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EFFECT OF SELF-MANAGEMENT TECHNIQUE ON DRUG ADDICTION AMONG INMATES OF NATIONAL DRUG LAW ENFORCEMENT AGENCY IN SOUTH EAST

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ABSTRACT

The study determined the effect of self-management technique on drug addiction among inmates of NDLEA. It was guided by two research questions and two null hypotheses tested at level of significant. The study adopted pretrest, posttest and control non-randomized quasi experimental group. The population of the study comprised all 340 male and female inmates from NDLEA correctional facilities in five states in South east Nigeria. The population of inmates was identified using Drug Addiction Detection Inventory (DADI), using the norm of 60 as a guide. The sample size for the study was 138 male and female NDLEA inmates drawn using purposive sampling technique to select two states with the high number of drug addicts in the commends. The instrument used for this study is a questionnaire titled Drug Addiction Detecting Instrument (DADI) and was developed by the researchers The DADI has an introductory part "section A" that solicits the bio-data of the respondents such as gender. The "section B" is designed to detect inmates who are addicted to drug. The instrument contains a total of 24 items with four point scale response options. Face validation of the instrument was conducted by three experts. One expert in Measurement and Evaluation unit of the Department of Educational Foundations and two experts in counselling psychology in the Department of Guidance and Counselling, all in the Faculty of Education, Nnamdi Azikiwe University, Awka. The reliability of the instrument was established through the method of measure of internal consistency. The Cronbach coefficient alpha obtained for the DADI is 0.91. Direct contact approach was employed for the data collection. The researchers acted as the resource persons to the commands. They administered both the treatments and instrument. A special request was made to the NDLEA commander in each of the two participating states for the provision of enabling environment for the period of treatments. The post-test instrument items were

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reshuffled to avoid Hawthorne's effect. Since the pretest scores were gotten before treatment which lasted for eight weeks, the posttest was administered after the treatment period to both groups. The researchers are aware of the possible effects of extraneous variables which if not well controlled could pollute the study and mar the findings. Therefore, some efforts were made to ensure that such constraints are reduced or possibly eliminated. In the data analysis, completed Drug Addiction Detecting Instrument (DADI) for the pre-test was scored following the scoring instruction and the same measure was be taken for the post-test. Mean scores were used in answering the research questions and analysis of covariance (ANCOVA) was used in testing the null hypotheses at 0.05 levels of significance. The results showed that self-management technique is significantly effective in reducing drug addiction among inmates of NDLEA. Also there is no significant difference in the effects of self-management technique on drug addiction among male and female inmates of NDLEA using their posttest scores. The study concludes that self-management technique was significantly effective in reducing drug addictive behaviour of inmates in NDLEA irrespective of their gender. Based on the findings recommendations were made.

Keywords: Effect, Self-Management Technique, Drug Addiction, National Drug Law Enforcement Agency

Introduction

In the society people are face with various challenges in life. Some of these challenges come through the way people live their lives. Some people try to manage some of these challenges negatively by indulging into drugs. Some others learn the bad habit of using drugs through social relationship and peer interaction. Some fine it difficult to withdraw from the drug intake especially when it has become part of their daily life engagement which is now a problem.

A drug is any chemical substance that causes a change in an organism's physiological or psychological functioning when consumed. It is any chemical substance that affects the functioning of living things and the organisms that infect them (Cuthbert, Stringer and Thomas, 2023). Lynch (2022) defined drug as any substance intended for use in the diagnosis, cure, relief, treatment, or prevention of disease or intended to affect the structure or function of the body. According to Merriam Webster Dictionary (2024), drug is a substance used as a medication or in the preparation of medication. Substances such as alcohol, marijuana, tobacco, amphetamines, cocaine and nicotine, among others are considered drugs. A situation whereby individuals feel that they cannot survive without drug is regarded as drug addiction.

Drug addiction is a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences (Sclar, 2021). It is a condition characterized by a self-destructive pattern of using a substance that leads to significant problems and distress, which may include tolerance to or withdrawal from the substance. According to Voris (2018), drug addiction is a complex neurobiological disease that requires integrated treatment of

the mind, body and spirit. It is considered a brain disease because drugs change the brain, they also change its structure and how it works. Without treatment, these brain changes can be long-lasting. For the purpose of this study, drug addiction is a condition that affects a person's brain and behaviour and leads to an inability to control the use of a legal or illegal drug or medication.

