drug abusers. The results also indicated significant relationships among the main variables of the study (self-esteem, religiosity, stress, peer substance use, depression and drug abuse). Controlling for age and gender in the study, self-esteem appeared as the strongest unique predictor of drug abuse ($Beta = -.407$, $p < .05$) among adolescents, followed by peer substance use ($Beta = .317$, $p < .05$). The study also highlighted that self-esteem and religiosity are partial mediators of stress, peer substance use and depression in relation to drug abuse among respondents. The results emanating from

the present study lend support to the theories of Bandura (1977) and Stryker (1980) by emphasizing the partial mediation potential of self-esteem and religiosity in the relationship between stress, peer substance use, depression and drug abuse. Future research may broaden these early findings, to help achieve a clearer and comprehensive depiction of these relationships.



Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Doktor Falsafah

**KESAN PERANTARAAN PENGHARGAAN DIRI DAN KEWARAKAN
DALAM PERKAITAN ANTARA TEKanan, PENGGUNAAN BAHAN
RAKAN SEBAYA, KEMURUNGAN DAN PENYALAHGUNAAN DADAH
DALAM KALANGAN REMAJA DI SOMOLU, LAGOS, NIGERIA**

Oleh

UBA IKECHUKWU UZODINMA

Disember 2013

Chairperson: Siti Nor Yaacob, PhD

Fakulti: Ekologi Manusia

Kajian ini meneliti kesan pengantara penghargaan diri dan kewarakan dalam perkaitan antara tekanan, penggunaan bahan rakan sebaya, kemurungan dan penyalahgunaan dadah di Somolu, Lagos, Nigeria, memandangkan kes-kes penyalahgunaan dadah yang tinggi dilaporkan dalam zon itu. Tiga ratus lima puluh dua remaja berusia 13 hingga 18 tahun (Purata = 15.48, SP = 1.53) telah mengambil bahagian dalam kajian ini. Kedua-dua teori (Bandura, 1977; Stryker, 1980) yang digunakan dalam kajian ini menekankan dua andaian utama. Pertama, remaja dengan penghargaan diri yang tinggi boleh mengatasi tekanan, penggunaan bahan rakan sebaya dan kemurungan berhubung dengan penyalahgunaan dadah. Kedua, remaja dengan tahap kewarakan yang tinggi boleh mengatasi tekanan, penggunaan bahan rakan sebaya dan kemurungan berhubung dengan penyalahgunaan dadah. Responden telah dikenal pasti menggunakan teknik pensampelan kelompok pelbagai tahap. Data di analisis menggunakan statistik deskriptif, ujian-t, ANOVA, korelasi Pearson dan analisis regresi. *Drug Abuse Screening Test* (DAST: Skinner, 1982) telah digunakan untuk menilai penyalahgunaan dadah. *Perceived Stress Scale* (PSS) oleh Cohen (1983) telah digunakan untuk mengukur tekanan. *Peer Substance Use Sub-scale of the Communities that Care Youth Survey* oleh Hawkins et al. (1992) telah digunakan untuk mengukur penggunaan bahan rakan sebaya. *Beck Depression Inventory* (BDI II) oleh Beck, Gregory dan Steer (1996) telah digunakan untuk mengukur kemurungan. Penghargaan diri diukur menggunakan *Rosenberg Self-Esteem Scale* (Rosenberg, 1965), manakala kewarakan diukur dengan *Religious Background and Behaviors Questionnaire* (RBB: Connors, Tonigan Miller, 1996). Dapatan kajian menunjukkan bahawa 36.9% (n = 130) remaja dalam kajian ini adalah penagih dadah *substantial*, manakala 27% (95) adalah penagih dadah yang teruk. Dapatan kajian juga menunjukkan hubungan yang signifikan antara pembolehubah utama kajian pengharga an diri kewarakan, tekanan, penggunaan bahan rakan sebaya, kemurungan dan penyalahgunaan dadah). Mengawal umur dan jantina dalam kajian

