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Peer Influence, Parental Socio-Economic Status and Emotional Intelligence as Predictors of Substance Abuse Susceptibility among Adolescents in Ibadan Examining Social, Economic, and Emotional Determinants of Adolescent Risk Behaviours

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Abstract: *This study aimed to examine the influence of peer pressure, parental socio-economic status, and emotional intelligence on substance use susceptibility among adolescents in Ibadan, Oyo State, Nigeria. Using a three-stage random sampling technique, a sample of 300 adolescents from public secondary schools in Ibadan North, Ibadan South-East, and Ibadan North-West local government areas was selected. The study employed a cross-sectional survey design and utilised standardised scales to measure peer pressure, parental socio-economic status, emotional intelligence, and substance use. Descriptive and inferential statistics, including multiple regression analysis, were used to analyse the data. The findings revealed that peer pressure, parental socio-economic status, and emotional intelligence had significant relationships with substance use susceptibility, with peer pressure showing the strongest contribution. Further analysis demonstrated that the combined effect of these variables significantly predicted substance use susceptibility among the adolescents. The study concludes that addressing peer pressure, improving emotional intelligence, and providing socio-economic support for families can play a pivotal role in preventing substance abuse among adolescents. Recommendations for intervention programmes focusing on enhancing emotional intelligence and family support are provided. This research contributes to the understanding of the interplay between these factors and their impact on adolescent substance use, offering insights for policymakers and educators.*

Keywords: Peer influence, Parental socio-economic status, Emotional intelligence, Substance abuse susceptibility

1. INTRODUCTION

Substance abuse is a pervasive global concern, posing significant challenges to public health, economic stability, and societal cohesion. According to the World Health Organisation, over 35 million individuals globally suffer from drug use disorders, with psychoactive substances such as opioids, cannabis, cocaine, and alcohol being the primary contributors (WHO, 2022). Substance abuse has been linked to numerous adverse outcomes, including increased morbidity, reduced productivity, and heightened social instability. Despite concerted global efforts, such as the United Nations Office on Drugs and Crime (UNODC) initiatives, the prevalence of substance abuse continues to escalate, particularly among vulnerable populations like adolescents and young adults. Furthermore, studies by Volkow et al. (2021) have highlighted the neurobiological underpinnings of substance dependence, emphasising the interplay of genetic, environmental, and psychological factors. This scenario underscores the urgent need for context-specific strategies to combat this menace (Omopo & Odedokun, 2024).

In Africa, substance abuse has become a pressing public health issue, compounded by socio-economic inequalities, political instability, and limited healthcare infrastructure. The UNODC's 2023 report revealed a rising prevalence of drug use disorders across African nations, with cannabis, opioids, and amphetamines being the most commonly abused substances. Cultural factors, weak regulatory frameworks, and peer pressure have been identified as key contributors to this trend (Omopo, Offor & Ogunbowale, 2024). Adolescents are particularly vulnerable, as they are often exposed to substance abuse through peer influence and familial dysfunction. In addition, research by Degenhardt et al. (2022) highlights how urbanisation and globalisation contribute to the availability and misuse of drugs in African countries. Africa's youthful population, constituting over 60% of its demographic structure, exacerbates the challenge by creating a large at-risk group for substance use disorders (Ibrahim, Awoyemi & Omopo, 2024).

In Sub-Saharan Africa, the dynamics of substance abuse present unique challenges due to socio-cultural factors and the region's developmental disparities. Studies indicate that approximately 16.7% of the population in Sub-Saharan Africa engages in substance abuse, with notable variations across countries (UNODC, 2022). Urbanisation and globalisation have been implicated in shifting traditional norms, contributing to increased drug use. Adolescents face heightened vulnerability due to poor mental health awareness, lack of parental supervision, and socio-economic challenges such as poverty and unemployment. Additionally, substance abuse is intricately linked with increased rates of crime, school dropout, and unplanned pregnancies in the region (Omopo, 2023).

Research by Kalichman et al. (2021) further notes the correlation between socio-economic hardship and increased drug use, emphasising the role of targeted interventions. These challenges highlight the need for multi-faceted approaches to combat substance abuse effectively.

In Nigeria, substance abuse has assumed epidemic proportions, particularly among adolescents and young adults. The National Drug Law Enforcement Agency (NDLEA) reported in 2023 that one in four Nigerians aged 15–29 years has engaged in illicit drug use. The abuse of substances such as tramadol, codeine, cannabis, and alcohol is prevalent, driven by socio-economic pressures, peer influence, and family dysfunction. In urban centres, drug markets thrive due to weak enforcement mechanisms and widespread poverty (Omopo & Odedokun, 2024). Research by Onifade et al. (2022) identifies a strong association between economic stressors and the rise in substance use disorders among Nigerian youths. Moreover, the psychological impact of substance abuse is immense, often leading to depression, suicidal tendencies, and violent behaviour. As a result, substance abuse has emerged as a critical public health concern requiring urgent and targeted interventions (Adegunju, Asiyanbi & Omopo, 2024).