Drug addiction may start with experimental use of a recreational drug in social situations, and for some people, the drug use becomes more frequent. For others, drug addiction may begin with exposure to prescribed medications, or receiving medications from a friend or relative who has been prescribed the medication. Some people experiment with recreational drugs out of curiosity, to have a good time, because friends are doing it, or to ease problems such as stress, anxiety, or depression. When people are addicted to a drug, they cannot resist the urge to use the drug no matter how much harm it causes.

The risk of addiction and how fast people may become addicted varies by drug. Some drugs, such as opioid pain killers, have a higher risk and cause addiction more quickly than others. As time passes, a person may need larger doses of the drug to get high. Soon, the individual may need the drug just to feel good. As people's drug use increases, they may find that it is increasingly difficult to go without the drug. Hence, attempts to stop using the drug may cause intense cravings and make them feel physically ill. Griffin and Botvin (2019) maintained that the earlier people are exposed to drug, the greater the risk for heavy drug use and related problems later in life. According to National Drug Law Enforcement Agency (NDLEA, 2021), 40 per cent of Nigerian youth between 18 and 35 years are deeply involved in drugs. Reacting to this, Chairman/Chief Executive of NDLEA lamented that the increasing rate of drug addiction in Nigeria is worrisome and stressed that the problem has reached an epidemic level in the country. Babafemi (2021) added that the rate at which youths are becoming addicted to illicit drugs had reached an alarming state. It is good to note that these youths are not only the leaders of tomorrow but are at the production age in Nigeria.

Drug addiction as stressed by Ofentse (2021) is not about just heroin, cocaine, tramadol codeine or other illegal drugs. People may also be addicted to alcohol, nicotine, sleep and anti-anxiety medications, and other legal substances. Therefore, individuals from all walks of life may become addicted to drugs, regardless of age, race, background, or the reason they started using drugs in the first place. The misuse of psychoactive substances such as alcohol, tobacco, amphetamines, cannabis, tramadol, marijuana, hashish, heroin, cocaine, methamphetamine as well as prescription medications exert tremendous toll on the individual, families, communities and societies. Although it may be difficult to detect people who are addicted to drugs, there are some warning signs that may aid in identifying drug addicts.

However, existing research investigating drug addiction shows that menace is a chronic and progressive global health problem which if left unchecked may lead to serious consequences both to the

addicts and the society in general (Seque, 2020). The consequences of drug addiction pose a great concern because the chief culprits and victims are the youths who are the future leaders of the nation. Drug addiction may bring about brain damage, cirrhosis of the liver, depraves the central nervous system and impairs concentration and judgement. Thus, drug addiction may impact negatively on public health, national economy and security. This is because it could lead to injuries, loss of income and productivity, family and community dysfunction and even sudden death. Hence, successful treatment may require an array of therapeutic intervention approach that will not only address the root causes of the problem, but also help provide the foundational tools needed to prevent a relapse. In the light of the above, the current researchers used Self-management technique (SMT) on inmates with drug addiction to see if the technique would help solve the problem in our society.

Self-Management Technique (SMT) is a technique derived from the social cognitive theory developed by Bandura (1986), which provided a theoretical basis for the development of model of self-regulated learning in which personal contextual and behavioural factors interact in such a way that gives students an opportunity to control their behaviour. According to Seque (2020), self-management technique refers to any set of tasks people with chronic conditions must do to learn how to live longer and healthier lives. It is a behaviour intervention process that enables clients to alter their personal behaviours by the use of certain newly learned skills and by rearranging their environment (Oguzie, Obi and Nnadi, 2019). This empowering and non-judgmental approach encourages people to set attainable goals and determine the type of treatment that will work best for them. The rational for this technique is the belief that behavioural self-control can be increased by enhancing specific, cognitive, or meta-cognitive skills that are believed to underlie and promote impulse control. Seque further observed that overtime, honing self-management skills is essential for people to gain autonomy over illnesses such as high blood pressure, diabetes and drug addiction.