ini, penghargaan diri muncul sebagai peramal unik paling kuat penyalahgunaan dadah ($\beta = -.407, p < .05$) dalam kalangan remaja, diikuti dengan penggunaan bahan rakan sebaya ($\beta = .317, p < .05$). Kajian ini juga menunjukkan bahawa penghargaan diri dan kewarakan adalah pengantara separa bagi tekanan, penggunaan bahan rakan sebaya dan kemurungan berkaitan dengan penyalahgunaan dadah dalam kalangan responden. Hasil daripada kajian ini menyokong teori Bandura (1977) dan Stryker (1980) dengan menekankan potensi pengantara separa penghargaan diri dan kewarakan dalam perkaitan antara tekanan, penggunaan bahan rakan sebaya, kemurungan dan penyalahgunaan dadah. Kajian masa depan boleh meluaskan penemuan awal ini bagi menggambarkan perhubungan yang lebih jelas dan menyeluruh.



ACKNOWLEDGEMENTS

It is with profound gratitude to Almighty God that I recognize a host of inspirational and supportive people in this research effort. I would like to thank Dr. Siti Nor Yaacob, Associate Professor Dr. Rohani Abdullah and Associate Professor Dr. Mansor Abu Talib for giving me necessary guidance at very crucial stages of the research.

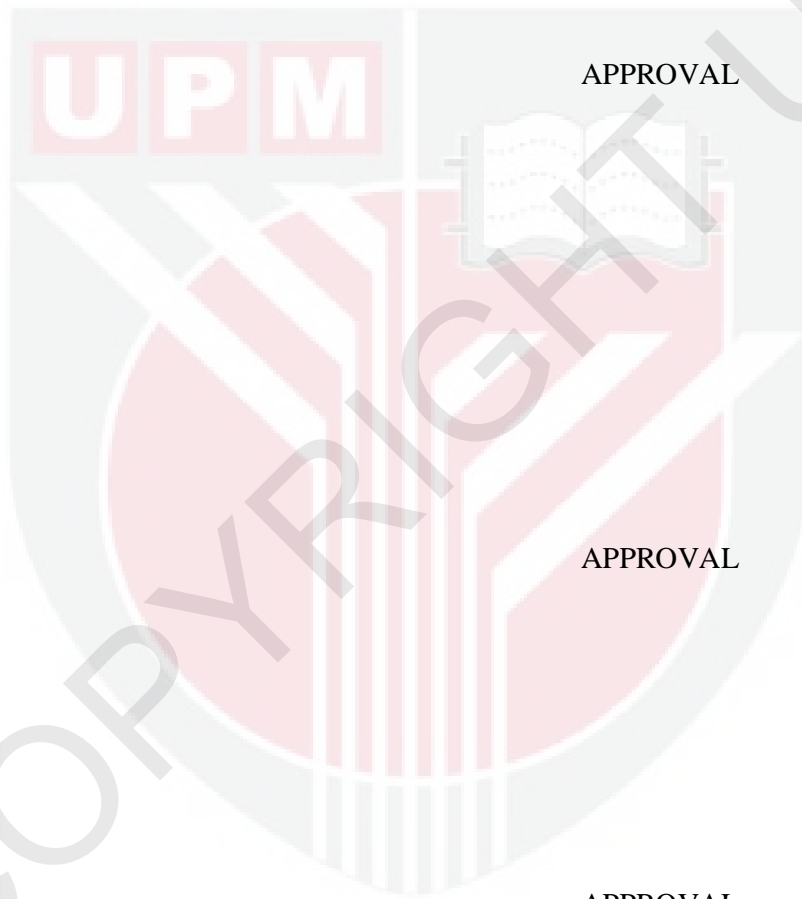
I am also using this medium to appreciate my siblings and my mother for their relentless prayers for me in the course of this programme. Although in the progression of this programme, I lost my father who also doubles as my prayer warrior, however I know he will be smiling down for this academic achievement.

I am equally indebted to the numerous friends I made in the course of my academic pursuit at the University, many of whom are very close to my heart. Essentially, I am unable to express how all your sacrifices of love have helped in bringing me thus far. I am happy to note that you have all made immeasurable contribution to my life and for this I will forever remain grateful.

