
EXAMINATION OF THE ROLE OF SELF-ESTEEM AND SELF-EFFICACY ON PERCEIVED TRAMADOL ABUSE AMONG UNDERGRADUATES OF UNIVERSITIES IN BENUE STATE, NIGERIA

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ABSTRACT

The study examined the role of self-esteem and self-efficacy on perceived tramadol abuse among undergraduates of universities in Benue state, Nigeria. This study adopted a cross-sectional survey design. It was carried out in Benue state, Nigeria. The setting for this study comprised of three Universities. They are Joseph Sarwuan Tarka University formally known as Federal University of Agriculture, Makurdi, Benue State University, Makurdi and University of Mkar, Mkar, Gboko. The target population was 34235 university students. This study selected the sample size of 380 using the Krejcie and Morgan formula. A multi stage sampling technique was used to obtain participants for the study. The instrument used for the study was questionnaire. The questionnaire was divided into section A to D. Section “A” contained the letter of consent and demographic information of the undergraduate students, Section “B” measured Self-esteem, Section “C” measured Self-efficacy and Section “D” measured Perceived tramadol abuse respectively. The pilot study results therefore, showed that the 10-items Rosenberg Self-Esteem (RSE) Scale yielded a Cronbach’s alpha coefficient of .95. This indicated that the scale was highly reliable for use on the population of undergraduate students. Therefore, 10- items were reliable and thus included in the main study. However, in the main study the 10-items Rosenberg Self-Esteem (RSE) Scale yielded a reliability Cronbach’s alpha coefficient of .70, which was also highly reliable and accordingly adopted for the study. The result also indicated that the General Self-Efficacy Scale (GSE) consisting of 10-items yielded a Cronbach’s Alpha coefficient of .94 with no item been deleted or modified for not being reliable. This indicated that the scale was highly

reliable for use on the population of undergraduate students. Therefore all the 10- items were included in the main study. In the main study however, the result showed that the General Self-Efficacy Scale (GSE) yielded a reliability Cronbach's alpha coefficient of .61 which was reliable. In the main study, the Perceived Tramadol Abuse Screening Test (PTAST) yielded a reliability Cronbach's alpha coefficient of .76 which was highly reliable for use on the population of the university undergraduate students. The researcher employed descriptive statistics of frequencies, percentages and the inferential statistics such as correlation was used to test the research hypotheses. Correlation is a statistic that describes the relationship between two variables. Simple Linear Regression Analysis to examine the influence of self-esteem and self-efficacy on perceived tramadol abuse among undergraduates of the three selected Universities in Benue State. The result showed that self-esteem and self-efficacy has a significant influence on tramadol abuse among undergraduates of universities in Benue state. Therefore recommended that the regulators and management of universities in Benue state should put in place psychological intervention measures aimed at enhancing and boosting the self-esteem and efficacy among undergraduates. This can be practically achieved by adopting psychological techniques with the potency of reducing excesses in low self-esteem and improving upon them among the undergraduates.

KEYWORDS: Self-Esteem, Self-Efficacy and Perceived Tramadol Abuse.

INTRODUCTION

Background to the Study

Tramadol belongs to a group of drugs known as opioid analgesics narcotics. It is a centrally-acting analgesic with weak opioid agonist properties as well as inhibitory effects on the reuptake of noradrenalin and serotonin; it is a strong pain killer that works in the brain to change how the body feels and respond to pain and is used to treat moderate to severe pain as prescribed by the doctor; for instance after surgery or a serious injury (Ebie, 2005)

Lanier, Lofwall and Mintzer (2010) maintained that tramadol is considered as a substance that modifies perception, cognition, mood, behaviour and general body functions and it comes in many different forms, strengths and brands as well as tablets, capsules and liquid drops that you can swallow or it can be given by injection for an immediate-release formulations that start working quickly to ease the pain; while others are sustained or delayed release over several hours, to provide a constant and more even pain control. Also, Tramadol

has been reported to serve other purposes such as delayed ejaculation and feeling of euphoria among users (Nacarda, 2020.)

