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PSYCHOLOGICAL ADJUSTMENT AS CORRELATE OF INTERNET FRAUD AND DRUG ABUSE AMONG YOUTHS IN ANAMBRA STATE, NIGERIA

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Abstract:
Psychological adjustment entails the process of maintaining a harmonious relationship between man and his environment. The psychological adjustment among youths can be affected by certain psychological factors such as tension, fear and parental stress, among others. An individual can psychologically adjust positively or negatively. If the youths psychologically adjust positively, possibly the society will have peace and security will be strictly assured, but if they happen to adjust negatively, the society will be porous and filthy, and certain abnormal behaviours such as drug abuse and internet fraud will

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eventually emerge, leading to a lack of peace and insecurity in the society. It is based on this that this study investigated the correlation between psychological adjustments, drug abuse and internet fraud among youths, specifically in Anambra State, Nigeria. The study adopted a correlational research design. Three research questions and three null hypotheses were used for the study. A sample of 480 youths was drawn out of 2,225,408 youths in Anambra State using accidental sampling techniques. Three instruments titled "Psychological Adjustment Questionnaire (PAQ), Drug Abuse Questionnaire (DAQ) and Internet Fraud Questionnaire (IFQ) were used for data collection. The instruments were validated by three experts at the Nnamdi Azikiwe University, Awka. Cronbach's alpha method was used to obtain the reliability value of the instrument, which yielded 0.78 for psychological adjustment questionnaire, 0.84 for Drug abuse and 0.88 for Internet fraud, respectively. The researchers adopted direct delivery techniques (DDT) for data collection. Data collected were analysed using Pearson (r) moment product correlation for the research questions and hypothesis three, while simple regression analysis was used for hypotheses one and two. Results showed, among others, that drug abuse strongly relates to the psychological adjustment of youths in Anambra State. It also revealed that drug abuse and internet fraud do not jointly correlates youths' psychological adjustment. Based on the findings, it was concluded that psychological adjustment does not jointly correlates drug abuse and internet fraud among youths. Therefore, it was recommended among others that parents should be careful with the type of language they use on their children to avoid criticism that can lead these youths into frustration, which undoubtedly might lead them to drug abuse and internet fraud.

Keywords: psychological adjustment, internet fraud, drug abuse, parental stress, youths

1. Introduction

Globally, youth are known as the future. They are individuals between the ages of 18 and 25. The United Nations (2018) refers to youths as individuals between the ages of 15 and 24, while the National Youth Population Policy, through the National Bureau of Statistics (2019), defines youths as individuals between the ages of 15 and 35. The youth stage is between childhood and adulthood, which typically encompasses the period of adolescence. Youth as a stage of life is significantly characterized by physical, cognitive, emotional and social changes. As a youth transitions from dependence on adults to assuming an increasing level of independence and responsibilities, he is adjusting to a different pattern of life psychologically. They adjust psychologically to meet life challenges and also to fit into the needs of society. In the process of doing this, a youth may psychologically adjust positively or negatively depending on the content of his internal and external environment.

For instance, many youths in Nigeria undoubtedly are going into trauma, stress and frustration as a result of both the internal and external psychological factors, which

are observably increasing every day in society. Many youths are unemployed even after acquiring different certificates, including a PhD (Doctor of Philosophy). This has led many to several psychological imbalances, which eventually could lead many to a profound positive or negative psychological adjustment. At times, you see some parents inducing pains on some of these youths through their actions and filthy words, even when those parents are involved and are the cause of these youths' inability to meet up with their peers. This is in line with the assertion of Huang, Huang, Lee and Chen (2016) who said that the engagement of youths in the use of illicit drugs and other negative behaviours is often a result of psychological factors such as stress, tension, conflict, and others they encounter in their milieu.