UBA IKECHUKWU UZODINMA

December 2013

APPROVAL



APPROVAL

APPROVAL

APPROVAL

This thesis was submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfillment of the requirement for the degree of Doctor of Philosophy. The members of the Supervisory Committee were as follows:

Siti Nor Yaacob, PhD

Senior Lecturer

Faculty of Human Ecology

Universiti Putra Malaysia

(Chairperson)

Rohani Abdullah, PhD

Associate Professor

Faculty of Human Ecology

Universiti Putra Malaysia

(Member)

Mansor Abu Talib, PhD

Associate Professor

Faculty of Human Ecology

Universiti Putra Malaysia

(Member)

BUJANG BIN KIM HUAT, PhD

Professor and Dean

School of Graduate Studies

Universiti Putra Malaysia

Date:

DECLARATION

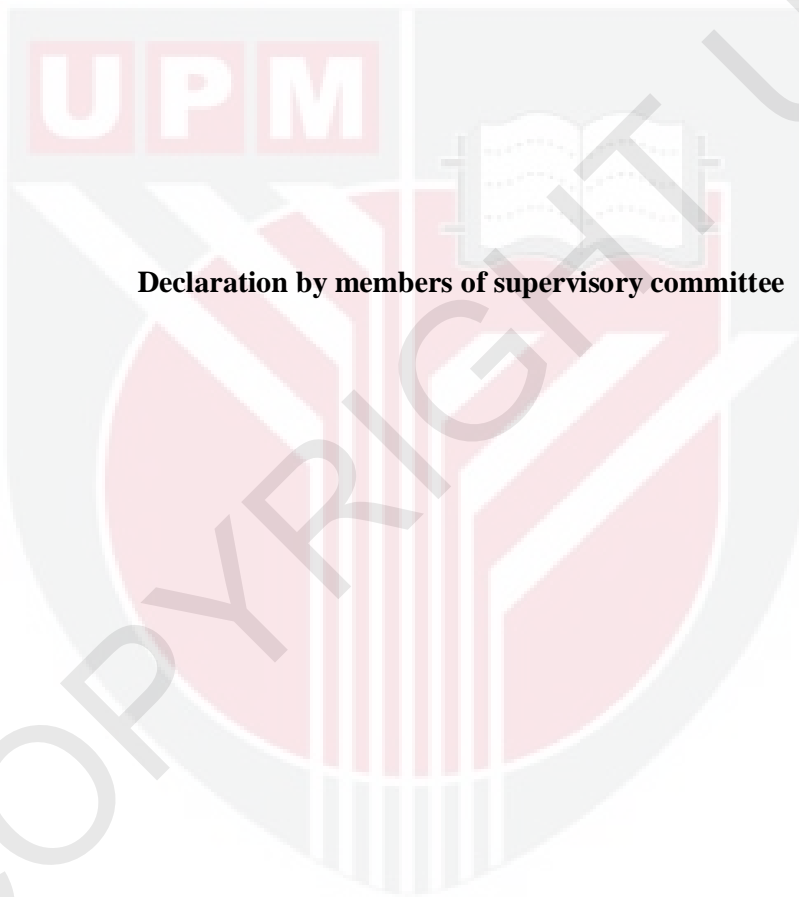
Declaration by graduate student

I hereby confirm that:

- this thesis is my original work;
- quotations, illustrations and citations have been duly referenced;
- this thesis has not been submitted previously or concurrently for any other degree at any other institution;
- intellectual property from the thesis and copyright of the thesis are fully-owned by Universiti Putra Malaysia, as according the Universiti Putra Malaysia (Research) Rules 2012;
- written permission must be obtained from supervisor and the office of Deputy Vice-Chancellor (Research and Innovation) before thesis is published (in the form of written, printed or in electronic form) including books, journals, modules, proceedings, popular writings, seminar papers, manuscripts, posters, reports, lecture notes, learning modules or any other materials as stated in the Universiti Putra Malaysia (Research) Rules 2012;
- there is no plagiarism or data falsification/fabrication in the thesis, and scholarly integrity is upheld as according to Universiti Putra Malaysia (Graduate Studies) Rules 2003 (Revision 2012-2013) and the Universiti Putra Malaysia (Research) Rules 2012. The thesis has undergone plagiarism detection software.

