SUBSTANCE ABUSE, WORK TYPE AND GENDER AS PREDICTORS OF LIFE SATISFACTION AMONG SCHOOL DROPOUTS IN IMO STATE

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ABSTRACT

This study investigated substance abuse, work type and gender as predictors of life satisfaction among school dropouts in Imo State. Five hypotheses were postulated and tested. Two hundred and ninety-nine (182 male & 117 female) school dropouts were selected through convenience sampling technique. Participants' age ranged between 24-49 years with a mean age of 32.19 (SD= 7.19). Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) and Life Satisfaction Inventory were used for data collection. The study adopted a cross sectional survey design and Hierarchical Multiple Regression was used to analyze data. Result revealed that tobacco abuse was a significant predictor of life dissatisfaction among school dropouts while alcohol abuse, cannabis abuse, work type and gender did not predict life satisfaction among school dropouts in Imo State. Discussions were made in line with the findings and existing literature. An important recommendation of the study is that counselors, researchers and other stakeholders should organize workshops and seminars to teach school dropouts the negative effects of tobacco abuse and it's negative impact on their life satisfaction.

KEYWORDS: Gender, Life Satisfaction, School Dropouts, Substance abuse

INTRODUCTION

School dropouts are individuals who leave a school, college or university prematurely due to practical reasons, necessities or disillusionment (Ash &Huener, 2008). In Nigeria, a school dropout is anyone who left school before completing his/her course of study. These include those who dropped out of primary, secondary and university levels. Some of the reasons for leaving schooling half-way are employment, family emergency, bullying, poor grades, unwanted pregnancy, lack of freedom, depression, poverty, drug use, violence, crime, age and marriage (Ash &Huener, 2008).

Nevertheless, humans are objective creatures who always evaluate their situations. Perhaps, it could be said that the final aspiration of every human being is to attain his life goals and desires, and this attainment leads to life satisfaction. As such feelings of life satisfaction would likely be reduced when set goals are not attained. Life satisfaction may be passing or enduring and may relate to an aspect (domain) of life or to life-as-a-whole. Only the satisfaction with life-as-a-whole due to its endurance and integrity refers to the concepts of happiness and subjective wellbeing. The other three types of life satisfaction are a part

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satisfaction, pleasure, top (peak) experience. The former is enduring while the latter ones are passing. Wolman (2009) described life satisfaction as the attainment of a desired end and fulfillment of essential conditions.

Some earlier authors have considered life satisfaction from the view of one's evaluation of their quality of life. Shin and Johnson (1978) defined life satisfaction as a global assessment of a person's quality of life according to standards, which each individual sets for himself or herself. The choice of comparison criteria is internally imposed on the individual although they are culturally determined and differ from standards other cultures may have established. Sousa and Lyubomirsky (2001) also stated that life satisfaction is a subjective assessment of the quality of one's life. They defined satisfaction with one's life as a contentment or acceptance of one's life circumstances, or the fulfillment of one's wants and needs for one's life as a whole. They make use of the concepts as an appraisal of contentment with one's life in general denoting that the cognitive aspect of life satisfaction prevails against its affective components. This assessment of satisfaction may occur on a conscious preconscious and unconscious level.

One of the variables that may influence an individual's level of life satisfaction is substance abuse. Substance abuse is a patterned use of a drug in which the user consumes the substance in amounts or with methods which are harmful to themselves or others (Feguson & Boden, 2008). Substances most often associated with this term include alcohol, barbiturates, benzodiazepines, cannabis, cocaine, opioids, and substituted amphetamines. People abuse substances such as drugs, alcohol and tobacco for varied and complicated reasons but it is clear that our

society pays a significant cost.

Catalano, Berglund, Loczak and Hawins (2014) investigated the impact of substance abuse (cannabis) as a precursor of life satisfaction among school dropouts in the United States. Three hundred and seventy-six samples were drawn for the study through purposive sampling technique which comprised one hundred and eighty-one females and one hundred and ninety-five males. Data collected were analyzed using Multivariate Analysis of Variance (MANOVA). Results revealed that cannabis abuse had significant impact on life satisfaction, as school dropout who abused the substance had lower life satisfaction than their counterparts who do not abuse drugs. This study forms an important source of information for the present one as it shows that there is a link between substance abuse and life satisfaction of school droupouts. However, it differs from the present study in some aspects of the methodology. Catalano et al., (2014) carried out their study in the United State and analysed the research data using multivariate analysis of variance, the present study was conducted in Imo State, Nigeria and the data was analysed using multiple regression which has the capacity to clearly provide information on the direction of the relationship between substance abuse and life satisfaction.