Most often, some parents criticize their children (youths) instead of giving them encouragement, for example, in a problematic parenting style, such as authoritarian and neglectful parents. Some of these parents belittle their children (Youths), making a mockery of them, and often compare them with their mates who might be in a better environment or even have more responsible and wealthy parents who gave them a better chance for survival. On the other hand, some responsible parents, for example, in the case of authoritative and supportive parents, knowing the circumstances in life encourage their children (youths) when things are going tough even when the know that their children (youths) are not doing well, a responsible parents try to engage them, directing and appreciating their little efforts which most at times enable these youths think for better way of life therefore strive for readjustment. However, it is on this cases that those whose trauma and stress are not handled well, coupled with their parents' uncomfortable manner, begin to look for strategies to free themselves and move forward with life. Meanwhile, as they are trying to be free and overcome this parental stress, some begin to engage themselves in drugs, alcohol, smoking and other things, while some, in order to make their parents happy, end up engaging themselves in internet fraud for easy money making, to meet up with friends and overcome their parents' criticism and embarrassment. In addition to this, Penjor, Thorsteinsson, Price and Lo (2019) noted that problematic parents are part of the reasons some of these youths are engaged on drug issue related and other vulnerabilities.

Thus, youths' psychological adjustment has raised so many arguments and concern to the present society, especially among parents, government agencies and even among youths themselves. However, in many cases, the concept of psychological adjustment has been reviewed by many scholars, all of them hinge on the process of maintaining a harmonious relationship in a given context. This is the reason why Oparaugo and Ebenebe (2021) opined that psychological adjustment is a behavioural process of balancing conflicting needs or needs challenged by obstacles in the environment. Similarly, Raju and Rahamtulla (2007) described psychological adjustment as a process used by people to manage or cope with the demands or challenges of everyday life, with the attempt to deal with stress, tension and conflicts at the same time, striving to maintain a harmonious relationship with the environment.

Consequently, youths of modern age seem to have faced lots of physiological, biological, psychological and social challenges, which if left unattended it may result in deleterious psychological, emotional and behavioural consequences. For instance, Okeke, Anierobi and Oparaugo (2021), Aji, Ifedike, Emelumadu, Ubaka, Nwabueze and Azuike (2013) in their studies revealed that many Nigerian youths engaged in risk sexual activities, smoking and use other illicit drugs, also that there are increasing wave of crime rate perpetuated through them in the society as a result of their engagement to these negative behaviours. Recently, King, Clark and Cropsey (2016) opined that psychological factors play important roles in the development of psychological problems such as internet fraud and drug abuse among Youths.

Drug abuse is among the major bio-psychosocial problems which lots of countries have encountered. Drug abuse is the use of illegal drugs or prescription or over-the-counter medications for reasons other than what they are meant for, or in large amounts World Health Organization (WHO, 2011). This inappropriate or excessive use of drugs, legal or otherwise, may result in issues with relationships, health, emotions, and employment. Drug use becomes drug abuse when an individual continues to use a drug even when they are aware of its repercussions to their physical and mental health, relationships, work, school, or daily functioning. This includes using illegal substances as a way to cope with life and taking prescription medication in a way other than what one's doctor has prescribed. The causes of drug abuse involve different factors that may explain why someone who abuses drugs has engaged in such behaviour. The following factors, such as accessibility, social factors, environmental factors, mental health conditions, genetic predisposition, lack of social support and curiosity or experimentation, can contribute to youths' drug abuse (World Health Organization (WHO) 2011).

According to the World Health Organization (WHO, 2011), about 3.3 million people die annually due to drug abuse and alcoholism, which is an estimated 320,000 of whom included in the 15–29 year age group. Similarly, Babaei (2015) in Iran reported the prevalence of drug abuse among youths' range of 15.4% – 30.2% in a study. On the other hand, a Pakistani study revealed that more than six million adults are using drugs, with five million among them grappling with addiction. National Center for Youth Development, Ministry of Education, Youth and Culture, National Youth Policy (2003) asserted that worldwide, prevalent drugs like tobacco, alcohol, heroin, cannabis, and various stimulants are regularly consumed by youths.