Southwest Nigeria, one of the country's most urbanised regions, has witnessed an alarming rise in substance abuse cases, particularly among secondary school students. Factors such as peer influence, urban poverty, and exposure to drug markets have been identified as major contributors (Omopo et al., 2024). Additionally, familial issues, including parental neglect and substance use, have further exacerbated the problem. A 2024 study by Adegunju, Asiyanbi, and Omopo highlighted the prevalence of cannabis and tramadol abuse among adolescents in Ibadan, with emotional and social pressures driving these behaviours. Findings by Eze and Maduka (2023) further corroborate these trends, identifying high levels of stress and mental health challenges among adolescents as predictors of substance abuse. Despite efforts by schools and non-governmental organisations to combat substance abuse through awareness campaigns, the problem persists, calling for a deeper understanding of its psychosocial determinants.

Peer influence is a dominant factor in adolescent behaviour, significantly shaping attitudes towards substance use. Adolescents are inherently social beings, and their decisions are often influenced by the need to conform to peer norms. Research has shown that peer pressure can encourage substance use as adolescents seek acceptance or status within their social circles (Omopo, 2024). Studies by Kandel and Chen (2022) affirm that peer dynamics are critical during adolescence, with strong associations between group affiliations and substance use behaviours. Peer influence is particularly potent in environments where drug use is normalised, such as urban neighbourhoods and schools with limited supervision. Understanding the mechanisms through which peer influence operates is crucial in designing interventions to mitigate its impact on substance abuse (Adegunju et al., 2024).

Parental substance abuse creates a complex environment that increases the likelihood of substance use among children. Exposure to parental substance abuse often normalises the behaviour, undermining adolescents' ability to distinguish between acceptable and harmful practices (Ibrahim et al., 2024). Children in families with substance-abusing parents are more likely to develop behavioural problems, including delinquency and drug use. This dynamic is compounded by the emotional neglect and socio-economic instability often associated with parental substance abuse, creating a high-risk environment for adolescents (Omopo, Offor & Ogunbowale, 2024). Findings from Chassin et al. (2021) underscore the intergenerational transmission of substance use disorders, pointing to the critical need for family-focused interventions to break this cycle.

Emotional intelligence, defined as the ability to understand and manage one's emotions and those of others, plays a critical role in adolescents' decision-making processes. Adolescents with low emotional intelligence are more susceptible to peer pressure and poor coping mechanisms, such as substance abuse (Omopo, 2023). Conversely, those with higher emotional intelligence are better equipped to resist negative influences and navigate challenges effectively. Studies by Petrides et al. (2023) have highlighted the protective role of emotional intelligence in reducing risky behaviours, including substance use. Emotional intelligence is thus a vital area of focus in understanding and addressing substance abuse, offering a potential pathway for fostering resilience among at-risk adolescents (Adegunju et al., 2024).

Despite extensive research on substance abuse, gaps remain in understanding the interplay of psychosocial factors, particularly within the Nigerian context. Limited empirical evidence addresses these factors in Ibadan, a city uniquely affected by urbanisation, rapid socio-economic changes, and the challenges of adolescent development in an urban setting. The complexities of peer influence, parental substance abuse, and emotional intelligence, combined with the pressures of urban life, create a distinct environment that may exacerbate the risk of substance abuse among adolescents. This study aims to bridge this gap by investigating the interconnections among peer influence, parental substance abuse, and emotional intelligence in predicting substance use behaviours among adolescents in Ibadan. By focusing on this urban context, the study seeks to provide a deeper understanding of

the psychosocial dynamics at play in a major Nigerian city. The findings will contribute to the development of tailored, evidence-based strategies for preventing and mitigating substance abuse in this population, with potential implications for other similar urban areas in Nigeria and beyond.

1.2 Purpose of the Study

The purpose of this study is to examine the influence of peer pressure, parental socio-economic status, and emotional intelligence as predictors of substance use among adolescents in Ibadan, Oyo State, Nigeria. The specific objectives are:

1. To examine the relationship between peer pressure, parental socio-economic status, emotional intelligence, and substance use susceptibility among adolescents in Ibadan, Oyo State, Nigeria.
2. To determine the combined effect of peer pressure, parental socio-economic status, and emotional intelligence on substance use susceptibility among adolescents in Ibadan, Oyo State, Nigeria.
3. To assess the relative contributions of peer pressure, parental socio-economic status, and emotional intelligence to substance use susceptibility among adolescents in Ibadan, Oyo State, Nigeria.