In another study done by Neff (2015), who works with the Centre for Social Work Research, School of Social Work, University of Texas, on tobacco smoking among school dropouts and factors at the individual, family, organizational, societal, and cultural level. Samples were made up of three hundred and two people comprising of (102 males and 100 females) were drawn from Texas, United State of America. Results analyzed from data collected showed that tobacco smoking

significantly influenced all the factors at the individual, family, organizational, societal and cultural level. Though this study was able to show that tobacco smoking affected different aspects of school dropouts life, it did not directly evaluate its impact on their life satisfaction, which would be a major contribution of the present study. In another study carried out by Mboma and Vivien (2009) in Cameroon on tobacco smoking, family size and educational level on life satisfaction among school dropouts one hundred and thirty-six (136) samples were drawn from Duala among people who hawk, run small business on a road side. Ages ranged from 17-31 years and mean of 26.12 years. Participants comprised of people who dropped out of school in primary and secondary schools. Data collected from the field work showed that tobacco smoking did not have any impact on life satisfaction while family size and educational level had significant influence on life satisfaction among school dropouts. The finding of this study shows that there is yet no concensus in the scientific world about the impact of tobacco on life satisfaction among school dropouts. Research in this area continues to provide differing results and this is why it important evaluate these variables in our context in Nigeria.

Furthermore, Ahmed, Olaniyi and Peterson (2009), worked on substance abuse, socioeconomic status as correlates of life satisfaction among youths in Lagos State. Four hundred and twenty-four samples were selected for the study through convenience sampling technique which comprised of students, employees, businessmen and school dropouts. The participants comprised one hundred and ninety-three females and two hundred and thirty-one males with ages between 18-31 years

and a mean age of 22.94 years. Substance abuse scale on alcohol consumption and life satisfaction inventories were administered to the samples. Result showed socioeconomic status influenced life satisfaction while substance abuse alcohol consumption did not influence life satisfaction. More so, Braithwaite and Devine (2003), carried out a study on substance abuse and life satisfaction. The substance examined in this study was alcohol. Samples were made up of one hundred and eighty-one which comprised of (M=98, F= 83). Data collected and analyzed revealed that substance abuse had negative influence on life satisfaction. Samples who did not abuse alcohol scored higher in life satisfaction.

Another variable that may influence life satisfaction is work type. A work is any activity an individual engages himself in order to make a living. There are so many categories of work type which includes: Full time, part time, casual time, contract, and self-employed. Full time workers usually work for thirty, forty or more hours per week. They sometimes work shifts and may work outside of standard business hours. This shift may be in set hours or change from week to week. Their jobs are usually considered as careers and generally receive more pay than part time workers. Workers who work long hours often experience reduced mental and physical well-being, feel overworked, make mistakes, feel anger towards their employers, resent their coworkers and consider looking for a new job (Galinsky, Kim & Bond, 2001) due to work stress, fatigue, depression, or time conflicts (Beckers, Linden, Smulders, Kompier, Taris & Geurts 2008) often leading to illness, burnout or negative work-to-family spillovers.

Part time employees work fewer hours per week than those full time jobs. They work in shifts but may remain on call while off duty.

According to the International Labour Organization, the numbers of part time workers have increased from one-fourth to a half in the past 20 years in most developed countries, excluding the United States (Diener & Oishi, 2000). They do not receive overtime pay until they have worked over the normal hours of a full time.

Casual workers are employees who are hired on irregular bases for a short period of time (Diener & Oishi, 2000). There is no continuing commitment from the employer to offer work and no obligation on the part of the causal worker to do the work offered.

The self-employed work type refers to a work situation in which an individual works for him or herself, instead of working for an employer who pays him/her. It is important to note that being self-employed is a different situation than simply being a business owner. A business owner could be someone who owns a company but does not work with the day-to-day operation of the company. In contrast, a person who is self-employed owns the business of which they are also primary or sole operator (Lyubomirsky, King, &Diener, 2005).

