

# PARENTING STYLES AS PREDICTORS OF SUBSTANCE ABUSE- A FAMILY MANAGEMENT PERSPECTIVES AMONG ADOLESCENTS IN KWARA STATE, NIGERIA

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## ABSTRACT

*The study investigated parenting styles as predictors of substance abuse- A family management perspectives among adolescents in Kwara State. It also investigated the influence of level of study on the substance abuse among the respondents. It was a descriptive survey of the correlation type. The population consisted of 613,567 adolescents in universities in Kwara State, Nigeria. A sample of 402 adolescents were selected through simple random sampling and proportional sampling techniques to participate. Researchers' self-developed questionnaire titled "Parenting Styles and Substance Abuse Questionnaire (PSSAQ) was used to collect data. Two research questions and two hypotheses guided the study. Data were analysed with mean, Pearson's Product Moment Correlation, Regression and Analysis of Variance. The findings of the study revealed that i. adolescents in universities in Kwara State experience more of authoritarian, authoritative and permissive parenting styles and less of neglectful parenting style ii. the engage in low level of substance abuse, iii. there was significant relationship between parenting style and substance abuse and iv. there was no significant difference in the substance abuse of the respondents based on level of study. Based on the finding, it was concluded that parenting styles as family management method impact on substance abuse among adolescents. Adolescents that are trained with neglectful and authoritarian parenting styles are likely to engage in substance abuse. It is recommended that marriage counsellors should counsel parents on the use of authoritative and permissive parenting styles rather than authoritarian and neglectful parenting styles as family management method to train their children.*

**Key words:** parenting style, predictor, substance abuse, family management, adolescents.

## INTRODUCTION

Adolescence is a stage in human development characterized by profound physical, cognitive, emotional, and social changes. It is a stage between childhood and adulthood and it corresponds to the ages between 12 to 19 years. In Nigeria, adolescents represent a significant portion of the population which Nigerian Population Commission (NPC) (2020) reported takes approximately 22% of Nigeria's population.

A good numbers of adolescents are in various institutions of learning in pursuit of education and knowledge. University institutions serve as spaces where young minds converge for academic, social, and personal growth. The National Universities Commission (NUC) reports that there are over 200 universities in Nigeria (NUC, 2021) with high population of students who despite their academic pursuits, grapple with numerous challenges which lure them to substance abuse.

Substance abuse is misuse of substances either deliberately or unknowingly. It involves wrong use of substances that interferes with the normal functioning of the body resulting to physical, psychological and

social problems (National Institute on Substance Abuse,2020). Substance abuse is a threat to good academic performance because it disrupts smooth running of teaching and learning as noted by (Agubosi, 2022), destroys good interpersonal relationships, and creates social and economic burdens to individuals and nations (Oshodi, Aina, & Onajole). National Drug Law Enforcement Agency (NDLEA) in 2019 reported that the issue of substance abuse among universities adolescents in Nigeria has become increasingly prevalent in recent years. Notably, substances such as cannabis, codeine, and tramadol emerged as the most commonly abused substances with differences in patterns of use (Olanrewaju & Adeyemi, 2020). Various factors could be attributed to the causes of substance abuse among which is parenting style which is a family management method adopted by parents in training and nurturing their children.

Parenting style has been widely recognized as a crucial factor in shaping adolescent's behaviour, such as the propensity for substance abuse. Numerous studies have shown that parenting style plays significant role in determining the risk and protective factors associated with substance abuse among young individuals (Otitoju & Adekunle, 2016; Hockaday, 2019). One of the most influential frameworks for categorizing parenting styles was proposed by (Maccoby & Martin, 2013), who identified four distinct parenting styles which are authoritarian, authoritative, permissive, and neglectful parenting styles. There are also other forms of parenting styles which include; attachments parenting styles, free range, positive parenting, helicopter parenting, mindful parenting, Montessori parenting, consistent parenting, democratic parenting and child guidance parenting but all these other forms are subsumed in the four main types of parenting style, authoritarian, authoritative, permissive and neglectful parenting styles. Parenting styles differ in their levels of control, warmth, and involvement in children's lives, which subsequently impact their behavioural outcomes.

Authoritarian parenting is characterized by strict rules, high control, and low warmth. Parents with an authoritarian style tend to be demanding and emphasize obedience and conformity. The lack of warmth, communication, and autonomy granted to the child can lead to rebellious behaviour and a higher risk of seeking solace in substances or alcohol as a form of escape or rebellion (Onyishi, & James, 2013).