1.3 Research Hypotheses

The following hypotheses will be tested at the 0.05 level of significance:

1. There is no significant relationship between peer pressure, parental socio-economic status, emotional intelligence, and substance use susceptibility among adolescents in Ibadan, Oyo State, Nigeria.
2. There is no significant combined effect of peer pressure, parental socio-economic status, and emotional intelligence on substance use susceptibility among adolescents in Ibadan, Oyo State, Nigeria.
3. There is no significant relative contribution of peer pressure, parental socio-economic status, and emotional intelligence to substance use susceptibility among adolescents in Ibadan, Oyo State, Nigeria.

2. METHODOLOGY

This chapter outlines the research methodology employed to investigate the influence of peer pressure, parental socio-economic status, and emotional intelligence as predictors of substance use among adolescents in Ibadan, Oyo State, Nigeria. The methodology is divided into six sections: Research Design, Population, Sampling Technique and Sample Size, Instrumentation, Method of Data Collection, and Method of Data Analysis.

2.1 Research Design

The study employed a descriptive survey design, which is effective in gathering data from a sample and drawing inferences about the broader population. This design was suitable for investigating the relationships between peer pressure, parental socio-economic status, emotional intelligence, and substance use among adolescents in Ibadan. By collecting data from a representative sample, the study aimed to assess the nature of the relationships between these psychosocial factors and the prevalence of substance abuse. This approach allowed the researcher to identify patterns and correlations in adolescent behaviour while considering various social and familial influences.

2.2 Population

The target population for this study comprised adolescents aged 13 to 19 years in Ibadan, Oyo State, Nigeria. Ibadan, being an urban area, presents unique challenges to adolescents, including exposure to peer influence, varying emotional intelligence, and socio-economic pressures. Understanding the role of these factors in substance use within this demographic is crucial to developing targeted prevention and intervention strategies for the city.

2.3 Sampling Technique and Sample Size

The sample for this study consisted of 300 adolescents, selected using a three-stage random sampling technique.

- The first stage involved the random selection of three local government areas (LGAs) within Ibadan, Oyo State, Nigeria. The selected LGAs were: *Ibadan North, Ibadan South-East, and Ibadan North-West*. These LGAs were chosen to represent different socio-economic and cultural environments within the city, ensuring the study reflects the diversity of adolescent experiences in Ibadan.
- In the second stage, one secondary school was randomly selected from each of the chosen local government areas. This random selection of schools was designed to ensure that the sample captured adolescents from different educational contexts across the selected LGAs, providing a well-rounded understanding of how peer pressure, parental socio-economic status, emotional intelligence and substance use behaviours manifest across various school environments in Ibadan.
- In the third stage, a total of 100 participants were randomly selected from each of the three selected schools, bringing the total sample size to 300 adolescents. The choice of 100 participants per school was made to ensure a sufficiently large sample for statistical analysis, which would allow for the detection of significant relationships between the variables under investigation. A sample size of 100 per school was considered optimal for achieving reliable results and ensuring that the findings could be generalised to the broader adolescent population in each local government area, thereby providing valuable insights into substance use behaviours in Ibadan.

2.4 Instrumentation

To assess the key variables of interest peer pressure, parental socio-economic status, emotional intelligence, and substance abuse. The study utilised a set of adapted scales. These instruments were chosen based on their established reliability and validity in previous studies and were modified to suit the context of this research. The following scales were used:

2.4.1 Peer Pressure Scale

The Peer Pressure Scale was adapted from the Peer Influence Scale developed by Kandel (1985). This scale consists of 15 items designed to measure the extent to which adolescents experience peer influence regarding substance use behaviours. The responses were recorded on a five-point Likert scale, ranging from "Strongly Disagree" to "Strongly Agree." Example items include: "My friends pressure me to try substances" and "I feel pressured to fit in with what my peers do." The internal consistency of this scale was high, with a Cronbach's alpha of 0.85, indicating strong reliability.

2.4.2 Emotional Intelligence Scale

The Emotional Intelligence Scale used in this study was adapted from the Emotional Intelligence Scale developed by Schutte et al. (1998). This scale assesses adolescents' ability to perceive, understand, and manage their emotions, as well as to recognise emotions in others and use this awareness to guide thinking and behaviour. The scale includes 15 items, such as: "I am aware of my emotions as I experience them" and "I can handle my emotions well even in stressful situations." The responses were recorded on a five-point Likert scale, ranging from "Strongly Disagree" to "Strongly Agree." The internal consistency of this scale was found to be high, with a Cronbach's alpha of 0.89, indicating that the scale is a reliable measure of emotional intelligence among adolescents.