When an individual works for full time, he/she puts in 40 hours in a week and expects to get paid at the end of the month. This payment is higher than that of a casual or part time worker. The high pay enables the full time workers to gratify most of their needs and wants, thereby predisposing them to be more satisfied with life than individuals who work as casual or part time employees. On the other hand, the full time worker may become so stressed in life due to work load and over time, these may lead to health problems or death, while the casual, part time and self-employed workers are still alive. When this happens life satisfaction for the full time worker is cut short.

Senik (2012), analyzed relationship between subjective life satisfaction and work type using data from Russian Longitudinal Monitoring Survey (RLMS) for the years 1994-2000. She showed that variables reflecting work type do not influence life satisfaction among employees. Diener and Oishi (2000) investigated on money and happiness, work type and life satisfaction among school dropouts. Four hundred and twenty-six samples from all works of life were drawn for the study through convenience sampling technique which included two hundred and thirty-one females and one hundred and ninety-five males. Analysis of Variance (ANOVA) was employed for data collected, result at the end of the study revealed that work type, money and happiness all influenced life satisfaction among school dropouts, while marital status and educational level did not influence life satisfaction among school dropouts. This study showed that there is a link between life satisfaction and work type, however, statistical analyses was conduct with ANOVA and this is one of the differences between past and present studies. Blanch flower and Oswald (2014) studied life satisfaction overtime in Britain and in the United States. Eight hundred and three participants were selected for the study, out of which five hundred and seventeen were married, two hundred and eighty-six were single, four hundred and ninety-seven were males, and three hundred and six were females. Life Satisfaction Inventory were administered to all participants directly, results revealed that life satisfaction is influenced overtime by work type, psychological wellbeing and self-esteem. Finally, Planzak (2004) carried out a study on the influence of work type and social class on life satisfaction among people living in Jos,

Plateau State, Nigeria. Three hundred and ninety-three people served as participants, they included self-employed, full and part time workers. Their ages were between 31-43 years and a mean of 34.22 years. Findings showed that work type had a significant influence on life satisfaction as self-employed individuals had high level of life satisfaction. Ditto

Gender could be of importance to the experience of life satisfaction. It refers to the social attributes, roles and opportunities associated with being male or female and the relationships between men and women, boys and girls.. Gender determines what is expected, allowed and valued in a man or a woman within a given context or society. In most societies, there are differences and inequalities between women and men. Responsibilities assigned, activities undertaken, access to and control over resources, as well as decision making opportunities, seem to have some differential quality between the genders. Clement and Sauer (2006) investigated influence of gender on life satisfaction among school dropout. Two hundred and eight school dropouts were selected out of which one hundred and seven were males and one hundred and eighty-one were females. The ages of the students ranged from 27-36 years and an average of 30 years. Life satisfaction inventory were administered to the participants. Results showed that gender had significant influence on life satisfaction as females were more satisfied than their male counterparts. Mokness and Espones (2013), researched on gender differences and self-esteem on life satisfaction among Norwegian adolescents aged 13-18 years. A total of one thousand two hundred and thirty-nine adolescents from public elementary and secondary schools in Mid Norway participated in the school based survey study. Hierarchical multiple regression analysis was used to evaluate the association between self-esteem and life satisfaction, controlled gender, age and stress, subjective health and chronic health conditions. The results showed that boys scored higher than girls on both self-esteem and life satisfaction. However, no interaction effect of gender, self-esteem and age was found in relation to life satisfaction.

In another study done by Humpert (2014), on gender differences in life satisfaction and social participation using the German General Social Survey (ALLBUS) for 2010, marginal effects of being probit estimations on life satisfaction are presented. Strong gender differences were observed while sport, welfare or parental activities affect only female life satisfaction, males are more affected by classical hobbies. Political activities such as a political party or a union membership have no negative effect.