In as much as tramadol helps in reducing pains, it is expected to be taken according to doctor's prescription or recommendation; if taken without doctor's prescription, it is called tramadol abuse. Due to the relaxing and euphoric effects of tramadol, it is perceived to be abused. Perceived tramadol abuse remains one of the most significant public health problems in modern times and the impact of tramadol epidemic cannot be denied.

Globally, the rate of opioids consumption, particularly among young people is alarming; there are about 35 million users globally (United Nations Office of Drugs and Crime 2022). According to United Nations Office on Drugs and Crime (2022), about 35 million young people use opioids including tramadol. World Health Organization (2020), explained that globally, about 0.5 million deaths are attributed to drug use, and more than 70% of these deaths are related to opioids, while more than 30% of the deaths are caused by opioids overdose. Apart from the socio-economic consequences that accompany the consumption opioids, the global statistics has indicated that the yearly mortality from its overdose is between 70,000 and 100,000 deaths (World Health Organization, 2022). Most of the opioids like tramadol, morphine, heroin as well as methadone, buprenorphine, codeine, oxycodone, and hydrocodone are known to be highly consumed among undergraduate students with lots of negative health impact (Mase, Obekpa, Hyambe, Agbo & Obekpa, 2021).

In Africa, it has been observed that the major drugs abused by the youths are tramadol, cannabis, nicotine and alcohol (World Health Organization in Ugwuoke & Ifeanyichukwu, 2016). Industrialization, urbanization and increased exposure to western lifestyle have been noted to contribute to this increasing trend of substance abuse like tramadol in Africa (Ugwuoke & Ifeanyichukwu, 2016).

United Nations Office on Drugs and Crime (UNDOC, 2017) also reported growing evidence of non-medical use of tramadol in some countries in Africa and the Middle East. It has been corroborated by seizures of considerable amounts of tramadol in North, West and Central Africa and West Asia between 2012 and 2014. In Nigeria alone, within the year 2022 The National Drug Law Enforcement Agency (NDLEA), has seized at least 9.5 million tablets of pharmaceutical opioids: Tramadol and Exol 5 worth over N5 billion at the Murtala Muhammed International Airport (MMIA), Ikeja Lagos, the Federal Capital Territory, Abuja and Edo State. This was disclosed in a statement issued by the Director, Media & Advocacy, NDLEA Headquarters, Abuja, Femi Babafemi on Sunday, April 3, 2022.

The high levels of misuse of tramadol are as a result of its unregulated prescription and availability in pharmacies and on the illicit market; therefore, UNDOC (2017) warned the international community about the implications of non-medical use of tramadol on the economies and security of West Africa, notably in the Sahel region as well as the Middle East, and the risks posed with its broader linkages in the global fight against terrorism and transnational organized crime. There are indications that tramadol, which is mainly produced in South Asia, is smuggled through the Gulf of Guinea by transnational organized crime networks, towards areas of the Sahel partially controlled by armed groups and terrorist organizations.

Unfortunately, research in other regions has associated perceived tramadol abuse with negative effects such as induction of seizures, development of classical opioid withdrawal syndrome and psychiatric symptoms such as aggressiveness and hostility (El-Hadidy, Nabil-Helaly, 2015). Other effects of perceived tramadol abuse are psychosis and brain disorders, double personality, and inability in decision-making, lack of coordination in walking and dry mouth; in addition to the socio-economic problems that addiction could bring, such as poverty, unemployment and impoverishment of the youths and their immediate families (Langley, Patkar, Boswell, Benson, Schein, 2010).

In Nigeria, the use and abuse of tramadol have become a problem of National mental health and psychiatric significance and concern (Ahmed, 2012). 21st-century Nigeria has witnessed changing trends in the patterns of psychoactive substance use with Tramadol emerging as a candidate drug particularly in the Northern region of the country (Ibrahim, Yerima, Pindar, Onyencho, Ahmed, Machina, Shehe, Rabbebe & Wakil, 2017). Although a high prevalence of abuse of tramadol has been recorded among university students in other regions (53.4%) prevalence; Duru, Oluoha, Okafor, Diwe and Iwu (2017) affirmed that the rate of perceived tramadol abuse in the northern part of Nigeria is simply alarming (Ahmed, 2012). In Kano, Northern Nigeria, a cross-sectional study amongst commercial bus drivers reported that 85.2% of respondent's misuse Tramadol (Yunusa, Bello, Idris, Haddad, & Adamu, 2017).