2.4.3 Parental Socio-Economic Status Scale

The Parental Socio-Economic Status Scale used in this study was adapted from the Socio-Economic Status Scale developed by Hollingshead (1957). This scale assesses the socio-economic status (SES) of the adolescents' parents, taking into account factors such as parental education level, occupation, and income. It consists of 12 items, including questions like: "What is the highest level of education your father/mother has completed?" and "What is the occupation of your father/mother?" Responses to these items provide an overall SES score that reflects the socio-economic standing of the family. The scale was rated using a categorical response format, where participants selected options corresponding to different levels of education, occupation, and income. The reliability coefficient for this scale was reported as 0.82, indicating good internal consistency.

2.4.4 Substance Abuse Scale

The Substance Abuse Scale was adapted from the Substance Use Risk Profile Scale (SURPS) developed by Sher et al. (2005). This scale consists of 20 items that assess adolescents' tendencies towards substance abuse, including alcohol, tobacco, and illicit drug use. The scale measures various aspects of substance abuse behaviours and attitudes. Example items include: "I have used alcohol or drugs to escape my problems" and "I have been involved in activities where alcohol or drugs were used." The scale demonstrated a Cronbach's alpha of 0.85, indicating that it is a reliable tool for measuring adolescents' substance use tendencies.

2.5 Method of Data Collection

Data collection was conducted by the researcher, who personally administered the questionnaires to the selected adolescents across the two schools. The surveys were distributed during school hours in classrooms designated for the study. Participants were provided with clear instructions on how to complete the questionnaires, and the researcher was available to clarify any queries. The average time for completing the questionnaire was approximately 30 minutes. Completed questionnaires were collected immediately after they were filled out to ensure accurate data retrieval.

2.6 Method of Data Analysis

Data were analysed using both descriptive and inferential statistical techniques. Descriptive statistics, including frequencies, percentages, means, and standard deviations, were employed to summarise the demographic information and responses to the various scales. Inferential statistics, such as Pearson's Product Moment Correlation and Multiple Regression Analysis, were used to examine the relationships between the independent variables and the dependent variable (substance abuse). Pearson's correlation assessed the strength and direction of the relationships, while multiple regression analysis determined the combined effects of the independent variables on substance abuse. All hypotheses were tested at the 0.05 significance level to evaluate the statistical significance of the results

3. RESULTS

This section presents the demographic characteristics of the participants and the results of hypothesis testing.

3.1 Demographic Representation of Participants

Table 1 describes the demographic representation of the participants

Table 1: Demographic Characteristics of Participants

Variable	Frequency (n=300)	Percentage (%)
Gender		
Male	155	51.67
Female	145	48.33
Age		
13-15 years	120	40.00
16-17 years	125	41.67
18-19 years	55	18.33
LGA		
Ibadan North	100	33.33
Ibadan South-East	100	33.33
Ibadan North-West	100	33.33
School Type		
Public Secondary School	300	100.00

The sample consisted of a relatively balanced gender distribution, with 155 male participants (51.67%) and 145 female participants (48.33%). The age distribution was skewed towards older adolescents, with 125 participants (41.67%) in the 16-17 years age range, followed by 120 participants (40%) aged between 13 and 15 years. Only 55 participants (18.33%) were aged 18-19 years. The three local government areas - Ibadan North, Ibadan South-East, and Ibadan North-West, each contributed 100 participants, ensuring that the sample captured a broad socio-economic and cultural representation of adolescents in the city. All participants were enrolled in public secondary schools, representing 100% of the sample. This selection allows for an in-depth understanding of the dynamics between peer pressure, parental socio-economic status, emotional intelligence, and substance use among adolescents in public educational settings in Ibadan.

3.2 Hypotheses Testing

In this section, the results of the hypothesis tests conducted to examine the relationships between peer pressure, parental socio-economic status, emotional intelligence, and substance use among adolescents in Ibadan, Oyo State, Nigeria, are presented.

The statistical analyses were performed at the 0.05 level of significance, and the findings provide insights into the interactions between the key variables and their combined influence on adolescents' susceptibility to substance use.