Lohr, Essex and Klein (2013), found among a large population of men and women that physical health level of an individual had a significant positive correlation with life satisfaction. Health status is also likely to be positively correlated with life satisfaction because healthy individuals are likely to exercise regularly, exercise releases endorphins in the brain which result to short term happiness which may lead to long term life satisfaction because it makes an individual to be physically fit, have positive self-image and greater self-esteem. Gender on the other hand, had no influence on life satisfaction. Furthermore, Baumeister, Campbell, Kruegor and Vohs (2008) in their study on gender, self-esteem and academic performance on life satisfaction found that from a sample of secondary school students that life satisfaction was partially a result of high academic performance stimulated by self-esteem. Males were found to have high

academic performance more than their female counterparts; this predisposes them towards having a higher level of life satisfaction than the females.

Statement of the Problem

Every individual has dreams, goals, and aspirations they want to achieve in life, but according to Abraham Maslow in his hierarchy of needs, only a few persons reach the self-actualization stage or are satisfied with their lives. So many factors relating to life style, socioeconomic status, cultural orientation and education can hinder an individual from becoming satisfied with life. As such substance abuse, work type and gender may influence a person's satisfaction level. When an individual takes to drugs, this could distract him/her from focusing on his/her career goals or aspirations in life. More so, an employee who works daily and encounters so much stress may break down due to job related tension or work over load, he/she may develop health problems. Also other work related issues like poor remuneration, nonpayment of salary, delayed payment, inflation, and unfriendly government policies (like the removal of petroleum subsidy) and economic recession can all play negative or detrimental roles to the achievement of life satisfaction.

Previous studies carried out on life satisfaction in Owerri did not consider substance abuse, work type and gender as possible determinants of life satisfaction. This study has also focused on studying this sensitive population of workers (school dropouts) in our society. This research was therefore deemed necessary to ascertain the role of these variables in predicting life satisfaction among school dropouts.

Purpose of the Study

The researcher wants to investigate if;

1. Tobacco abuse would predict life satisfaction among school dropouts in Imo State.
2. Alcohol abuse would have influence on life satisfaction among school dropouts in Imo State.
3. Cannabis abuse would predict life satisfaction among school dropouts in Imo State.
4. Work type would predict life satisfaction among school dropouts in Imo State.
5. Gender would be a predictor of life satisfaction among school dropouts in Imo State.

Hypotheses

(1) Tobacco abuse will not significantly predict life satisfaction among school dropouts in Imo State.
(2) Alcohol abuse will not significantly predict life satisfaction among school dropouts in Imo State.
(3) Cannabis abuse will not significantly predict life satisfaction among school dropouts in Imo State.
(4) Work type will not significantly predict life satisfaction among school dropouts in Imo State.
(5) Gender will not significantly predict life satisfaction scores.

METHOD

Participants

The researcher selected two hundred and ninety-nine school dropouts for this study; they were drawn through purposive sampling technique from Orlu Modern Market and Mechanic Workshops in Orlu, Okigwe Motor Park, Ekeonunwa Market and Ministry of

Educations Owerri. Participants comprised one hundred and eighty-two males and one hundred and seventeen females, out of which one hundred and eighty-five were married while one hundred and fourteen were single. Their ages ranged from 24-49 years with a mean age of 32.19 years and a standard deviation of 7.19.

Instruments

For data collection, two instruments were used: Alcohol, Smoking and, Substance Involvement Screening Test (ASSIST) and Life Satisfaction Inventory. The Alcohol Smoking Substance Involvement Screening Test was developed by Humeniuk and Ali (2006). ASSIST is used to assess rate of drug use among participants. It has seven categories. The seven categories have questions on Tobacco, Alcohol and Cannabis. The first category is scored using the Nominal format of No or Yes while category two and three are scored using a 5-point Likert format ranging from 0 - Never to 6 - Daily or Almost daily. Category four scoring format ranged from 0 - Never to 7 - Daily or Almost daily, category five ranged from 0 - Never to 8 - Daily or Almost daily. Category 6 and 7 had 0 - No, 6 - Yes, the past 3 months and 3 - Yes, but not in the past 3 months. A participant's specific substance involvement score is rated as follows; Tobacco and Cannabis: 0-3 was rated as low; 4-26 was rated as moderate, 27 and above was rated as high involvement. Alcohol: 0-10 was rated as low; 11-26 was rated as moderate, 27 and above high involvement. The alcohol and smoking domains of the scale was revalidated for Nigerian use by Madukwe A. U. in 2014. The internal consistency for the ASS1ST was established at a Cronbach alpha 0.71. For alcohol, concurrent validity of r=.54, p<.01, discriminant validity of r=.59, p<.01 (Madukwe, Njoku, Annorzie, Nwufo & Echeme, 2016). Njoku, Madukwe and

Uwaoma, (2015) reported a Cronbach alpha of .87 and discriminant validity of r=.40, p<.01 for ASSIST Cannabis. Discriminant validity of r=0.5, p< .01 for ASSIST tobacco.