Newcomb and Locke (2015) acknowledged that people who lack adequate self-management skills are more vulnerable to both the external social influences and internal psychological processes that promote drug use, abuse and addiction. Oguzie, Obi and Chigbu (2020) emphasized that it is imperative that the people are taught a number of self-management skills that will enable them take control of their activities and acquire self-regulatory capacity. Applying self-management principles to drug addiction has the added advantage of fitting with the philosophy of harm reduction.

Operationally, during self-management training, the Counsellor teaches the inmates strategies (such as self-monitoring, self-control, self-recording, self-reward and self-punishment) which make it necessary that inmates with drug addiction should examine the type of behaviours they exhibit and the consequences of such behaviours. Moreso, inmates will have a list of things to do that help themselves maintain their sobriety, such as attending regular therapy sessions, practicing mindfulness,

avoiding triggers and spending time with people who support their recovery goals. In the context of this study, self-management technique is defined as a behaviour intervention strategy which is used to help clients to achieve adequate self-awareness, self-regulation and self-control. By learning self-management skills inmates can become more self-regulated and less dependent on drugs. Moreover, the self-management skills acquired from self-management technique may help inmates to take an active role in their recovery, manage their behavioural and physical conditions, while improving their overall well-being and quality of life. Thus, this study aims to apply self-management technique on inmates with drug addiction to know its effect on the problem.

The National Drug Law Enforcement Agency (NDLEA) is a federal law enforcement agency in Nigeria under the Federal Ministry of Justice charged with eliminating growing, processing, manufacturing, selling, exporting, and trafficking of hard drugs. The agency was established by Decree number 48 of 1989 (NDLEA, 2022). The NDLEA is present in international airports, seaports, and border crossings. The agency also targets the leaders of narcotics and money laundering organizations (Itodo, 2019). Its offices are spread all over the states in Nigeria.

Different measures are put in place by drug regulation agencies and the government to curb the problem of drugs in Nigeria. Such measures include the 1992 National drug law enforcement act (as amended), which stipulated stringent punishments for any individual without lawful authority manufactures, produces, processes, imports, exports or transports of drugs such as heroin, cocaine and marijuana, among others. The punishments included forfeiture of properties or wealth acquired through drug trafficking and imprisonment ranging from a term of ten years to life imprisonment. Unfortunately, these efforts of drug regulation agencies and the government seem to have met with limited success when compared with the rate of drug addiction related cases witnessed in Nigerian. Currently, there has been a heavy wind of suicidal behaviour, social violence and terrorism activities in Nigeria. Some of these crimes may have being perpetuated under the influence of drugs. Cases of drug addiction still abound in south east Nigeria and the negative effects are felt in all facets of the society. However, self-management techniques have been used by many researchers to manage some other maladaptive behaviours in the past.

Oguzie, Obi and Nnadi (2019) in their study investigated the effect of self-management technique on shyness among secondary school students in Imo state, Nigeria. Two research questions guided the study, while two null hypotheses were posed and tested at 0.05 level of significance. The pre-test post-test control-group quasi-experimental research design was adopted for the study. The population of the study was a total of 884 junior and senior (JSS2 and SS2) students identified with shyness from all public Secondary Schools in Aboh Mbaise Local Government Area. Purposive sampling technique was used to select a sample size of 69 students with the highest pre-test scores in the shyness measuring instrument. The

Researchers used a standardized instrument called Revised Cheek and Buss Shyness Scale (RCBS) for collection of data for this study. Data collected for this study were analysed using mean and ANCOVA. Results obtained from the study indicated that self-management technique was significantly effective in reducing shyness among the participants. The results equally showed that self-management technique was more effective in reducing shyness among the female participants than that of their male counterparts. However, it was found that the gender difference in the effectiveness of self-management technique in reducing the participants' shyness was not significant. It was recommended among others, that Counsellors should adopt self-management technique as an effective intervention measure in solving the problem of shyness among secondary school students.

Long, Milcheva and Vassileva (2018) in their study investigated the effects of cognitive behaviour therapy and self-management technique on substance dependence disorder among Bulgarian substance dependent individuals. The study adopted the quasi-experimental design with a sample 218 individuals with substance dependence disorder. The instrument used for data collection was the Substance Use Risk Profile Scale (SURPS). The study adopted t-test and Analysis of Covariance for data analysis. Findings of the study showed that cognitive behaviour therapy and self-management technique were significantly effective on substance dependence disorder. The finding indicated that cognitive behaviour therapy was more significantly effective on substance dependence disorder than self-management technique. The result also indicated that both cognitive behaviour therapy and self-management technique were significantly effective on substance dependence disorder among the male participants than the female participants. It was recommended that cognitive behaviour therapy and self-management technique should be combined together by counsellors when handling substance dependence disorder cases.