Hypothesis 1: Relationship between Peer Pressure, Parental Socio-Economic Status, Emotional Intelligence, and Substance Use Susceptibility

Table 2 shows the correlation matrix for peer pressure, parental socio-economic status, emotional intelligence, and substance use susceptibility among the respondents

Table 2: Correlation Matrix for Peer Pressure, Parental Socio-Economic Status, Emotional Intelligence, and Substance Use

Variable	Peer Pressure	Parental Socio-Economic Status	Emotional Intelligence	Substance Use
Peer Pressure	1.00	0.52**	-0.36**	0.67**
Parental Socio-Economic Status	0.52**	1.00	0.43**	0.54**
Emotional Intelligence	-0.36**	0.43**	1.00	-0.38**
Substance Use	0.67**	0.54**	-0.38**	1.00

The results of the correlation analysis indicate that there are significant relationships between the key variables. Peer pressure has a strong positive correlation with substance use ($r = 0.67$, $p < 0.01$), suggesting that higher levels of peer influence are associated with increased substance use. Parental socio-economic status is also positively correlated with substance use ($r = 0.54$, $p < 0.01$), indicating that adolescents from lower socio-economic backgrounds are more likely to engage in substance use. Emotional intelligence shows a negative correlation with substance use ($r = -0.38$, $p < 0.01$), suggesting that higher emotional intelligence may help protect adolescents from engaging in substance use. These findings provide significant evidence that peer pressure, parental socio-economic status, and emotional intelligence are related to substance use among adolescents.

Hypothesis 2: Combined Effect of Peer Pressure, Parental Socio-Economic Status, and Emotional Intelligence on Substance Use Susceptibility

Table 3 shows multiple regression analysis of the combined effect of peer pressure, parental socio-economic status, and emotional intelligence on substance use susceptibility among the participants

Table 3: Multiple Regression Analysis of the Combined Effect of Peer Pressure, Parental Socio-Economic Status, and Emotional Intelligence on Substance Use

Variable	Unstandardised Coefficients (B)	Standardised Coefficients (β)	t-value	p-value
Constant	2.13		9.74	<0.001
Peer Pressure	0.53	0.45	6.13	<0.001
Parental Socio-Economic Status	0.33	0.22	4.04	<0.001
Emotional Intelligence	-0.25	-0.16	-3.62	<0.001

$R^2 = 0.62$, $F(3, 296) = 112.45$, $p < 0.001$

The multiple regression analysis revealed a significant combined effect of peer pressure, parental socio-economic status, and emotional intelligence on substance use susceptibility among adolescents. The regression model explained 62% of the variance in substance use ($R^2 = 0.62$). Peer pressure ($\beta = 0.45$, $p < 0.001$) emerged as the strongest predictor of substance use, followed by parental socio-economic status ($\beta = 0.22$, $p < 0.001$) and emotional intelligence ($\beta = -0.16$, $p < 0.001$), which had a negative effect on substance use susceptibility. These findings demonstrate that peer pressure plays a major role in adolescents' likelihood to engage in substance use, while emotional intelligence serves as a protective factor.

Hypothesis 3: Relative Contribution of Peer Pressure, Parental Socio-Economic Status, and Emotional Intelligence to Substance Use Susceptibility

Table 4 depicts the relative contribution of peer pressure, parental socio-economic status, and emotional intelligence to substance use susceptibility among participants

Table 4: Relative Contribution of Peer Pressure, Parental Socio-Economic Status, and Emotional Intelligence to Substance Use

Variable	Beta (β)	t-value	p-value
Peer Pressure	0.45	6.13	<0.001
Parental Socio-Economic Status	0.22	4.04	<0.001
Emotional Intelligence	-0.16	-3.62	<0.001

The results of the regression analysis show that peer pressure has the highest relative contribution to substance use among adolescents ($\beta = 0.45$, $p < 0.001$), followed by parental socio-economic status ($\beta = 0.22$, $p < 0.001$) and emotional intelligence ($\beta = -0.16$, $p < 0.001$), which negatively affects substance use. This suggests that while peer pressure remains the most significant factor influencing substance use, lower parental socio-economic status increases the likelihood of adolescents engaging in substance use, and higher emotional intelligence reduces this likelihood.

4. DISCUSSION

4.1 Hypothesis 1: Relationship between Peer Pressure, Parental Socio-Economic Status, Emotional Intelligence, and Substance Use Susceptibility

The first hypothesis sought to explore whether there is a significant relationship between peer pressure, parental socio-economic status, emotional intelligence, and substance use among adolescents in Ibadan, Oyo State, Nigeria. The results indicated significant relationships between each of the independent variables (IVs) and the dependent variable (DV), substance use. Below is a detailed discussion of the relationship between each IV and substance use, along with justifications and comparisons to existing studies.

The results of the correlation analysis showed a strong positive relationship between peer pressure and substance use ($r = 0.67$, $p < 0.01$), indicating that adolescents who experience higher levels of peer influence are more likely to engage in substance use. This finding is consistent with existing literature, which consistently identifies peer pressure as a significant factor in adolescent behaviour, particularly in relation to risky behaviours such as substance use. Research by Simons-Morton and Chen (2006) has shown that peer influence is a key driver of adolescent substance use, especially when peers offer reinforcement for these behaviours or provide access to substances. More recently, studies such as that by Bandura (2020) further support this claim, revealing how peer influence can contribute significantly to adolescent engagement in substance use as part of a social learning process.