Signature: _____ Date: 9th December, 2013

Name and Matric No.: Uba Ikechukwu Uzodinma GS27435



Declaration by members of supervisory committee

TABLE OF CONTENTS

DEDICATION	Page ii
ABSTRACT	iii
ABSTRAK	v
ACKNOWLEDGEMENT	vii
APPROVAL	viii
DECLARATION	x
LIST OF TABLES	xv
LIST OF FIGURES	xvi
LIST OF APPENDIX	xvii
LIST OF ABBREVIATIONS	xviii

CHAPTER		
1	INTRODUCTION	1
	1.1 Background of the Study	2
	1.2 Statement of Problem	3
	1.2.1 Research Questions	5
	1.2.2 Research Objective	5
	1.2.3 Research Hypotheses	6
	1.3 Theoretical Framework	9
	1.3.1 Socio-Cognitive Theory	9
	1.3.1.1 Thoughts	10
	1.3.1.2 Environment	11
	1.3.1.3 Behaviour	11
	1.3.2 Stryker's Identity Theory	11
	1.3.3 Conceptual Framework	12
	1.4 Definition of Terms	13
	1.5 Significance of the Study	15
	1.6 Limitations of the Study	16
	1.7 Organization of the Thesis	17
	1.8 Conclusion	17
2	LITERATURE REVIEW	18
	2.1 Drug abuse	18
	2.1.1. Drug Abuse in the World	20
	2.1.2. Drug Abuse in Nigeria	21
	2.1.3. Risk in Drug Abuse	22
	2.1.4 Age and Gender Differences in Drug Abuse	24
	2.2 Stress	28
	2.2.1. Relationship between Stress and Drug Abuse	31
	2.2.2. Relationship between Stress and Self-Esteem	32
	2.2.3. Relationship between Stress and Religiosity	33
	2.3 Depression	34
	2.3.1. Relationship between Depression and Drug Abuse	35
	2.3.2. Relationship between Depression and Self-Esteem	38
	2.3.3. Relationship between Depression and Religiosity	38
	2.4 Peer substance Use	40

	2.4.1. Relationship between Peer Substance Use and Drug Abuse	41
	2.4.2. Relationship between Peer Substance Use and Self-Esteem	44
	2.4.3. Relationship between Peer Substance Use and Religiosity	45
2.5	Self-Esteem	46
	2.5.1. Relationship between Self-Esteem and Drug Abuse	47
2.6	Religiosity	49
	2.6.1. Relationship between Religiosity and Drug abuse	51
2.7	Religiosity and Self-Esteem as Mediators	53
2.8	Summary	54
3	METHODOLOGY	56
3.1	Location of the Study	56
3.2	Research Design	56
	3.2.1 Population and Sample	56
	3.2.2 Sampling Technique	57
	3.2.3 Sample Size	59
	3.2.4 Research Inclusion Criteria	60
	3.2.5 Research Exclusion Criteria	60
3.4	Procedure and Data Collection	60
	3.4.1 Data Collection	61
3.5	Instruments	61
	3.5.1 Reliability of Research Instruments	66
3.6	Data Analyses	67
3.7	Conclusion	67
4	RESULTS AND DISCUSSION	69
4.1	Descriptive Findings	69
	4.1.1 Respondents' Background Information	69
4.2	Respondent Scores on Self-esteem, Religiosity, Stress, Peer Substance Use, Depression and Subs. Abuse	73
4.3	Hypotheses Testing	76
	4.3.1 Age and Gender Differences in Drug Abuse	76
	4.3.2 Correlation Matrix of IV, DV and MV	78
	4.3.3 Unique Predictor of Drug Abuse	83
	4.3.4 Self Esteem and Religiosity as Mediators of the Relationship between Stress, Peer Substance Use, Depression and Drug Abuse	84
4.4	Summary	97
5	SUMMARY CONCLUSION AND RECOMMENDATIONS	98
5.1	Summary of Findings	98
	5.1.1 Objective 1	98
	5.1.2 Objective 2	98
	5.1.3 Objective 3	99
	5.1.4 Objective 4	99
	5.1.5 Objective 5	99
5.2	Review of Conceptual Framework	99

5.3	Conclusion	100
5.4	Implication of Findings	100
5.4.1	Theoretical Implications	100
5.4.2	Practical Implications	101
5.4.3	Human Development Implication	102
5.5	Recommendations	102
REFERENCES		104
APPENDICES		147
BIODATA OF STUDENT		192
LIST OF PUBLICATIONS		193



LIST OF TABLES