Igbokwe (2018) investigated the effects of self-management technique on bullying tendency among secondary school students in Owerri Municipal Council of Imo State. Three research questions guided the study and three hypotheses were tested at 0.05 significant level. Quasi-experimental research design was adopted for this study. The population for this study was a total of 749 junior and senior secondary (JSS2 and SS2) students with bullying tendency from the seven public Secondary Schools in Owerri Municipal Council. The sample consisted of 56 students selected through purposive sampling technique. Bullying Tendency Detecting Instrument (BTDI) which was validated by three experts was used as instrument for data collection. Data collected from the study were analysed using mean and Analysis of Covariance. Results obtained from the study indicated that Self-management technique was effective on bullying tendency among the participants. The results equally showed that Self-management technique was more effective on bullying tendency among the female participants than their male counterparts. Also, the results

revealed that Self-management technique was more effective on bullying tendency among the junior students who participated in the experiment than their senior counterpart. Furthermore, the results indicated that there was a significant decrease in bullying tendency among the students in the experimental group compared with those in the conventional counselling group. Again, the results showed that there was significant difference between the effects of Self-management on female students than their male counterparts. However, the decrease in students' bullying tendency was not significant based on age. Based on the findings of this study, some implications were highlighted and suggestions for further study were made. The researcher recommended, among others that Self-management technique should be adopted as an effective treatment strategy in helping students with bullying tendency so as to enhance their performances both academically, socially, and otherwise.

Ekenwe (2018) investigated the effect of self-management technique in enhancing academic self-concept among secondary school students in Awka-South local government area of Anambra State. The Pretest-Posttest Control-Group Quasi-experimental research design was adopted for this study. The population for this study was a total of 1278 junior and senior (JSS1 and SS2) students from all co-educational secondary schools in Awka-South. The sample consisted of 122 students with the low academic self-concept scores as measured with the instrument for data collection. Academic Self Concept Survey (ASS) was the instrument used for data collection. Data collected from the study were arranged in tables and analysed. Data collected for the research questions were analyzed using mean while data collected for the hypotheses were analyzed using ANCOVA. Results obtained from the study indicated that self-management technique was effective in enhancing the academic self-concept of the participants. The results equally showed that self-management technique was slightly more effective in enhancing the academic self-concept of the female participants than their male counterparts. Also, the results revealed that self-management technique was more effective on low academic self-concept among the senior students who participated in the experiment than their junior counterpart, among others. The study recommended among others that self-management technique should be used by guidance counsellors as an effective counselling technique for enhancing secondary school students' academic self-concepts.

Caddy (2016) investigated the effect of self-management technique and discriminatory aversive conditioning techniques in the modification of drug addiction in Gokhan, Turkey. Six research questions were answered and six hypotheses were tested at 0.05 significant levels. The study adopted the pre-test, post-test and control group experimental design. The study sample consisted of 160 inmates undergoing rehabilitation in Gokhan. The instrument for data collection was Addiction Severity Index-Lite Version (ASI-Lite) developed by McLellan. The one-way ANOVA and t-test of independence were used for data analysis. The findings of the study showed that self-

management and discriminatory aversive conditioning techniques were significantly effective on drug addiction. The findings also indicated that self-management technique was more effective in modifying drug addiction among the inmates than discriminatory aversive conditioning technique. The findings equally showed that both self-management technique and discriminatory aversive conditioning techniques were significantly effective in the modification of drug addiction among the female inmates than the male inmates. Moreso, the findings of the study indicated that there were no significant differences in the effects of the two techniques on drug addiction based on the age of the inmates.