The second scale is a Life Satisfaction Inventory developed by Neugarten, Havighust and Tobin (1961). It is an 18 item questionnaire with a three point Likert format of 1–Agree, 2–Disagree and 3–Unsure. Neugarten, Havighusta and Tobin(1961) provided the original psychometric properties for American samples while Erinoso (1996) provided the properties for Nigerian samples. Neugarten, Havighust and Tobin (1961) reported adequate inter-rater reliability coefficient of .78 when the scale was used by interviewers to rate respondents, while Erinoso (1996) reported a concurrent validity coefficient of .25 correlating life satisfaction inventory with Death Anxiety Scale by Templar (1970). The norms for Nigerian samples below 60 years are males 8.7 while females 10.1. Scores lower than the norm indicates that the client is satisfied with life while scores higher than the norms indicate dissatisfaction with life.

Finally, the questionnaire has a demographic section which will be used to measure gender and work type. For gender, males will be coded 1, females 0. Work type, full time employees will be measured as 3, part time 2 and self-employed as 1.

Procedure

The researcher began after obtaining approval from Head, Department of Psychology. The researcher used two research assistants at each zone for data collection, the assistants were charged with responsibility of explaining in details the content of the questionnaire, purpose of the research and sought permission from the participants to take part in the research. In the

three zones that participated in the research; Owerri, Orlu and Okigwe, motor parks, markets, ministries, mechanic workshops, and cleaners were selected using convenience sampling technique. Ethical Responsibilities include informed consent, where the researcher took the responsibility of ensuring that the respondents permission and interest were observed, they were allowed voluntary participation which was confirmed through their informed oral consent, there was also a provision for respondents to leave when they wishes to. Also, confidentiality of the respondents were assured that no information rendered would be misused, their privacy and sensitivity would be protected.

At the end of the research as participants returned completed questionnaires the researcher then, gave them a thirty minutes free brief group counseling much of which was psycho-education to help them become informed of the dangers of substance abuse and how to cope with being a school dropout. The researcher thanked the respondents and promised to communicate the result of the findings to them. Data will then be generated, organized and analyzed.

Design/Statistics

The research is a correlation study that employed the crosssectional survey design. This design was chosen because it allows the

RESULTS

Table I: Summary of Descriptive Statistics Showing the Frequency, Percentage and Levels of the Predictor Variables

Variable	level (scores)	Frequency	Percentage
Alcohol	Low (0-10)	4	1.30%
	Moderate (11-26)	184	61.60%
	High (27+)	111	37.10%
Total		**299**	**100.00%**
Tobacco	Low (0-3)	0	0.00%
	Moderate (4-26)	229	76.60%
	High (27+)	70	23.40%
Total		**299**	**100.00%**
Cannabis	Low (0-3)	26	8.70%
	Moderate (4-26)	252	84.30%
	High (27+)	21	7.00%
Total		**299**	**100.00%**
Work Type	Full Employment	60	20.10%
	Part-time	85	28.40%
	Self-employment	154	51.50%
Total		**299**	**100.00%**
Gender	Male	182	60.90%
	Female	117	39.10%
Total		**299**	**100.00%**

The descriptive result in table 1 above shows that only 1.30% and 8.70% of alcohol and cannabis users do not abuse the substances; all the participants of this study abuse tobacco. However, for each substance, lesser number of participants were highly involved with the abuse of each substance; 37.10%, 23.40% and 7.00% for alcohol, tobacco and cannabis respectively. Alcohol with 37.10% is the most highly abused substance.

On work type the result reflected that more of the participants (51.50%) were self-employed followed by those who have part-time employment (28.40%) and then those with full time employment (20.10%). For gender the result showed that 60.90% were males while 39.10% were females, indicating that dropout males were almost two times more than females in this study.

