

# **DIFFERENTIAL LEVELS OF GRIT AMONG SUBSTANCE USING AND NON-USING YOUTHS IN BAYELSA STATE, NIGERIA: IMPLICATION FOR ADDICTION COUNSELOR'S INTERVENTION**

## **Authors:**

Zibs-Godwin F<sup>1</sup>

<sup>1</sup>Chairman, Bayelsa state drug abuse prevention and rehabilitation committee (BADAPARC)

## **Background:**

National survey on the level of drug use in Nigeria in 2018 revealed that 14.4 million Nigerians had used drugs in the past 12 months representing the highest in Africa. Despite the high level of drug use in Nigeria with associated substance use disorders (SUD), only few people have access to drug treatment due to poor treatment outcomes. Researchers in Nigeria have explored various predictive factors in treatment outcomes, including demographic variables but GRIT has not been explored. Little is known about GRIT and whether levels of GRIT from drug users and non-drug users differs is unknown.

## **Method:**

This study examined the difference in Grit levels of those diagnosed with SUD and those not using drugs. A total number of 100 youths (50=Drug-users with SUD and 50=Non-drug users) aged 18-32 were selected using convenience sampling method. Instrument used to gather data was Grit Scale. The study utilize a cross-sectional design and descriptive statistics was used to analyze the data.

## **Result:**

Findings revealed that mean score of non-drug users in GRIT was 2.6 while that of those diagnosed with SUD was 4.6. This showed a significant difference in GRIT level between youths not using drugs and those diagnosed with SUD.

## **Conclusion:**

Implication of the findings of this study for addiction counselor's intervention is that, as lower scores for GRIT are indicative of the presence of other mental health disorders which can hinder successful outcomes if not addressed, obtaining GRIT levels from clients will provide counselors with relevant prognostic information for treatment planning, thus addressing clients identified shortfalls as well as nurturing their strengths. The researchers recommend the need for addiction counselors in Nigeria and globally to include GRIT assessment and training in their day to day counselling practice with their clients for enhanced positive treatment outcomes.

The author declared no conflict of interest