North Central Nigeria, like other parts of the country, also has its share of the national drug abuse epidemic. Just like the national picture that has exhibited changing trends over time, the drug use trends and patterns North Central Nigeria have also changed with time. Based on personal experience and media reports, the emergence of the opioid-based analgesic, tramadol, among youths in the north-central region of Nigeria within the last decade represents a major landmark in the annals of drug use events in the sub-region. It has been reported that perceived tramadol abuse and other substances may be partly responsible for the

rise in criminal activities, violence and other forms of antisocial behaviours exhibited among the youths of the region which provide energy to them (Ibrahim *et al*, 2017). The North-Central zone comprises Benue, Kogi, Kwara, Nasarawa, Plateau, Niger states and the Federal Capital Territory (FCT) Abuja. The estimated annual prevalence of drug use is 10% in this zone, equivalent to 1.5 million past-year drug users and the extent of drug use in the North-Central zone is 30% lower than the overall national past-year prevalence of drug use; cannabis, cough syrups (containing codeine or dextromethorphan) and pharmaceutical opioids (tramadol, codeine, morphine) are the three groups of substances with high prevalence in the North-Central zone (United Nations Office on Drugs and Crime, 2018).

Undoubtedly, young people are indispensable elements in any society; they are one of the greatest assets any nation can have. Apart from being the leaders of tomorrow, they outnumber the middle-aged and the aged. Young people are a particular segment of the national population that is sensitive, energetic, and active and the most productive phase of life as citizens. However, most Nigerian youths abuse drugs and are the most vulnerable population to a host of socio-economic problems like illicit drug use including tramadol (Ajufu, 2013; Aliyu, 2014).

Nigerian News Agency (2017) reported that there is an alarming increasing abuse of Tramadol, a pain reliever, among the youths and called for a concerted effort by stakeholders to curb the trend. The proliferation of this higher-strength tramadol (100, 200, 300, 400, 500, 600, 800, 900, 1000 and 1500 MGs that has become popular among the youth in the North Central region calls for concern and coordinated efforts by all stakeholders to rid our markets of this unregistered and unapproved product which tends to truncate the future of a good number of undergraduate students.

Accordingly, Law Enforcement Agencies, Social and Mental Health Institutions have regularly organized sensitizations and educational programmes to counsel and enlighten the youths and young adults on the consequences of drug abuse, especially perceived tramadol abuse and the need to abstain from its use without proper recommendation or prescription by a Health expert, but this has not proved to yield a positive turn around and the number of patients admitted to psychiatric hospitals have increased considerably in recent years (Okoye, 2013).

However, perceived tramadol abuse among youths does not occur in a vacuum. Some factors propel perceived tramadol abuse among this indispensable but vulnerable population. Previous studies have found that low self-esteem, low self-efficacy. Unemployment, availability and affordability of drugs, family upbringing or background as well as

demographic factors such as age, gender, educational qualification, occupation and marital status, play a significant role in drugs abuse among young people (Ahmed, 2012).

The construct of self-esteem is one significant component that has been considered to influence perceived tramadol abuse among undergraduate students, but has gotten less academic attention in Nigeria. This is a reference to how individuals evaluate themselves, including their sense of "self," the type of person they think they are, their capacities, their skills, and their outlook on the future. It specifically refers to how people feel about themselves and their opinions about themselves. Self-esteem is a reflection of a man's overall, passionate, subjective evaluation of his or her worth. It is a verdict about oneself as well as behaviour towards oneself. Self-esteem encompasses beliefs (such as "I am talented" and "I am admirable") and emotions (such as happiness, sadness, pride, and disgrace) (Adewumi, 2017).