Authoritative parenting is characterized by a balanced approach that combines high levels of warmth, support, and appropriate discipline. Parents with an authoritative style set clear expectations and rules, but they also encourage open communication and provide guidance and reasoning behind their decisions. This combination of support and structure reduces the likelihood of engaging in risky behaviours such as substance abuse (García, 2019).

Permissive parenting style is characterized by low control and high warmth. Permissive parents tend to have a laissez-faire approach, allowing their children to have autonomy without setting clear boundaries or providing adequate guidance. Inadequate structure and discipline may lead to a sense of entitlement and an increased likelihood of experimenting with substances (Odejide, 2019).

Neglectful parenting style lacks parental interest or responsiveness to a child. These parents lost control of their children and are less attentive to the caring of the emotional needs of them. Child neglect, child abandonment, and child labour characterize this type of parenting style. The lack of parental monitoring and involvement can leave adolescents susceptible to negative peer pressures and seeking validation through substance use (Ogunfowora & Sotunde, 2018). (Akinyemi & Ugwuja,2017), highlighted that as adolescents progress through their teenage years, their susceptibility to experimenting with substances tends to increase.

Another factor that can influence substance use is the level of study of the students in the university. Students at higher levels are more likely to be influenced by peers in taking substances. (Adams & Roberts (2015) argued that level of study can significantly impact substance abuse behaviour since it

tends to escalate as students' progress to higher levels of education probably due to peer influence and academic challenges.

### ***Statement of the Problem***

Adolescence is a period of profound transformation, characterized by physical, psychological, and social changes accompanied by storm and stress. It is a period parents should be careful with in training their children. But it seems that many parents are ignorant of the demands of the stage hence do not give adequate attention to their adolescent children through the adoption of inappropriate parenting styles. Some parents are probably ignorant of good family management methods to train their children, particularly the adolescent ones.

In Nigeria, adolescents in university face a distinctive set of challenges influenced by cultural norms, societal expectations, and educational environments and some parents do not consider these challenges when relating with their children, including those in the university. By so doing parents add to the challenges through the parenting styles adopted. These challenges may push some undergraduates to seek solace in substance abuse. A study conducted by (Omigbodun & Adeyemi, 2018) found that the prevalence of substance abuse among adolescents in Kwara State was 25%. There has been steady increase over the years in the number of undergraduates who abuse substances in Kwara State. Substance abuse poses a significant threat to the adolescents such as death, suicide, poor academic performance and mental health problems. To the researchers' knowledge there is dearth of research on parenting styles as predictors of substance abuse among adolescents in universities in Kwara State. This is the gap the study intends to fill.

### ***Research Questions***

Two research questions were raised to guide the conduct of the study:

1. What are the parenting styles experienced by adolescents in Universities in Kwara State?
2. What is the level of substance abuse among adolescents in Universities in Kwara State?

### ***Research Hypotheses***

The following null hypotheses were formulated to guide the conduct of study:

1. There is no significant relationship between parenting styles and substance abuse among adolescents in the Universities in Kwara State.
2. There is no significant difference in substance abuse among adolescents in universities in Kwara State based on level of study.

## **REVIEW OF RELATED LITERATURE**

### ***Concept of Adolescence***

Adolescence, often referred to as the teenage years, embodies a pivotal juncture in human development that is distinguished by a multitude of intricate and transformative processes spanning physical, cognitive, emotional, and social domains (Steinberg, 2017). This unique period, situated between the realms of childhood and adulthood, typically encompasses the age range of 14 to 19 years, but its significance extends far beyond mere numerical boundaries. Adolescence marks a profound period of physical changes, commonly characterized by the onset of puberty. This phase involves rapid growth spurts, hormonal fluctuations, and the development of secondary sexual characteristics. Simultaneously, cognitive transformations occur as adolescents' thinking becomes more abstract and reflective. Jean Piaget's theory of cognitive development outlines the shift from concrete operational thought to formal operational thinking during this stage, the emotional landscape of adolescence is often characterized by increased volatility and exploration. Erik Erikson's psychosocial theory suggests that adolescents grapple with the identity versus role confusion conflict, attempting to establish a cohesive sense of self. Socially, peer relationships become increasingly influential, serving as platforms for identity exploration, peer pressure, and the cultivation of interpersonal skills. The multifaceted nature of adolescence has spurred interdisciplinary research across psychology, sociology, and biology. This developmental phase's

significance lies not only in its immediate impacts but also in how experiences during adolescence can shape trajectories into adulthood.