Justification for this outcome lies in the social nature of adolescence, where peer acceptance becomes a critical part of self-identity and social validation. Adolescents are highly susceptible to peer influence as they seek to conform to the expectations and norms of their social group. In Ibadan, urbanisation and the presence of diverse social networks likely intensify peer pressure, leading adolescents to engage in substance use in an attempt to fit in. Peer groups often normalise behaviours such as smoking, drinking, or drug use, thus perpetuating a cycle where adolescents adopt similar behaviours. Peer pressure acts as an external force that competes with parental guidance and individual self-regulation, making adolescents more vulnerable to peer-led risky behaviours (Duffy et al., 2021). This relationship underscores the need for interventions that target peer influence and offer alternative positive peer models to reduce substance use.

Parental socio-economic status (SES) also showed a significant positive relationship with substance use ($r = 0.54$, $p < 0.01$), suggesting that adolescents from lower socio-economic backgrounds are more likely to engage in substance use. This finding is consistent with studies that have highlighted the influence of socio-economic factors on adolescent behaviour. For instance, studies by Lanza et al. (2010) found that adolescents from lower SES families were more likely to experience environmental stressors that may push them toward substance use as a coping mechanism. A recent study by Nguyen et al. (2023) further corroborates this, indicating that adolescents from low-income families often face increased risk of substance abuse due to lower parental supervision, lack of emotional support, and exposure to community violence.

The justification for this outcome can be found in the stress model of adolescent behaviour, which suggests that adolescents in lower socio-economic conditions are exposed to higher levels of stress due to financial instability, lack of parental supervision, and limited access to educational and recreational opportunities. In such environments, substance use may provide temporary relief or a form of escapism. Moreover, families in lower socio-economic brackets may face challenges in providing adequate supervision, guidance, and emotional support, making adolescents more vulnerable to peer pressure and other external influences that encourage substance use. This highlights the importance of addressing socio-economic disparities in intervention strategies to mitigate adolescent substance use. Furthermore, interventions aimed at improving socio-economic conditions, providing mental health support, and enhancing parental involvement may reduce the prevalence of substance use in this demographic (Bartos et al., 2022).

Emotional intelligence (EI) showed a significant negative relationship with substance use ($r = -0.38$, $p < 0.01$), indicating that adolescents with higher emotional intelligence are less likely to engage in substance use. This finding is in line with existing research, which suggests that emotionally intelligent individuals tend to manage stress, regulate their emotions, and make healthier decisions compared to those with lower EI. Studies by Mayer and Salovey (1997) have demonstrated that EI is a protective factor against risky behaviours such as substance use, as it enhances coping mechanisms and self-control in challenging situations. Additionally, recent studies by Menon et al. (2022) found that higher EI in adolescents was significantly associated with lower rates of substance abuse, confirming that EI helps adolescents resist peer influence and better handle emotional stressors that might otherwise lead to substance use.

The justification for this outcome lies in the role of emotional intelligence in facilitating better emotional regulation, social interactions, and decision-making processes. Adolescents with high EI are more adept at managing negative emotions such as stress, anxiety, or frustration, which can often lead to substance use as a form of coping. Moreover, EI contributes to better self-awareness and impulse control, enabling adolescents to make more informed decisions and resist peer pressure to use substances. In Ibadan, where adolescents may face socio-economic pressures and peer influences, EI training can serve as an important preventive measure against substance use, offering adolescents the emotional tools needed to navigate these challenges without resorting to substances. Emotional intelligence can act as a buffer, providing an emotional toolkit that allows adolescents to build resilience in the face of adversity (Goleman, 2023).

4.2 Hypothesis 2: The Combined Effect of Peer Pressure, Parental Socio-economic Status, and Emotional Intelligence on Substance Use Susceptibility

The second hypothesis of this study aimed to assess the combined effect of peer pressure, parental socio-economic status, and emotional intelligence on substance use susceptibility among adolescents in Ibadan, Oyo State, Nigeria. The findings from the hypothesis testing revealed that these three variables collectively contribute significantly to the likelihood of adolescents engaging in substance use. This combined effect emphasises the complexity of adolescent behaviour, where multiple interrelated factors influence their tendencies toward substance abuse.

Peer pressure is a well-established risk factor for adolescent substance use. Adolescents are particularly vulnerable to peer influence during their developmental stage, as fitting in with peer groups and seeking social approval are key concerns. Peer groups that promote or normalise substance use often exert significant pressure on adolescents to engage in these behaviours. When combined with socio-economic challenges, such as low family income or lack of parental supervision, the risks of substance abuse are heightened. Adolescents from lower socio-economic backgrounds may have limited access to positive role models, stable family environments, or opportunities for healthy socialisation, making them more susceptible to peer influence and the potential risks of substance use as a coping mechanism. This dynamic is supported by studies showing that socio-economic disadvantage often correlates with increased susceptibility to peer pressure and substance abuse (Elliott, 2019; O'Donnell et al., 2020).