This research anchored by the social leaning theory proposed by Albert Bandural in the year (1977) to explain human behavioural influence in situations including that of perceived tramadol abuse. The social learning theory postulated by Bandura (1977) holds that people learn by observing others. The ability to learn is central to individual personality, as behaviour observed can change the way a person thinks; also, the behaviour of individuals may be influenced by environmental factors (Bandura, 1977). Previous studies have found that low self-esteem (Chen, Dufour & Yi, 2005), youths' perception of peer group influence (Gaidhane, Zahiruddin, Waghmare, Shanbhag, Zodpey, & Joharapurkar, 2008; Dankani, 2012; Jibril, Olayinka, Omeiza, & Babantunde, 2008; Okwaraji, Ebigbo, & Akpala, 2009; Mohammad, 2014) and dissatisfaction with pair relationship (Ledoux, Miller, Choquet & Plant, 2002) are perceived factors that influence drug abuse among undergraduate students and young people across the world. However, there are still studies revealing a weak association between self-esteem and illicit drug abuse (Mohamadpourasl, Fakhari, Rostami & Tabatabaei, 2006). Also, available research evidence shows that the influence of peers is another factor in youth substance abuse.

Self-efficacy is considered one's belief in a personal capacity to do something. Self-efficacy is conceptualized within the framework of Bandura (1977) as one's capacity to mobilize the motivation, cognitive responses and courses of action needed to meet given situational demands. It is the degree to which a person believes that he or she can attain a goal. People who regard themselves as a highly efficacious act, think, and feel differently from those who perceive themselves as inefficacious. They produce their future, rather than simply foretell it. The key contentions as regards the role of self-efficacy beliefs in human functioning are that

people's level of motivation, affective states, and actions are based more on what they believe than on what is objectively true (Bandura,1977). For this reason, how people behave can often be better predicted by the beliefs they hold about their capabilities than by what they are capable of accomplishing. The act of self-efficacy towards a specific situation is different from self-esteem, which is a general regard for one's overall worth. Someone with very high self-efficacy in a task is more likely to make more of an effort, and persist longer than those with low efficacy.

Curiosity and desire for adventure may also contribute to experimentation with drugs; because these substances give a feeling of excitement that such youths find it difficult to do without them. The precise criteria that foretell perceived tramadol usage among undergraduate students at universities in Benue State, Nigeria, are still poorly understood because little is known about the precise origins of this occurrence. Furthermore, there hasn't been much research done on how undergraduate students can proactively try to diminish the negative effects of self-esteem and self-efficacy to lower the likelihood of tramadol addiction.

Statement of the Problem

Education is a key to human and national development. At the tertiary level especially in the universities, the undergraduate students are expected to focus on their academic pursuits. They have to be in school promptly and attend lectures regularly in order to succeed and become very useful members of the society who at any point in time should be willing, ready and able to contribute meaningfully towards the attainment of overall social goals. However, recent developments have shown a worrisome trend in the availability and perceived abuse of substances like tramadol among the university undergraduates around the globe, including developing countries like Nigeria.

The case of Benue State is not exceptional; the rate and sophistication in the perceived abuse of tramadol among undergraduates of universities in the State is so alarming and mental health specialists like psychiatrists, clinical psychologists and social workers have been saddled with the task of treatment and rehabilitation of a considerable number of these students. This menace has led to the student's deliberate absenteeism in school, low academic performance, rioting and fights, cultism, school dropout, mental illness and even death of some students. It is disheartening that despite the intervention of the National Drug Law Enforcement Agency (NDLEA), the National Agency for Food and Drug Administration and Control (NAFDAC) and other government agencies to prevent and control this social problem, it has continued to escalate to almost every nook and cranny of Benue State.

In light of the above mentioned, therefore, the researcher was stimulated with the burning desire to add to knowledge and contribute to the existing literature by investigating self-esteem, self-efficacy and peer relations as perceived determinants of tramadol abuse among undergraduate students of universities in Benue State, Nigeria, and to proffer useful suggestions that would draw the urgent attention of government, university management, security agencies, policymakers as well as parents to this ugly trend. It is hoped that the proffered suggestions and solutions will mitigate the effect of this hydra-headed monster that is hell-bent on destroying our future leaders before it gets out of hand.