Physiologically, the adolescent phase is hallmarked by a surge of growth, both in terms of height and secondary sexual characteristics. This metamorphosis, driven by hormonal cascades, signifies the transition from the innocence of childhood to the eventual responsibilities of adulthood. Furthermore, this phase is marked by the ongoing development of cognitive faculties, with adolescents showcasing an increasing capacity for abstract thinking, problem-solving, and critical analysis (Keating, 2004). As they grapple with complex concepts and engage with a broader range of intellectual challenges, they lay the groundwork for the cognitive prowess demanded by the demands of the modern world. On an emotional plane, adolescents navigate a labyrinth of feelings and sentiments as they seek to understand themselves and their place in the world.

The quest for identity becomes a central theme during this period, as individuals strive to establish a sense of self that is congruent with their evolving beliefs and aspirations. This journey of self-discovery often leads to the exploration of self-concept, encompassing aspects such as values, interests, and personal strengths. This internal exploration is mirrored in their external interactions, as they become increasingly engaged in social dynamics that extend beyond family and childhood friends. The adolescent's expanding social sphere introduces them to diverse perspectives and ways of thinking, fostering a more comprehensive understanding of the intricacies of human relationships. Central to this phase is the burning desire for autonomy and independence. This makes adolescents difficult to manage, therefore good family management method, which requires the use of good parenting style should be adopted in training the adolescent.

### ***Concept of parenting style***

Parenting style refers to the method in which parents interact and train their children and how they manage their behaviour (Darling & Steinberg, 2013). Baumrind (2013), argued that parenting styles have been classified into four main types: authoritarian, authoritative, permissive, and neglectful, each parenting style has its own distinct characteristics and each has significant impact on a child's development and behaviour.

### ***Authoritarian Parenting***

Authoritarian parenting is a style of parenting noted by strict rules and high demands with low responsiveness and warmth (Grolnick et al., 2016). It is a style in which parents are controlling and punitive, and often use physical discipline to enforce their rules. Authoritarian parents have high expectations of their children but offer little or no explanation or reasoning for their rules and actions. This style of parenting is often associated with negative outcomes in children such as anxiety, low self-esteem, and poor academic performance (Ramos-Marcuse, Oberlander, & Papademetriou, 2019).

In Nigeria, authoritarian parenting is common among parents who place a high value on discipline and obedience in their children (Denga & Dakwat, 2016). Such parents believe that strict control and punishment are necessary to keep their children in line and prevent them from engaging in risky behaviours such as substance abuse. However, studies have shown that this style of parenting may actually contribute to substance abuse among children. A study by Denga and Dakwat (2016) found that authoritarian parenting was significantly associated with substance abuse among adolescents in Nigeria. The study noted that authoritarian parenting can create an environment of fear and anxiety for children, which may lead them to seek relief through substance use. When children feel that they are not trusted or respected, they may turn to substances as a way to cope with their emotions and gain a sense of control over their lives. In addition, the lack of communication and reasoning in authoritarian parenting can leave children feeling disconnected from their parents and seeking validation and acceptance from peers, who

may also be involved in substance use. It is important for parents to recognize the negative effects of authoritarian parenting on their children and to strive for a more balanced approach to parenting. Setting clear rules and expectations for behaviour is important, but it is equally important to provide warmth, emotional support, and open communication with children. This will help to foster a sense of trust and respect between parents and children, which can reduce the likelihood of substance abuse.

### ***Authoritative Parenting***

Authoritative parenting is a parenting style that has been noted to have positive outcomes for children and adolescents, such as lower rates of substance abuse (Lansford et al., 2014; Pinquart, 2017). This parenting style is characterized by high levels of parental warmth and support, combined with clear and consistent expectations for behaviour to develop appropriate levels of autonomy and independence for the child. In authoritative parenting, parents are responsive to their child's needs and emotions, and they use reasoning and explanation to help the child understand the reasons behind the rules and expectations. They also provide opportunities for the child to express their opinions and make decisions within appropriate limits. This helps the child to develop a sense of competence and self-esteem, which can protect against negative outcomes such as substance abuse (Smetana, 2017).