Griffin, Scheier and Botvin (2014) investigated the effect of self-management technique on drug addiction among youths in Northeast region of the United States. Three null hypotheses tested at 0.05 significance guided the study. The study adopted pretest-postest control group true experimental design. The population of the study consisted of 2489 students attending middle schools from the 7th through 10th grades. The sample was 138 drawn through simple random sampling. A structured questionnaire titled Drug Addiction Indicator (DAI) was the instrument used for data collection. The instrument was developed by the researchers and validated by experts in Weill Cornell University, United States of America. The instrument yielded a reliability coefficient alpha of 0.82. Data analysis was done using Analysis of Covariance (ANCOVA). Findings of the study indicated that self-management technique was significantly effective on drug addiction among the participants. Findings of the study also showed that self-management technique was significantly effective on drug addiction among male participants that the female participant. The findings equally showed that self-management technique was significantly effective on drug addiction among the sub-urban participants than their urban counterparts. It was recommended among others that psychologists and other intervention personnel should use self-management technique as an effective treatment for drug addiction.

Purpose of the Study

The study determined the effect of self-management technique on drug addiction among inmates of NDLEA. Specifically the study determined the:

1. Effect of self-management technique on drug addiction among inmates of NDLEA when compared to those who received conventional counselling using their pretest and posttest mean scores.
2. Difference in the effects of self-management technique on drug addiction among male and female inmates of NDLEA using their pretest and posttest mean scores.

Research Questions

The study was guided by the following research questions:

1. What is the effect of self-management technique on drug addiction among inmates of NDLEA when compared to those who received conventional counselling using their pretest and posttest mean scores?

2. What is the difference in the effects of self-management technique on drug addiction among male and female inmates of NDLEA using their pretest and posttest mean scores?

Hypotheses

The following null hypotheses were tested at 0.05 levels of significance:

1. The effect of self-management technique on drug addiction among inmates of NDLEA is not significant when compared to those who received conventional counselling using their posttest scores.
2. There is no significant difference in the effects of self-management technique on drug addiction among male and female inmates of NDLEA using their posttest scores.

Research Method

Research Design: This study adopted a non-randomized pretest, posttest control group quasi-experimental research design. The design is called quasi experimental because it does not employ randomisation in the placement of participants into experimental and control groups. According to Nworgu (2015), a quasi-experimental study is a type of experimental study that determines the effect of a treatment paradigm on a non-randomised sample. In the quasi experiment, the samples are divided into two groups (experimental group and control group) without randomisation. The present study therefore adopted a non-randomised pretest-posttest control group quasi experimental design. For the purpose of the present study, the group known as the experimental group (E1) will be given cognitive restructuring while the other group known as the control group (CG) was given conventional counselling.

The population of the study comprised all 340 male and female inmates from NDLEA correctional facilities in five states in South east Nigeria. The population of inmates was identified using Drug Addiction Detection Inventory (DADI), using the norm of 60 as a guide. The instrument was administered to the inmates to confirm those who are still battling with the problem of drug addiction. Thus, their scores were regarded as the pre-test scores. A total of 460 copies of DADI were administered with the help of five research assistants. Accordingly, from the drug addiction inventory administered, inmates found with high in drug addiction (that is, inmates with high scores above the norm of 60) made up the population of 340.

Sample and Sampling Technique: The sample size for the study was 138 male and female NDLEA inmates drawn using purposive sampling technique to select two states with the high number of drug addicts.

Instrument for Data Collection: The instrument used for this study is a questionnaire titled Drug Addiction Detecting Instrument (DADI) and was developed by the researchers The DADI has an introductory part “section A” that solicits the bio-data of the respondents such as gender. The “section B” is designed to detect inmates who are addicted to drug. The instrument contains a total of 24 items.

The respondents were requested to read the items of the instrument carefully and indicate the extent it suits their thoughts and feeling by ticking (1-4). The instrument for

data collection has both direct and reverse scoring pattern (for instance items 3, 10, 15, 16 and 23 are reversed). For direct scoring, strongly agree = 4, agree = 3, disagree = 2, strongly disagree = 1, while for reverse scoring strongly agree = 1, agree = 2, disagree =3 and strongly disagree = 4.

Validation of the Instrument: Face validation of the instrument was conducted by three experts. One expert in Measurement and Evaluation unit of the Department of Educational Foundations and two experts in counselling psychology in the Department of Guidance and Counselling, all in the Faculty of Education, Nnamdi Azikiwe University, Awka. Copies of the Drug Addiction Detecting Instrument together with the research topic, purpose of study, research questions and hypotheses were given to the experts. The experts were requested to critique the instrument for appropriateness of the language used, suitability and content coverage. The experts made some observations and gave some suggestions and corrections which were considered in developing the final copy of the instrument.