Aim and Objectives of the Study

The aim of this study is to examine the role of self-esteem, self-efficacy, peer relations and perceived tramadol abuse among undergraduates of universities in Benue state, Nigeria. Specifically, this study is aimed to:

- i. Assess the influence of self-esteem on perceived tramadol abuse among undergraduates of universities in Benue state, Nigeria.
- ii. Examine the influence of self-efficacy on perceived tramadol abuse among undergraduates of universities in Benue state, Nigeria.

Research Questions

- i. What is the influence of self-esteem on perceived tramadol abuse among undergraduates of universities in Benue state, Nigeria?
- ii. What influence does self-efficacy have on perceived tramadol abuse among undergraduates of universities in Benue state, Nigeria?

Hypotheses

- i. There is no a significant influence of self-esteem on perceived tramadol abuse among undergraduates of universities in Benue State, Nigeria.
- ii. There is no a significant influence of self-esteem on perceived tramadol abuse among undergraduates of universities in Benue State, Nigeria.

METHOD

This study adopted a cross-sectional survey design. It was carried out in Benue state, Nigeria. The setting for this study comprised of three Universities. They are Joseph Sarwuan Tarka University formally known as Federal University of Agriculture, Makurdi, Benue State University, Makurdi and University of Mkar, Mkar, Gboko. The target population was

34235 university students. This study selected the sample size of 380 using the Krejcie and Morgan (1970) formula. A multi stage sampling technique was used to obtain participants for the study. The instrument used for the study was questionnaire. The questionnaire was divided into section A to E. Section “A” contained the letter of consent and demographic information of the undergraduate students, Section “B” measured Self-esteem, Section “C” measured Self-efficacy and Section “D” measured Perceived tramadol abuse respectively. The pilot study results therefore, showed that the 10-items Rosenberg Self-Esteem (RSE) Scale yielded a Cronbach’s alpha coefficient of .95. This indicated that the scale was highly reliable for use on the population of undergraduate students. Therefore, 10- items were reliable and thus included in the main study. However, in the main study the 10-items Rosenberg Self-Esteem (RSE) Scale yielded a reliability Cronbach’s alpha coefficient of .70, which was also highly reliable and accordingly adopted for the study. The result also indicated that the General Self-Efficacy Scale (GSE) consisting of 10-items yielded a Cronbach’s Alpha coefficient of .94 with no item been deleted or modified for not being reliable. This indicated that the scale was highly reliable for use on the population of undergraduate students. Therefore all the 10- items were included in the main study. In the main study however, the result showed that the General Self-Efficacy Scale (GSE) yielded a reliability Cronbach’s alpha coefficient of .61 which was reliable. In the main study, the Perceived Tramadol Abuse Screening Test (PTAST) yielded a reliability Cronbach’s alpha coefficient of .76 which was highly reliable for use on the population of the university undergraduate students. The researcher employed descriptive statistics of frequencies, percentages and the inferential statistics such as correlation was used to test the research hypotheses. Correlation is a statistic that describes the relationship between two variables. Simple Linear Regression Analysis to examine the influence of self-esteem and self-efficacy on perceived tramadol abuse among undergraduates of the three selected Universities in Benue State.

RESULTS

Table 1. Inter-Correlations among the Study Variables .