Authoritative parenting is associated with lower rates of substance use among adolescents (Mason et al., 2015). The study found that adolescents from authoritative families reported lower rates of substance use compared to those from authoritarian, permissive, or neglectful families. This may be because authoritative parenting is associated with greater parental monitoring and involvement, which can limit opportunities for substance use and provide protective factors against substance use.

### ***Permissive Parenting***

Permissive parenting is a style of parenting characterized by lack of rules, limits, and boundaries, and a tendency to be indulgent and non-demanding towards children (Padilla-Walker & Bean, 2014). This parenting style is often marked by lack of structure and discipline, with parents being more lenient and permissive in their approach to parenting (Darling & Steinberg, 2013). Research has shown that permissive parenting can have both positive and negative effects on children's development. On the positive side, children of permissive parents tend to have high self-esteem and are often creative and expressive (Fletcher, Steinberg, & Williams-Wheeler, 2004; Sorkhabi, Maassab, & Raffaelli, 2017). However, they may also exhibit more behavioural problems and have a tendency towards substance abuse (Fletcher et al., 2004; Sorkhabi et al., 2017). Studies have also found that permissive parenting may contribute to a lack of emotional regulation and impulse control in children (Pinquart, Teubert, & Doepke, 2013). Children who grow up with permissive parents may struggle with delayed gratification and have difficulty managing their emotions, which can lead to problems later in life.

### ***Neglectful Parenting***

Neglectful parenting, also known as uninvolved parenting, is a style of parenting where the parent or caregiver is emotionally detached and unresponsive to the child's needs (Barber & Harmon, 2019). Neglectful parents may be physically present but emotionally absent, failing to provide the child with love, warmth, and attention. This parenting style is often characterized by a lack of interest in the child's life, minimal supervision, and a failure to set boundaries or rules. Research has shown that neglectful parenting is associated with a wide range of negative outcomes for children, such as poor academic performance, low self-esteem, and social difficulties (Simons, Simons, Chen, Brody, & Lin, 2013).

In a study conducted in Nigeria, Uzoma-Olua and Oladeji (2021) found that neglectful parenting was a significant predictor of substance abuse among adolescents in universities. The researchers found that students who reported neglectful parenting were more likely to engage in substance abuse behaviours compared to those who had more involved parents. Similarly, a study by Mason (2019) found that adolescents with neglectful parents were at a higher risk of developing substance abuse problems

compared to those with more involved parents. Neglectful parenting can have long-lasting effects on a child's development and well-being. Children who grow up with neglectful parents may struggle with attachment issues and have difficulty forming healthy relationships in adulthood. It is important for parents to be aware of their parenting style and strive to be emotionally present and responsive to their child's needs. Seeking support from a therapist or parenting coach can also be helpful for parents who struggle with neglectful parenting.

### ***Parenting Styles and Substance Abuse***

Numerous studies have investigated the influence of different parenting styles on adolescents' substance abuse behaviours. The authoritative parenting style, characterized by warmth, support, and reasonable discipline, has consistently shown a protective effect against substance abuse (Mohammadkhani, 2017). Adolescents raised by authoritative parents are more likely to develop better decision-making skills, have higher self-esteem, and possess effective coping strategies, which may reduce their vulnerability to substance abuse (Zhai, 2019). For instance, research by Ryan et al. (2013) found that adolescents from authoritative households had significantly lower levels of substance abuse compared to those from neglectful or permissive households. In contrast, the authoritarian parenting style, characterized by strict rules and low warmth, has been associated with an increased risk of substance abuse among adolescents. Adolescents from authoritarian households may view substance use as a form of rebellion or a means of coping with the perceived lack of autonomy and parental control (Daramola, 2016). For example, Mason (2015) found that adolescents from authoritarian households had higher rates of substance abuse compared to those from authoritative or permissive households. Similarly, the permissive parenting style, characterized by low control and high warmth, has been linked to an increased risk of substance abuse among adolescents (Chung 2018). Permissive parents may inadvertently contribute to their children's substance use by providing fewer guidelines and limitations, creating an environment where experimentation and risky behaviours are more likely to occur (Brody et al., 2015). Research by Martinez et al. (2020) found that adolescents raised in permissive households had higher rates of substance abuse compared to those from authoritative or neglectful households.

Furthermore, neglectful parenting, characterized by low control and low warmth, has consistently been associated with a higher risk of substance abuse among adolescents (Bares et al., 2019). Neglectful parents often fail to provide adequate supervision, guidance, and support, leaving adolescents vulnerable to engaging in risky behaviours, such as substance abuse (Mason et al., 2019). Johnson et al. (2018) found that adolescents from neglectful households had significantly higher rates of substance abuse compared to those from authoritative or authoritarian households.