Table II: Summary Table of Correlations between the Predictor Variables and the Criterion Variable

	Predictors	Life Satisfaction
Pearson Correlation	Tobacco abuse	.149
	Alcohol abuse	.102
	Cannabis abuse	.126
	Work type	-.022
	Gender	.019
Sig. (1-tailed)	Tobacco abuse	.005
	Alcohol abuse	.039
	Cannabis abuse	.015
	Work type	.354
	Gender	.372
N	Tobacco abuse	299
	Alcohol abuse	299
	Cannabis abuse	299
	Work type	299
	Gender	299

The vertical lines should be removed please in order to conform with APA standards The correlation result from table II above revealed a significant low positive correlation between tobacco abuse and life satisfaction (r=.15, p=.01), indicating that as scores on tobacco abuse increases, the scores on life satisfaction also increases. This means that higher tobacco abuse is related to lesser life satisfaction among school dropouts.

The result also revealed a significant low positive correlation between alcohol abuse and life satisfaction (r=.10, p=.04), indicating that as scores on alcohol abuse increases, the scores on life satisfaction also increases. This means that higher alcohol abuse is related to lesser life satisfaction among school dropouts.

Again, the result revealed a significant low positive correlation between cannabis abuse and life satisfaction (r=.13, p=.02), indicating that as scores on tobacco abuse increases, the scores on life satisfaction also increases. This means that higher cannabis abuse is related to lesser life satisfaction among school dropouts.

Also, the correlation result revealed an insignificant and very low negative correlation between work type and life satisfaction (r=-.02, p>.05), indicating that as scores on tobacco abuse increases, the scores on life satisfaction decreases. This means that life satisfaction is highest among school dropouts who are self-employed, followed by part time workers and then the fully employed. However, this finding was not significant.

Finally, the correlation result revealed an insignificant and very low positive correlation between gender and life satisfaction (r=.02, p>.05), indicating that the greater the gender score, the higher the scores on life satisfaction. This means that males (coded 2) had lesser life satisfaction than females (coded 1) among school dropouts. Again, this finding was also not significant.

Table III: Summary of Forward Stepwise Multiple Regression Analyses with Life Satisfaction as the Criterion Variable

Predictor Variable	B	SE	Beta	T	Sig.
Step 1					
Tobacco abuse	.18	.07	.15	2.60	.01
Step 2					
Alcohol abuse			.07	1.10	.27
Cannabis abuse			.10	1.70	.09
Work type			-.20	-.34	.74
Gender			.01	.12	.90

Note: $R^2 = .02$, F (1,297) = 6.77, p = .01

According to Table Ill above, Step 1 of the regression indicated that tobacco abuse was a significant predictor of life satisfaction (t=2.60, p=.01). In the first step, tobacco abuse accounted for a significant amount of variance in the life satisfaction (R^2 =.02, F (1, 297) = 6.77, p = .01). Therefore, first null hypothesis that tobacco abuse would not predict life satisfaction was rejected. The addition of alcohol abuse in step 2 of the regression indicated that alcohol abuse did not add to the prediction of life satisfaction (t = 1.10, p>05). Therefore, the second null hypothesis that alcohol abuse would not predict life satisfaction was accepted. Also the addition of cannabis abuse in step 2 of the regression indicated that cannabis abuse did not add to the prediction of life satisfaction (t=1.70, p>.05). Therefore, the third null hypothesis that cannabis abuse would not predict life satisfaction was accepted. Again, the addition of work type in step 2 of the regression indicated that work type did not add to the prediction of life satisfaction (t = -.34, p >.05). Therefore, the fourth null hypothesis that work type would not predict life satisfaction was accepted. Finally, the addition of gender in step 2 of the regression indicated that gender did not add to the prediction of life satisfaction (t=.12, p>.05). Therefore, the fifth null hypothesis that gender would not predict life satisfaction was accepted.

DISCUSSION

The first finding of this study revealed that tobacco abuse predicted life satisfaction among school dropout. The study of Neff (2015) supports this finding while the study of Mboma and Vivien (2009) contradicts this finding because their result showed that tobacco abuse had no influence on life satisfaction. From this finding it is clear that tobacco smoking is related to life satisfaction. According to this finding the higher the respondents score on tobacco abuse the higher their score on life satisfaction; and scores higher than the norm for life satisfaction indicates dissatisfaction with life. Therefore, this finding buttresses the fact that school dropouts generally experience dissatisfaction with life. However, while this result suggests a certain link between tobacco abuse and life dissatisfaction among school dropouts, it does not mean that tobacco causes life dissatisfaction.