			S D	N 1	2	3	4 6	5 7	8 8	9 9	10	11	1 2		
1	Age	30.63	6.271	380	L										

2	Sex	-	-	3 8 0	- .20 1**	L										
3	Marital S	-	-	3 8 0	- .29 1**	.4 77 **	L									
4 5	Religion Tribe	- -	- -	3 8 0 3 8 0	- .28 4** - .21 9**	.2 74 ** - .0 77	.178 ** .229 **	L - .332 **	L							
6	Income	-	-	3 8 0	- .10 8*	.0 00	-.151 **	-.142 **	-.2 2 1 * *	L						
7	Name of In	-	-	3 8 0	.06 1	.0 44	-.024 **	-.392 **	.4 9 0 * *	- .0 26	L					
8	Place of R	-	-	3 8 0	- .18 7**	-.0 38	.274 **	-.061	.2 7 1 * *	.1 47 **	.16 6* **	L				
9 1 0	Self-Est Self-Eff	51. 17 46. 30	1 9. 5 8 2 0. 0 6	3 8 0 3 8 0	.42 0** - .34 3**	.1 26 * .0 86	.301 ** .231 **	.139 ** .103 *	.0 5 8 .0 4 5	.0 81 5 .0 32	- .03 5 - .03 5	- .09 1 - .22 0**	L .88 2**	L		
1 1	Peer Rel	11 7.8	4 3. 9 0 0	3 8 0	- .36 0**	.1 31 *	.212 **	.124	.0 3 8	.0 71	- .02 9	- .21 1**	.95 1**	.935 **	L	
1 2	Trauma dol	10 4.7	3 7. 1 5	3 8 0	- .06 3	.1 47 **	-.217 **	-.013	- .0 9 4	.0 28	- .00 1	- .33 5**	.72 3	.681 *	. 7 7 2 * *	L

*Correlation is significant at the 0.05 level (2-tailed)

**Correlation is significant at the 0.01 level (2-tailed)

Hypothesis one: This hypothesis stated that, there is no significant influence of self-esteem on perceived tramadol abuse among undergraduates of universities in Benue State, Nigeria.

Table 2: Simple Linear Regressions showing the influence of self-esteem on perceived tramadol abuse among undergraduates of universities in Benue State, Nigeria.

DV	Predictors	R	R ²	df	F	β	t	p
Perceived tramadol abuse (overall)	Constant	.723	.523	1,378	414.764		9.330	.000
	Self-esteem					.723	20.366	.000

Hypothesis two: This hypothesis stated that there is no significant influence of self-efficacy on perceived tramadol abuse among undergraduates of universities in Benue State, Nigeria.

Table 3: Simple Linear Regressions showing the influence of self-efficacy on perceived tramadol abuse among undergraduates of universities in Benue State, Nigeria.

DV	Predictors	R	R ²	df	F	β	t	p
Perceived tramadol abuse (overall)	Constant	.681	.464	1,378	327.008		13.162	.000
	Self-efficacy					.681	18.083	.000

Discussion of the Findings

In this section, various hypotheses in relationship to the study were discussed: Hypothesis one stated that there will be a significant influence of self-esteem on perceived tramadol abuse among undergraduates of universities in Benue state Nigeria. This hypothesis was confirmed as self-esteem predicted overall perceived tramadol abuse among undergraduates of universities in Benue state Nigeria. This finding is in line with Mase, Obekpa, Hyambe, Agbo and Obekpa (2021) who found that self-esteem ($\beta = -.412$, $t = -3.011$, $P < .05$), peer influence ($\beta = .341$, $t = 2.752$, $P < .05$) and family relationship ($\beta = -.477$, $t = -3.904$, $P < .05$) significantly and independently predicted perceived tramadol abuse, with self-esteem and family relationship further demonstrating an inverse relationship with perceived tramadol abuse. In their study they also found that, there was also a significant joint influence of the predictors on tramadol use [$R = .641$, $R^2 = .591$, $[F(3, 39) = 4.311, P < .01]$]. self-esteem, peer influence and family relationship jointly accounted for 59.1% of the variance in perceived tramadol abuse symptoms among the studied population. In the same direction El-Hadidy and

El-Gilany (2021) also found self-Esteem and Relationship questionnaire subscales were better in post-treatment than in pre-treatment periods. Mohammad, Abbas, Mahbobeh and Razieh (2013) in their study found that, there was a difference of mean self-esteem scores between adolescents who lived with both or one of the parents, and those who did not live with any of parents, was significant ($P = 0.04$). They also found a significant association between the Rosenberg self-esteem test results and smoking, and illegal drug abuse like heroin, pills, alcohol, cannabis, and other substances.