### **METHOD**

Research design adopted for this study was a descriptive survey of the correlation type. The descriptive survey of correlation design is suitable for this study because it aims to explore and describe the relationships between parenting styles and substance abuse. The population of this study comprised all adolescents in university in Kwara State, while the target population consists of adolescents selected from the universities in Kwara State. A sample of 402 adolescents in universities in Kwara State were selected through proportional and simple random sampling techniques. Simple random sampling technique was used to select three out of 8 universities in Kwara State based on the institution type and i.e. Federal, state and private universities. These universities have largest number of undergraduates. Proportional sampling technique was used to select a representative sample of 402 adolescents from three of the selected universities in as shown in table 2 below.

**Table 1:** Proportional Percentage of Adolescents in universities in the Targeted universities in Kwara State

<b>S/N Universities</b>	<b>Selected</b>	<b>Target Population</b>	<b>Percentage Selected</b>	<b>Sample Size</b>
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1	University of Ilorin	Federal	24,765	63.5%	257
2	Kwara State University	State	12,566	32.2%	129
3.	Landmark University	Private	1,678	4.3%	16
<b>Total</b>			<b>39009</b>	<b>100.0</b>	<b>402</b>

Researcher’s field work 2023.

The instrument for data collection was a researcher-designed questionnaire titled “Parenting Styles and Substance Abuse Questionnaire” (PSSAQ). It has four sections, A, B and C. Section A focused on the demographic information of participants. Section B was on the participants' experiences of parenting styles from their parents and section C was on items relating to substance abuse. The study made use of Four-Point Likert Type scale of Very True Of Me (VTM), True Of Me (TM), Rarely True Of Me (RTM) and Not True Of Me (NTM) with points of 4, 3, 2 and 1 respectively. It was validated by experts in test measurement and evaluation. Test re-retest method was employed for reliability which yielded coefficient of 0.73. The questionnaire forms were administered to respondents by the researchers and were retrieved on the spot. Sections B and C were scored by finding the mean of the scores thus  $4 + 3 + 2 + 1 = 10/4 = 2.50$ , then the aggregate mean were also found. The 2.50 is the benchmark. The decision was that aggregate mean that was 2.50 and above indicated the parenting style mostly experienced by the respondents and aggregate mean of 2.50 and above indicated high level of substance abuse.

Mean were used to analyse research questions while multiple regression and Analysis of variance were used to test hypotheses at 0.05 level of significance.

**RESULTS**

**Research Question 1:** What are the parenting styles experienced by in-school adolescents in Universities in Kwara State?

**Table 3:** Mean, Standard Deviation and Rank Order Analysis on the Parenting Styles Experienced by the Respondents

Item No	As far as I am concerned:	Mean	Rank
<b>Authoritarian Parenting Style</b>			
1	my parents have strict rules that I am expected to follow without question	3.59	
2	my parents expect obedience and do not tolerate disobedience or backtalk	3.25	
	my parents often use punishment as a way to discipline me	3.19	
4	my parents have high expectations for my behaviour and academics	3.20	
5	my parents value discipline and control as important parenting qualities	3.50	
	<b>Aggregate Mean</b>	<b>3.34</b>	<b>1<sup>st</sup></b>
<b>Authoritative Parenting Style</b>			
6	my parents provide clear rules and expectations for my behavior	3.21	
7	my parents encourage me to express my thoughts and feelings and listen to my opinions	2.84	
8	my parents balance discipline with warmth and support	3.20	
9	my parents are responsive to my emotional needs and concerns	3.20	
10	my parents are consistent in enforcing rules and consequences	3.31	
	<b>Aggregate Mean</b>	<b>3.15</b>	<b>2<sup>nd</sup></b>
<b>Permissive Parenting Style</b>			
11	my parents rarely set strict rules or boundaries for me	2.63	