Youth, which is the third stage of human development between the age rage 18-28years, is marked by an escalation in negative emotions and risk behaviours, which often leads to a surge in illicit drug use (Hindocha, Freeman, Ferris, Lynskey, Winstock, 2016), (Shahzad & Yasmin, 2015). A study by Lopes, Nóbrega, Del Prette, Scivoletto (2013) revealed that drugs, such as heroin use, are driven by multiple factors, including stress, parental education levels, family conflict and the influence of peers, particularly in youths. Siddique, Mann and Ali (2012) also indicated that peer pressures, alongside

inadequate parental involvement and educational shortcomings, significantly contribute to drug abuse.

Further, Parental dynamics, specifically acceptance, act as a deterrent to drug use, whereas a lack of parental warmth and understanding, according to Van der Zwaluw, Scholte, Vermulst, Buitelaar, Verkes and Engels (2008), compounds psychological challenges and increases drug abuse. For instance, smoking tends to be more prevalent among youths, and it is attributed to challenges in executive functioning and poor parental relationships (Mendo-Lázaro, León-Del-Barco, Polo-Del-Río, Yuste-Tosina and López-Ramos, 2019). Similarly, Slemon, Jenkins, Haines-Saah, Daly and Jiao (2019) and Eisen (2019) revealed that alcohol misuse and distress are often consequences of problematic parenting styles, such as authoritarian and neglectful parents. Likewise, authoritative and supportive parental interactions offer resilience against youths' drug abuse (Valente, Cogo-Moreira, Sanchez, 2017). During the youth state, just sequel to adolescence (a critical phase for self-discovery), young people tend to align with their peers, heightening their likelihood of experimenting with substances and other risky behaviours (Mak, Iacovou, 2019). Peer offerings of alcohol are seen as a high-status activity among youth, while factors like parental influences and socioeconomic standing significantly shape smoking patterns and the propensity for addiction among youths (Osgood, Ragan, Wallace, Gest, Feinberg, Mood, 2013).

Drug abuse is further linked to family structure, the educational level of parents, and their professions. Van Ryzin, Fosco and Dishion (2012), Delvecchio, Di Riso, Lis, Salcuni, (2016) suggest that youths using drugs tend to experience amplified psychological adjustment and social maladjustment problems and related disorders. Specifically, prolonged marijuana and cannabis use are associated with greater psychological challenges (Beckmann, Kliem, 2021); (Poudel, Sharma, Gautam, Poudel, 2016; Salgado, Rovaris, Vitola, Grevet, Bau, 2020).

Additionally, the interpersonal outcome of drug abuse has been accompanied by crucial physical, psychological, and social effects. According to Savage, King, Clark and Cropsey (2016), Weng, Huang, Huang, Lee and Chen (2016), one of the psychological factors affecting abuse of drugs, such as smoking tendency, is a perceived stress that can provide conditions for different mental disorders and social problems among the youths. Wang, Chen, Gong and Yan (2016) asserted that the experience of regular criticism from parents or family members during childhood can cause confusion for a youth. Meanwhile, most youths are afraid of criticism, and this fear can lead to stress and punishment avoidance.

Stress induced by parental criticism is often very uncomfortable and irritating, which makes most of these youths motivated to seek ways to reduce it. In as much as stress induced by the parents has a lot to contribute to youths' drug abuse and internet fraud, external factors such as the environment in which a youth grew up can equally play a massive role in it. As Fals-Stewart, Farrell and Hooley (2001), Baskin-Sommers AR and Foti (2015) rightly stated, external criticism has a significant and positive relation

with drug abuse and relapse among drug abusers. However, Webb Hooper, Antoni, Okuyemi, Dietz, Resnicow and Randomized (2017), assert that many youths engaged in drug abuse because they saw it as an avoidance strategy to deal with criticisms, which in the process may result in involvement in other negative lifestyles such as internet Fraud. Therefore, apart from parental criticism, other factors such as insufficient social experience, a simple living environment, and relatively low ability to recognize truth and falsehood, most youths are more likely to become victims of internet fraud.