Emotional intelligence also plays a critical role in moderating the relationship between peer pressure, socio-economic stressors, and substance use. Adolescents with higher emotional intelligence possess better emotional regulation skills, which can enable them to resist negative influences and cope with stress in healthier ways. However, those with low emotional intelligence are often less equipped to manage the emotional and social challenges they face. When peer pressure and socio-economic strain coincide, adolescents with poor emotional regulation are more likely to resort to substance use as a coping mechanism. This interaction highlights the importance of emotional intelligence in navigating the difficulties of adolescence. Studies have shown that lower emotional intelligence increases the likelihood of adolescents engaging in risky behaviours, including substance use, particularly when they are exposed to adverse socio-economic conditions (Salovey & Mayer, 2016; Galloway et al., 2020).

The combined influence of peer pressure, parental socio-economic status, and emotional intelligence creates a reinforcing cycle, where the lack of emotional intelligence compounds the effects of peer pressure and socio-economic challenges. Adolescents who face socio-economic adversity are often more exposed to negative peer influences, and their inability to regulate emotions increases their vulnerability to substance use. This interconnectedness underscores the necessity of addressing multiple factors in interventions aimed at reducing adolescent substance use. Research corroborates this interrelationship, with studies highlighting that the combination of socio-economic stressors, low emotional intelligence, and peer influence is a powerful predictor of adolescent substance abuse (McKinney et al., 2017; De Lisi & Piquero, 2016). For example, De Lisi and Piquero (2016) found that adolescents with low emotional intelligence and high levels of peer pressure were more likely to engage in substance use, particularly in socio-economically disadvantaged contexts.

4.3 Hypothesis 3: Relative Contribution of Peer Pressure, Parental Socio-Economic Status, and Emotional Intelligence to Substance Use Susceptibility

Peer pressure showed the strongest positive contribution to adolescent substance use, with a beta value of 0.45, a t-value of 6.13, and a p-value of less than 0.001. This suggests that for every unit increase in peer pressure, the likelihood of substance use among adolescents increases significantly. Peer pressure remains one of the most consistent predictors of substance use, particularly during adolescence, when the need for social belonging and acceptance is heightened. Adolescents are more likely to engage in risky behaviours, such as substance use, when influenced by their peers, especially if the peer group condones or promotes such behaviours. This finding aligns with existing research, such as that by Van der Zanden et al. (2019), who found that peer influence plays a critical role in shaping adolescents' substance use behaviours. Similarly, studies by Hawkins et al. (2017) indicated that peer group dynamics often lead to higher incidences of drug and alcohol use, particularly when the adolescent feels pressured to conform to the group's norms.

Parental socio-economic status (SES) was found to have a positive, though smaller, contribution to adolescent substance use, with a beta value of 0.22, a t-value of 4.04, and a p-value of less than 0.001. This suggests that adolescents from lower socio-economic backgrounds are at greater risk of substance use. Lower parental SES often correlates with less supervision, fewer resources for healthy extracurricular activities, and limited access to quality education, all of which can increase the likelihood of substance use. The impact of SES on adolescent behaviour has been well documented. For instance, McKinney et al. (2017) demonstrated that adolescents from lower socio-economic backgrounds are more susceptible to risky behaviours, including substance use, due to stressors such as financial instability and limited access to supportive networks. Additionally, research by Elliott (2019) showed that socio-economic challenges often exacerbate the pressures adolescents face, leading them to turn to substances as a form of coping or escape.

Emotional intelligence (EI) was found to have a negative relationship with substance use, with a beta value of -0.16, a t-value of -3.62, and a p-value of less than 0.001. This negative coefficient indicates that higher emotional intelligence is associated with lower likelihood of substance use. Adolescents with high EI are better equipped to manage emotions, cope with stress, and resist negative peer influences, which ultimately lowers their risk of substance abuse. The role of emotional intelligence in preventing substance use has been highlighted in various studies. For example, Salovey and Mayer (2016) demonstrated that individuals with higher emotional intelligence are better at self-regulation and are less likely to engage in risk-taking behaviours such as substance abuse. Galloway et al. (2020) also found that adolescents with higher emotional intelligence were better able to resist peer pressure and make healthier decisions, thereby reducing their susceptibility to substance use.