Reliability of the Instrument: The reliability of the instrument was established through the method of measure of internal consistency whereby the researchers conducted a pilot fest using 30 inmates in NDLEA rehabilitation centre, Delta State, who are not be part of research population. The Cronbach coefficient alpha obtained for the DADI instrument is 0.91.

Method of Data Collection: Direct contact approach was employed for the data collection. The researchers acted as the resource persons to the commands. They administered both the treatments and instrument. Inmates with high scores in the DADI were considered to be drug addicts and were selected to form both the experimental and control groups. A special request was made to the NDLEA commander in each of the two participating states for the provision of enabling environment for the period of treatments. The post-test instrument items were reshuffled to avoid Hawthorne's effect. Since the pretest scores were gotten before treatment which lasted for eight weeks, the posttest was administered after the treatment period to both groups.

Control of Extraneous Variables: The researchers are aware of the possible effects of extraneous variables which if not well controlled could pollute the study and mar the findings. Therefore, some efforts were made to ensure that such constraints are reduced or possibly eliminated. Such measures were taken so as to control the extraneous variables included:

1. The use of separate commands in this experiment for the therapeutic treatments. That is, experimental and control groups will be located at different state commands to avoid participants' interaction and contamination.
2. Administration of treatment is another dimension in which control of extraneous variable in each command will be achieved. The researchers who are experts did the treatment by themselves.
3. The researchers are also aware of the Hawthorne effect. The Hawthorne effect according to Nworgu (2015), is

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an experimenter effect whereby participants in the study may exhibit high level of performance simply because they are aware that they are being studied, and thus changes in participants' behaviour during the course of a study may be related only to the special social situation, and social treatment they received. Therefore, the first week was used to create adequate rapport with the inmates and the instrument for the post-test was reshuffled.

4. Use of analysis of co-variance (ANCOVA): the reason for the use of ANCOVA was to take care of initial differences that may have occurred between the experimental and control groups.

Method of Data Analysis: The completed Drug Addiction Detecting Instrument (DADI) for the pre-test was scored following the scoring instruction and the same measure was be taken for the post-test. Mean scores were used in answering the research questions and analysis of covariance (ANCOVA) was used in testing the null hypotheses at 0.05 levels of significance.

Results and Discussion

Research Question 1: What is the effect of Self-Management Technique on drug addiction among inmates of NDLEA when compared to those who received conventional counselling using their pretest and posttest mean scores?

Table 1: Pretest and Posttest drug addiction mean scores of inmates of NDLEA treated with self-management technique when compared with those who received conventional counselling (Norm = 60)

Source of Variation	N	Pretest Mean	Posttest Mean	Lost Mean	Remark
SMT	81	72.73	46.33	26.40	Effective
Control	57	76.09	67.95	8.14	

Table 1 reveals that the inmates of NDLEA treated with Self-Management have pretest drug addiction mean scores of 72.73 and posttest mean score of 46.33 with lost mean score of 26.40 while those who received conventional counselling had pretest mean score of 76.09 and posttest mean score of 67.95 with lost mean 8.14. With posttest mean scores of 46.40 for SMT which is below the norm of 60, self-management technique is effective in reducing drug addiction among inmates of NDLEA.

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Null hypothesis 1: The effect of self-management technique on drug addiction among inmates of NDLEA is not significant when compared to those who received conventional counselling using their posttest scores.

Table 2: ANCOVA on the effect of self-management technique on drug addiction among inmates of NDLEA when compared with those who received conventional counselling

Source of variation	SS	df	MS	Cal. F	Pvalue	P ≤ 0.05
Corrected Model	16593.083	2	8296.541			
Intercept	1442.006	1	1442.006			
Pretest Scores	963.316	1	963.316			
Treatment Methods	13379.810	1	13379.810	184.247	0.000	.000
Error	9803.526	135	72.619			
Total	447816.000	138				
Corrected Total	26396.609	137				

Table 2 shows that at 0.05 level of significance, 1df numerator and 137df denominator, the calculated F is 184.25 with Pvalue of 0.000 which is less than 0.05. Therefore, the first null hypothesis is not accepted. So, the effect of self-management technique on drug addiction among inmates of NDLEA is significant when compared with those who received conventional counselling.