Internet fraud is the act of obtaining money through deception using network communication technology or the act of providing fraudulent invitations to potential victims or conducting fraudulent transactions using the internet (Tade and Aliyu, 2011; Whitty, 2015, 2019; Gao, 2021). Internet fraud is also called phishing. According to Verizon (2019), Internet fraud, including phishing, is one of the most common causes of security incidents and has the highest success rate of any threat vector. Internet fraud, however, has become an important social governance problem (Burnes, Henderson, Sheppard, Zhao, Pillemer and Lachs, 2017) and has attracted increasing attention from many youths (Harrison Vishwanath, and Modic, Anderson and Palomäki, 2018). Attackers (the internet fraudsters) find potential victims (the youths) through their social media profiles. The most common platforms used are Facebook, Twitter, and LinkedIn, where information is often easily accessed by every person.

The internet fraudsters gather information like name, email address, school, job title and description, location and more through these networks. They use several tactics to fool their victims. Different tactics they used include: editing the display name on a free email account, as well as registering a look-alike email domain, and creating a new email using a similar one to the person being attacked. In so doing, the attacker sends an email or series of emails that create urgency for the victim to supply them with the information they are requesting. Thus, for someone to be guilty of internet fraud, they need to use a false name to cause harm or to defraud the victim. For example, someone who pretended to be your long-lost cousin, friend or relation in order to trick you into giving them money would be committing internet fraud. Similarly, someone who pretends to be someone in order to make embarrassing statements and harm someone's reputation is also at the edge of the boundary, therefore committing internet fraud. Frauenstein and Flowerday, (2020) opined that internet fraud is typically performed by sending victims an email that is ostensibly from a legitimate organisation or individual. Aleroud and Zhou, 2017; Frauenstein and Flowerday, 2020) argued that with the communication technologies currently available, especially mobile devices, internet fraud occurs not only through email but also through text messages, social networking sites (SNSs), and telephones.

Further, one of the biggest concerns about internet fraud and drug abuse however, is the effects on victims' mental health, social, and interpersonal problems which sometimes lead to negative psychological adjustment such as suicide, violence, insecurity and depression (Bhatta Shakya, and Jefferis 2014; Kubiszewski Fontaine, Potard, and

Auzoult 2015; Price, Chin, Higa-McMillan, Kim, and Frueh, 2013). Thus, Youths may psychologically adjust positively or negatively depending on the nature of internal and external psychological factors within them. Undoubtedly, a positive psychological adjustment would trigger peace, unity and security, whereas a negative psychological adjustment is opposite to that.

The overview of psychological adjustment in the context of this study is the ability to cope with challenges, stress and new situations while maintaining mental well-being and a functional daily life. It involves how well an individual adapt his thoughts, feelings and behaviours to handle life demands and changes. Therefore, when youths experience negative psychological adjustment, there seems to be a danger of insecurity and violence within the vicinity. Meanwhile, security is very important in the lives of every individual. Conceptually, security is referred to as the feelings of personal worth, self-reassurance, confidence and acceptance by the group. On the other hand, insecurity is a lack of assurance, uncertainty and feelings of being unprotected, which include being unsafe, feelings of not being good enough to meet the challenges of the situations in life (Oparaugo, Uzokife and Ufearo, 2022).

To Oparaugo, Austin and Ezigbo (2023), insecurity connotes different meanings, such as absence of safety, danger, hazard and uncertainty, lack of protection and lack of safety. Above all, all these meanings of insecurity manifest in the lives of individuals, especially Youths when there is deviation in their psychological adjustment leading to drug abuse and internet fraud, among others. Therefore, it is because of cases of this nature that the study seeks to find out the relationship between psychological adjustments, drug abuse and internet fraud among Youths in Anambra State.

Hence, the purpose of the study is specifically to find out:

1) If drug abuse correlates with the psychological adjustment of youths in Anambra State
2) If internet fraud correlates with the psychological adjustment of youths in Anambra State
3) If drug abuse and internet use jointly correlate with the psychological adjustment of youths in Anambra State.