Adewumi (2017) in his study found that, there was significant influence of religiosity, self-esteem, sex, as well as joint influence of religiosity and self-esteem on perceived tramadol abuse among undergraduates. Ikechukwu, Siti, Mansor, Sakineh and Rohani, (2013) in the same vain found that, there was a significant relationship between self-esteem and perceived tramadol abuse. They also found that, self-esteem partially mediated the relationship between stress and substance abuse. However in a sharp contrast Okoye, Nwana, Chine and Oguegbe (2019) found in their second hypothesis which stated that self-esteem will significantly and negatively predict perceived tramadol abuse among undergraduates was rejected at $F(2,242) = 16.391$, $Beta = -.005$, $P > .05$. Their results implied that there was no significant effect of self-esteem on perceived tramadol abuse. Their third hypothesis which stated that peer pressure and self-esteem will jointly predict alcohol abuse among undergraduates was accepted at $F(2,242) = 16.391$, $R^2 = .119$, $P < .05$. Rosemary, Muomah, Ndukuba and Odinka (2021) compared the assertiveness and self-esteem of persons in a rehabilitation center for drug addiction problem with those of non-drug users. They found that, there were statistically significant differences in the two variables between the two groups. In other words, those with drug addiction problem reported less assertiveness and lower self-esteem compared to the control group.

Hypothesis two stated that there will be a significant influence of self-efficacy on perceived tramadol abuse among undergraduates of universities in Benue state Nigeria. This hypothesis was confirmed as self-efficacy significantly influenced perceived tramadol abuse among undergraduates of universities in Benue state Nigeria. A further interpretation of this result in view of the inter-correlation, there was a significant relationship between self-efficacy and perceived tramadol abuse. This finding is in line with Saboula, Amin, Hussein and Domah (2019) found that, the majority of the studied addicts (96.7%) were male. The highest percentages of the studied addicts abused tramadol. There was statistical positive correlation between relapse and total self-efficacy of studied addicts. The highest percentages of the studied addicts were had poor self-efficacy. Jonathan found that the predictors of perceived

tramadol abuse included: self-efficacy, peer group influence, improve mood and mental alertness, to relief pains, depression and anxiety, parental factor and academic activities which reported that the grand mean (2.78) is significantly greater than the criterion reference mean (2.50) indicated that the factors listed were predictors of perceived tramadol abuse among undergraduate students. The study concluded that perceived tramadol abuse is more injurious to academic activities of students in tertiary institutions. Ismail, Yasin, Noor and Iorvaa (2021) in their study found that there was a significant influence of self-efficacy on perceived tramadol abuse among undergraduates of Benue state university Makurdi. Babalonis, Lofwall, Nuzzo, Siegel and Walsh (2020) also found that, the high doses of tramadol and oxycodone were readily self-administered (70%, 59% of available drug, respectively); lower doses and both codeine doses maintained intermediate levels of drug taking. All three drugs dose-dependently increased measures indicative of abuse liability, relative to placebo; however, the magnitude and time course of these and other pharmacodynamic effects self-efficacy variedly qualitatively across drugs. This study demonstrates that, like other mu opioids, higher doses of tramadol function as reinforcers in opioid abusers, providing new empirical data for regulatory evaluation. Francisca, Miguel, Pablo and Isabel (2015) found that, self-efficacy is inversely related to the Methadone, Cognitive-behavioural and Alcohol groups and directly related to the Control group. Regarding the severity of the drug abuse including tramadol, it was found that self-efficacy was inversely related to the quantity of drugs consumed and directly related to chronicity.

CONCLUSIONS

Based on the findings of the study, it was concluded that:

- i. Self-esteem is a significant determinant of perceived tramadol abuse among undergraduates of universities in Benue state, Nigeria.
- ii. Self-efficacy is a significant influencer of perceived tramadol abuse among undergraduates of universities in Benue state, Nigeria.

RECOMMENDATIONS

Based on the findings of this study, the following recommendations were stated:

1. The regulators and management of universities in Benue state should put in place psychological intervention measures aimed at enhancing and boosting the self-esteem among undergraduates. This can be practically achieved by adopting psychological

techniques with the potency of reducing excesses in low self-esteem and improving upon them among the undergraduates.

2. The management of universities in Benue State should introduce self-efficacy Based Cognitive Therapy program among their undergraduate students. This will help undergraduates to act in ways to reach their specific goals.

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