The findings confirmed the finding of Griffin, Scheier and Botvin (2014) who investigated the effect of self-management technique on drug addiction among youths in Northeast region of the United States and found that self-management technique was significantly effective on drug addiction among the participants. This could be the reason why Oguzie, Obi and Chigbu (2020) emphasized that it is imperative that the people are taught a number of self-management skills that will enable them take control of their activities and acquire self-regulatory capacity.

Describing the power of self-management technique, Seque (2020) maintained that self-management technique refers to any set of tasks people with chronic conditions must do to learn how to live longer and healthier lives. It is a behaviour intervention process that enables clients to alter their personal behaviours by the use of certain newly learned skills and by rearranging their environment. Seque further observed that overtime, honing self-management skills is essential for people to gain autonomy over illnesses such as high blood pressure, diabetes and drug addiction, just as Oguzie, Obi and Nnadi (2019) in their study investigated the effect of self-management technique on shyness among secondary school students in Imo state found that self-management technique was significantly effective in reducing shyness among the participants. All these point to the fact that self-management technique is seen as a behaviour intervention strategy which is used to help clients to achieve adequate self-awareness, self-regulation and self-control. By learning self-management skills inmates can

become more self-regulated and less dependent on drugs.

Research Question 2: What are the differences in the effects of self-management technique on drug addiction among male and female inmates of NDLEA using their pretest and posttest mean scores?

Table 3: Pretest and Posttest drug addiction mean scores of male and female inmates of NDLEA treated with self-management technique (Norm = 60)

Source of Variation	N	Pretest Mean	Posttest Mean	Lost Mean	Remark
Male	73	72.66	46.63	26.03	
Female	8	73.38	43.63	29.75	More effective

Table 3 reveals that the male inmates of NDLEA treated with self-management technique had pretest mean score of 72.66 and posttest mean score of 46.63 with lost mean 26.03 in their drug addiction while the female counterparts had pretest mean score of 73.38 and posttest mean score of 43.63 with lost mean 29.75. With lost mean scores of 29.75 for female inmates as against 26.03 for male inmates, SMT is more effective in reducing drug addiction scores of female inmates of NDLEA.

Null hypothesis 2: There is no significant difference in the effects of self-management technique on drug addiction among male and female inmates of NDLEA using their posttest scores.

Table 4: ANCOVA on the effects of self-management technique on drug addiction among male and female inmates of NDLEA

Source of variation	SS	df	MS	Cal. F	Pvalue	P ≤ 0.05
Corrected Model	121.080	2	60.540			
Intercept	1132.511	1	1132.511			
Pretest Scores	55.969	1	55.969			
Gender	68.554	1	68.554	0.833	0.364	NS
Error	6416.920	78	82.268			
Total	180427.000	81				
Corrected Total	6538.000	80				

Table 4 indicates that at 0.05 level of significance, 1df numerator and 80df denominator, the calculated F is 0.833 with P-value of 0.364 which is grater than 0.05. Therefore, the second null hypothesis is accepted. So, there is no significant difference in the effects of self-management technique on drug addiction among male and female

inmates of NDLEA using their posttest scores. This finding disagrees with that of Caddy (2016) which showed that self-management technique was significantly effective on drug addiction among male participants that the female participant. However the findings of the present study totally agree with those of Oguzie, Obi and Nnadi (2019) who found that self-management technique was more effective in reducing shyness among the female participants than that of their male counterparts. However, it was found that the gender difference in the effectiveness of self-management technique in reducing the participants' shyness was not significant. Nevertheless the fact remains that the psychological treatments packages are effective and very helpful to researcher in reducing the drug addictive conditions of the clients irrespective of their gender.

Conclusion

The study hereby concludes that self-management technique was significantly effective in reducing drug addictive behaviour of inmates in NDLEA irrespective of their gender.

Recommendations

The researchers made the following recommendations:

1. Professional Guidance Counsellors should start visiting the various remind homes or the NDLEA centres in the country to assist the inmates regain their good mental health by applying self-management technique in their rehabilitation services.
2. The NDLEA as an organization should establish a good counselling office/clinic in all the centres and employ professional counsellors to work in them.

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