The study was guided by three research questions, which are as follows:

1) What is the relationship between drug abuse and youths' psychological adjustment in Anambra State?
2) What is the relationship between internet fraud and youths' psychological adjustment in Anambra State?
3) What is the joints relationship between drug abuse, internet fraud and psychological adjustment of youths in Anambra State?

The following null hypotheses were formulated for the study

1) There is no significant relationship between drug abuse and youths' psychological adjustment in Anambra State.

2) There is no significant relationship between internet fraud and youths' psychological adjustment in Anambra State.
3) There is no joint relationship between drug abuse, internet fraud and psychological adjustment of youths in Anambra State.

2. Methods

The study adopted a correlational research design. Three research questions and three null hypotheses were used for the study. The population of the study was 2,225,405 youths in Anambra State, according to the population projection of Anambra State (2025). A Sample of 480 youths was used for the study. The sample size was obtained through accidental sampling techniques. Three instruments titled "Psychological Adjustment Questionnaire (PAQ), Drug Abuse Questionnaire (DAQ) and Internet Fraud Questionnaire (IFQ) were used for data collection. The instruments were validated by three experts. Cronbach's alpha method was used to obtain the reliability value of the instrument, which yielded 0.78 for Psychological Adjustment Questionnaire, 0.84 for Drug abuse and 0.88 for Internet Fraud, respectively. The researchers adopted direct delivery techniques (DDT) for data collection. Data collected were analysed using Pearson (r) moment product correlation for the research questions and null hypothesis 3, and while simple regression analysis was used for the hypotheses 1 and 2.

3. Results

Research Question 1: What is the relationship between drug abuse and youths' psychological adjustment in Anambra State?

Table 1: Pearson r on the relationship between drug abuse and youths' psychological adjustment in Anambra State

Sources of Variance	N	Drug abuse (r)	Psychological adjustment (r)	Remark
Drug abuse	480	1.00	0.81	Strong positive Relationship
Psychological adjustment	480	0.81	1.00	

Table 1 shows that there is a strong positive relationship of 0.81 between drug abuse and youths' psychological adjustment in Anambra State

Hypothesis 1: There is no significant relationship between drug abuse and youths' psychological adjustment in Anambra State.

Table 2: Linear regression on the significant relationship between drug abuse and youths' psychological adjustment in Anambra State

Linear regression	R	R^2	Df	T	a.level	p-value
	.812[a]	.659	478	7.608	0.05	.000

a. Predictors: (Constant), drug abuse
b. Dependent: psychological adjustment

Table 2 indicates that at a 0.05 level of significance and 478 df, the calculated t 7.608 with p-value 0.00 which is less than 0.05 (t= 7.608; df 478; $p < 0.05$), the null hypothesis is rejected. This means that there is a significant relationship between drug abuse and youths' psychological adjustment in Anambra State. The R^2 value of 0.659 means that about 65.9% of the variation in psychological adjustment can be explained by drug abuse.

Research Question 2: What is the relationship between internet fraud and youths' psychological adjustment in Anambra State?

Table 3: Pearson r on the internet fraud and youths' psychological adjustment in Anambra State

Sources of variance	N	Internet fraud (r)	Psychological adjustment (r)	Remark
Internet fraud	480	1.00	0.16	Weak positive relationship
Psychological adjustment	480	0.16	1.00	

Table 3 shows that there is a weak positive relationship of 0.16 between internet fraud and youths' psychological adjustment in Anambra State.

Hypothesis 2: There is no significant relationship between internet fraud and youth psychological adjustment in Anambra State.