12	my parents are lenient and often give in to my requests	3.33	
13	my parents prioritize being my friend rather than an authority figure	2.62	
14	my parents seldom impose consequences for my actions	3.31	
15	my parents allow me to make many of my own decisions without much guidance	2.30	
	<b>Aggregate Mean</b>	<b>2.83</b>	<b>3<sup>rd</sup></b>
	<b>Neglectful Parenting Style</b>		
16	my parents are often unaware of where I am or what I am doing	1.69	
17	my parents are not very involved in my life or activities	1.33	
18	My parents do not provide emotional support or show much interest in my feelings	1.33	
19	my parents rarely enforce rules, and I am left to do as I please	1.66	
20	my parents are often absent or unresponsive when I need them	1.33	
	<b>Aggregate Mean</b>	<b>1.46</b>	<b>4<sup>th</sup></b>

Table 4 presents the mean and rank order of the parenting styles experienced by the respondents. The table shows that authoritarian parenting style ranked 1st with an aggregate mean of 3.34. Authoritative parenting style ranked 2nd with an aggregate mean score of 3.15, also permissive parenting style ranked 3rd with an aggregate mean score of 2.83. Neglectful parenting style ranked 4th with an aggregate mean score of 1.46. Since three out of four parenting style have aggregate mean scores that are above 2.50, it can be said that respondents experience more of those parenting styles which are authoritarian, authoritative and permissive parenting styles.

**Research Question 3:** What is the level of substance abuse among adolescents in universities in Kwara State?

**Table 4:** Mean, Standard Deviation and Rank Order Analysis on the Level of Substance Abuse among the Respondents

Item No	Statement	Mean	Rank
3	I can't control my substance use	1.73	1 <sup>st</sup>
8	Substance use helps me escape from problems or stress	1.71	2 <sup>nd</sup>
6	I believe that substance use is normal	1.60	3 <sup>rd</sup>
5	I enjoy taking alcohol and other substances	1.56	4 <sup>th</sup>
10	I believe in substance use	1.55	5 <sup>th</sup>
1	I have experimented with substances (e.g., alcohol, substances).	1.54	6 <sup>th</sup>
7	I use substances as a way to have fun and enjoy social activities	1.51	7 <sup>th</sup>
9	I am in control of my substance use	1.46	7 <sup>th</sup>
4	I feel a need to use substances to cope with stress or negative emotions	1.30	9 <sup>th</sup>
2	I currently use substances (e.g., alcohol, substances) on a regular basis.	1.17	10 <sup>th</sup>

Table 4 presents the mean and rank order of the level of substance abuse among the respondents. The table indicated that all the items have mean score less than 2.50 meaning that the level of substance abuse is low.

**Hypotheses testing**

**Hypothesis One:** Parenting Styles will not significantly correlate substance abuse among adolescents in Universities in Kwara State.

**Table 5a:** Analysis of Variance (ANOVA)

Model	Sum of Squares	Df	Mean Square	F	p-value
Regression	4211.263	4	1052.816	48.882	.000 <sup>b</sup>
Residual	8550.481	397	21.538		
Total	12761.744	401			

a. Dependent Variable: Substance Abuse

b. Predictors: (Constant), Neglectful, Authoritarian, Permissive, Authoritative Parenting Style

Table 5a shows analysis of multiple regressions of parental styles (Neglectful, Authoritarian, Permissive, and Authoritative Parenting Style) against substance abuse. The output reveals that the calculated p-value (0.000) is less than critical significance value of 0.05. Since, the calculated p-value is less than the critical p-value the hypothesis is rejected. This means that there is significant relationship between parenting styles and substance abuse among the respondents.

**Table 5b:** Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.574 <sup>a</sup>	.330	.323	4.641

a. Predictors: (Constant), Neglectful, Authoritarian Parenting Style, Permissive, Authoritative Parenting Style

The R Square value (.330) indicated the proportion of variance in substance abuse among adolescents that can be attributed to the predictor variables (parenting styles) included in the model. The model explained that a significant portion (33%) of the variance in substance abuse is attributed to parenting styles (authoritarian, authoritative, permissive and neglectful parenting styles). This leaves 67% of the variance unexplained suggesting that factors other than parenting styles may also play a role in substance abuse among adolescents. Also the value of R (.574) established that there was positive relationship between personality styles and substance abuse among adolescents in the universities in Kwara State. The adjusted R Square value (.323) suggests additional predictors do not significantly increase explanatory power.

**Table 5c:** Regression Coefficients of parenting styles in predicting substance abuse among adolescents in Universities in Kwara State

Model	Unstandardized Coefficients		Standardized Coefficients	T	p-value
	B	Std. Error	Beta		
(Constant)	-7.323	4.722		-1.551	.122
Authoritarian	.901	.126	.328	7.136	.000
Authoritative	.158	.156	.104	1.011	.312
Permissive	-.259	.099	-.188	-2.611	.009
Neglectful	1.170	.253	.541	4.621	.000

a. Dependent Variable: Substance Abuse

Table 5c provides detailed information about how each predictor (parenting styles) contributes to predicting substance abuse among adolescents in universities in Kwara State.