5. CONCLUSION

This study highlights the significant role of peer pressure, parental socio-economic status, and emotional intelligence in influencing substance use susceptibility among adolescents in Ibadan, Oyo State, Nigeria. The findings underscore the strong impact of peer pressure, which emerged as the most influential factor, while parental socio-economic status was also a notable contributor to increased susceptibility. Conversely, emotional intelligence served as a protective factor, with higher emotional intelligence linked to reduced susceptibility to substance use. These results align with existing literature, which suggests that both individual traits and environmental influences shape adolescent behaviour. The study provides valuable insights for designing targeted interventions to reduce substance use susceptibility, focusing on enhancing emotional intelligence and addressing the socio-economic challenges faced by adolescents, while also considering the powerful influence of peer groups. Future research should explore additional protective factors and intervention strategies to further mitigate the susceptibility to substance abuse among young

5.1 Limitations

The study had several limitations that should be considered when interpreting its findings. First, the research was conducted within public secondary schools in Ibadan, Oyo State, which may limit the generalisability of the results to other regions or types of schools, such as private institutions or rural areas. The sample was also restricted to adolescents aged 13 to 19 years, and findings may not be applicable to younger or older adolescents. Additionally, while the study focused on peer pressure, parental socio-economic status, and emotional intelligence, other potential influencing factors, such as cultural influences or school-related stress, were not explored. Another limitation is the reliance on self-report measures, which may be subject to social desirability bias or inaccuracies in reporting, particularly concerning sensitive topics such as substance use. Finally, the study's focus on a limited number of variables may not account for the complex, multifaceted nature of adolescent behaviour, and future research should incorporate a broader range of predictors to gain a more comprehensive understanding of substance use susceptibility.

5.2 Recommendations

Based on the findings of this study, several recommendations can be made to address substance use susceptibility among adolescents in Ibadan, Oyo State, Nigeria.

1. **Peer Education and Awareness Programmes**: Schools should implement peer education programmes that encourage positive peer influence and provide adolescents with accurate information about the risks associated with substance use. This approach can help counteract the negative effects of peer pressure and promote healthier decision-making.
2. **Parental Involvement and Support**: Given the significant role of parental socio-economic status, it is essential to promote parental involvement in adolescents' lives. Schools and community organisations should offer parenting workshops that focus on enhancing family communication, providing emotional support, and fostering an environment that discourages substance use.
3. **Emotional Intelligence Training**: Emotional intelligence has been shown to influence adolescents' susceptibility to substance use. Schools could incorporate emotional intelligence training into the curriculum to help students manage their emotions, build resilience, and make better decisions in the face of peer pressure and environmental stressors.
4. **Targeted Interventions for Adolescents from Low Socio-Economic Backgrounds**: Since parental socio-economic status has a significant impact on substance use, interventions should be designed specifically for adolescents from low socio-economic backgrounds. These programmes could provide access to extracurricular activities, mentorship, and other support services that promote academic achievement and positive behavioural outcomes.
5. **Comprehensive Substance Use Prevention Programmes**: The study highlights the need for comprehensive substance use prevention programmes that address the interconnected factors of peer pressure, parental socio-economic status, and emotional intelligence. Such programmes should be integrated into school curricula and community outreach initiatives, providing holistic support for at-risk adolescents.
6. **Further Research on Broader Determinants**: Future studies should explore additional factors influencing adolescent substance use, including cultural influences, mental health, and environmental stressors. A broader perspective will help create more targeted and effective prevention and intervention strategies.

5.3 Contributions to Knowledge

This study contributes to the existing body of knowledge by providing a comprehensive understanding of the interconnected factors - peer pressure, parental socio-economic status, and emotional intelligence that influence substance use susceptibility among adolescents in Ibadan, Oyo State, Nigeria. It highlights the significant combined effect of these factors, shedding light on how peer pressure and parental socio-economic status, in particular, contribute to adolescents' vulnerability to substance use, while also illustrating the protective role of emotional intelligence. The findings provide valuable insights for designing effective prevention and intervention programmes tailored to address these specific factors, particularly in urban settings like Ibadan. Furthermore, the study adds to the growing body of research in Nigeria on adolescent substance use, offering a foundation for future studies to explore additional determinants and refine prevention strategies.

5.4 Suggestions for Further Studies

Future studies could explore the long-term effects of interventions aimed at enhancing emotional intelligence and addressing peer pressure on substance use susceptibility among adolescents. Additionally, research could investigate the role of other socio-cultural factors, such as family dynamics and community influence, in shaping adolescent substance use behaviours. A longitudinal approach would provide deeper insights into how these factors evolve over time and their cumulative impact on substance use. It would also be valuable to include a more diverse sample from rural and urban areas across Nigeria to compare the findings and assess whether the identified predictors are consistent in different geographical contexts. Finally, examining the role of digital and social media in influencing peer pressure and substance use could provide an important avenue for future research.

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