The second finding showed that on the average, respondents were moderate alcohol users, but many drank more than 50% beyond moderate level but alcohol abuse was not a predictor of life satisfaction among school dropout in Imo State, though it positively correlated with it. The study of Ahmed *et a(.)* (2009) supports this study while the study of Braithwaite and Devine (2003) contradicts this finding. The positive correlation between alcohol abuse and life dissatisfaction also implies that alcohol abuse is associated with increased life dissatisfaction among school dropouts. This finding supports the literature on the effect of alcohol on users and reasons people give for consuming alcohol. For the school dropout, high level of alcohol consumption could ser to as a coping mechanism to help relief them of the feelings of guilt, shame, bitterness and or sadness that would arise as a result of regret and a sense of irresponsibility which may accost them at later moments of introspection.

The third finding of this study revealed that cannabis abuse did not determine life satisfaction among school dropout though it positively correlated with it. This finding is

contrary to the findings reported by Catalano *et al.,* (2014). Some people use cannabis as stimulants, this may make them to be hyper active in their work thereby meeting their needs and increasing life satisfaction. It could help them displace their feeling of inepititude, dissatisfaction as well as give them a false sense of self-importance, delusions of fame and wealth. Hence, the likelihood for frequent use of cannabis as a coping strategy.

The fourth finding of this study indicated that work type did not predict life satisfaction among school dropout. The study of Senik (2012) supports this finding. It is not surprising that work type did not predict life satisfaction because life satisfaction is achieved when emotional, physical, spiritual, social and biological needs are met and not necessarily the nature of work the individual engages themselves. Also, the negative relationship found between work type and life satisfaction shows that school dropouts feel less dissatisfied with life when they have full time jobs (probably with the government) compared to when working on a part time job or being self-employed as artisans or traders.

Similarly, the fifth finding of this study showed that gender is not a significant predictor of life satisfaction among school dropout though the greater the gender score, the higher the life satisfaction. The study of Lohr *et al.,* (2013) support this study while the studies of Clement and Sauer (2006) does not support this finding because at the end of their various studies, gender was found to predict life satisfaction. Male and female employees who are couple join their resources together to achieve big goals, when this is realized their satisfaction to life is increased.

Conclusion

This study was on substance abuse, work type and gender as predictors of life satisfaction among school dropouts in Imo State. In conclusion, it is proven that school dropouts are generally dissatisfied with life and that tobacco abuse is a major indicator of their feelings of life dissatisfaction.

Recommendations

Based on the findings the following recommendations were made:

1. In light of the United Nations Sustainable Development Goals, the finding of this study that school dropouts are largely dissatisfied with life is an important fact that can be used to buttress the move for education for all.

2. Government and relevant policy actors should organize re-orientation programmes to teach children and adults alike the importance of education.

3. This study advocates for the enlargement of formal educational programmes in the state to accommodate different forms like continuing education, personal and professional development programmes either as short diploma or certificate courses to enable school dropouts fulfill the desires even at later years.

4. Psychologists, counselors and educators can engage school dropouts in counselling workshops aimed at resolving their self concept and self-esteem concerns that could be hindering them from completing their education at later ages. Counselling at this point should help school dropouts understand and appreciate the concept of lifelong learning and help them gain necessary motivation to rejoin schooling.

5. Psychotherapy involving school dropouts should also assess and treat substance abuse related concerns that the client may have. Their therapy should include among others; psychoeducation on substance abuse and related harms, self-esteem enhancement techniques, teach better coping strategies, and cognitive behavioural therapy targeted at achieving life satisfaction in other areas of life especially for clients who cannot or do not wish to go back to school.

6. Assessing reasons for dropping out of school in cases of incomplete schooling should be considered a very important aspect of intake interview especially for youths presenting with substance abuse, substance abuse related conditions, anxiety, depression, insomnia, frustration, or any psychological condition indicative of dissatisfaction with life.

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