The Beta weight of the independent variables were used to ascertain the contribution of each of the independent variable. Authoritarian parenting style has Beta weight of 0.328, Authoritative parenting 0.104, permissive parenting -0.188 and neglectful parenting 0.541 and that accounts to how each contributed to predicting substance abuse among the adolescents in the universities. Based on the Beta weights, neglectful parenting style contributed most, followed by authoritarian parenting style, then permissive and authoritative parenting styles.

**Hypothesis two:** *There is no significant difference in substance abuse among in-school University adolescents in Kwara State based on level of study.*

**Table 6:** Summary of ANOVA showing difference in substance abuse among in-school University adolescents in Kwara State based on level of study

	<b>Sum of Squares</b>	<b>Df</b>	<b>Mean Square</b>	<b>F</b>	<b>p-value</b>	<b>Decision</b>
Between Groups	202.455	4	50.614			
Within Groups	14227.983	397	35.839	1.412	.229	Not Significant
Total	14430.438	401				

ANOVA Table 6 revealed that the p-value of .229 is greater than the 0.05 level of significance. Since the result was so the hypothesis was retained. It suggested that there was no significant difference in substance abuse among the respondents.

### DISCUSSION OF FINDINGS

The finding of the study revealed that the parenting styles mostly experienced by adolescent in universities in Universities in Kwara State are authoritarian, authoritative and permissive parenting styles. Neglectful parenting style was not much experienced by the respondents. The finding might be so because Nigerian parents do emulate parenting styles from other parents. The finding also showed that the respondents had low level of substance abuse indicating that there is a relationship between parenting styles and substance abuse. This result was not supported by the previous studies of (Calafat, García, Juan, Becoña, Fernández & Hermida, ,2014) who discovered that authoritative parenting style predict with substance abuse among adolescents. Corroborating the finding, (Brauer,2017) links authoritarian parenting with increased likelihood of rebellious behaviours, which can include substance abuse as a form of defiance. Differing from the finding (Maine, 2020) indicated that permissive parenting, despite being supportive, often lacks the necessary structure to prevent risky behaviours such as substance abuse.

Further finding revealed that parenting styles significantly predict substance abuse among adolescents in universities in Kwara State. This is because parenting styles contributed 33 percent in substance abuse among the adolescents. The finding might be so due to the fact that bad parenting style must definitely influence substance use among the adolescents. This finding underscores the importance of the type of parenting styles adopted by parents in training their children. In tandem with the finding was (Griffin et al. 2000) who noted that parenting styles significantly influence substance abuse among adolescents. They emphasized the role of authoritative parenting in reducing risk behaviours and promoting positive outcomes.

It was also revealed that there was no significant difference in substance abuse among the respondents based on level of study. This means that no differences were found in the substance abuse among the respondents based on level of study. The finding might turn to be so because every level of study is stressful because of academic load to be carried by the students. Consistent with the finding (Schulenberg, Johnston, O'Malley, Bachman, Miech & Patrick, 2019) and (Bachman et al. 2008) found that substance abuse patterns can be consistent across different stages of adolescence and young adulthood. Schulenberg

et al. (2019) also discovered that substance use behaviours often stabilize or show minimal variation across college years once it started in adolescence.

## **CONCLUSION**

This research examined parenting styles as predictor of substance abuse- a family management perspectives among adolescents in universities in Kwara State, Nigeria. It was concluded that university adolescents in universities in Kwara State experience authoritarian, authoritative and permissive parenting styles as a family management method among the parents and that has made the respondents to have low level of substance abuse. This implies that there is significant relationship between parenting styles and substance abuse.

## **RECOMMENDATION**

Based on the findings of the study it is recommended that:

1. School counsellors should organize workshop for parents on family management and educate them on parenting styles.
2. Parents should be counselled on the importance of adopting good parenting style such as authoritarian parenting style in training their children.
3. Parents should be made to understand that bad parenting style such as neglectful parenting style could lead the Adolescents to substance abuse.
4. Adolescents should be counselled to avoid substance abuse irrespective of the parenting styles adopted by the parents.

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