Table 4: Linear regression on the significant relationship between internet fraud and youth psychological adjustment in Anambra State

Linear regression	R	R^2	Df	T	a.level	p-value
	.163[a]	.0265	478	7.116	0.05	0.108

a. Predictors: (Constant), internet fraud
b. Dependent: psychological adjustment

Table 4 indicates that at the 0.05 level of significance and 7 df, the calculated t 7.116 with p-value 0.00, which is greater than 0.05 (t= 7.116; df 478; $p > 0.05$), the null hypothesis is not rejected. This means that there is no significant relationship between internet fraud and youth psychological adjustment in Anambra State. The R^2 value of 0.0265 means that about 2.65% of the psychological adjustment can be explained by internet fraud.

Research Question 3: What is the joint relationship between drug abuse, internet fraud and youths' psychological adjustment in Anambra State?

Table 5: Multiple regression on drug abuse and internet fraud and youths' psychological adjustment in Anambra State

N	R	R^2	Adjusted R-Square	Df	Cal. F	p-value	Remark
480	.213	.045	.023	478	9.959	.062	Not Significant

a. Predictors: (Constant), drug abuse, internet fraud

Table 5 is a multiple regression result which indicated weak positive relationship (r = 0.213) between drug abuse, internet fraud and youths' psychological adjustment in Anambra State. The R^2 value of 0.045 means that about 4.5% of the variation in psychological adjustment can be explained by drug abuse and internet fraud.

Hypothesis 3: There is no significant relationship between the joint relationship between drug abuse, internet fraud and youths' psychological adjustment in Anambra State.

Table 6: Multiple regression on the internet fraud and youths' psychological adjustment in Anambra State

N	R	R^2	Adjusted R-Square	Df	Cal. F	p-value	Remark
480	.213	.045	.023	478	9.959	.062	Not Significant

a. Predictors: (Constant), drug abuse and internet fraud.

Data presented in Table 6 revealed that at the 0.05 level of significance and 478 df, the calculated F 9.959 with p-value 0.062, which is greater than 0.05 (F= 0.050; df 478; $p > 0.05$), which means that the null hypothesis is not rejected. Therefore, the result analysis indicated that there is no joint significant relationship between drug abuse, internet fraud and youths' psychological adjustment in Anambra State.

4. Discussion

The findings in Table 1 showed that there is a strong positive relationship of 0.81 between drug abuse and youths' psychological adjustment in Anambra State. The findings of this study are in agreement with the findings of Lopes, Nóbrega, Del Prette, Scivoletto (2013), which revealed that drugs, such as heroin use, are driven by multiple factors, including stress, parental education levels, family conflict and the influence of peers, particularly in youths. The study also supports the findings by Weng, Huang, Huang, Lee and Chen (2016) who revealed that the engagement of youths in the use of illicit drugs is often a result of psychological factors such as stress, tension, conflict, and so forth. It also agreed with Van der Zwaluw, Scholte, Vermulst, Buitelaar, Verkes and Engels (2008) who said that lack of parental warmth and understanding compounds psychological challenges and increases substance dependence among youths. Finding through the findings of the present study, it is believable that drug abuse among youths relates to their psychological adjustment, which could be either positive or negative.

The study revealed in Table 2 that at a 0.05 level of significance and 478 df, the calculated t 7.608 with p-value 0.00, which is less than 0.05 (t= 7.608; df 478; $p < 0.05$), the

null hypothesis is rejected. The table shows that there is a significant relationship between drug abuse and youths' psychological adjustment in Anambra State. The study corroborates the assertion by Siddique, Mann and Ali (2012) who said that psychosocial peer pressures, alongside inadequate parental involvement and educational shortcomings, are significant contributors to drug abuse.

Table 3 shows a weak positive relationship of 0.16 between internet fraud and youths' psychological adjustment in Anambra State. The findings on this table showed slight support for the assertion by Webb Hooper, Antoni, Okuyemi, Dietz, Resnicow and Randomized (2017) who said that many youths are into internet fraud and drug abuse because they use it to overcome criticism and worries emanating from families and peers.

Table 4 indicates that at the 0.05 level of significance and 7 df, the calculated t 7.116 with p-value 0.00, which is greater than 0.05 ($t= 7.116$; df 478; $p > 0.05$), the null hypothesis is not rejected. This means that there is no significant relationship between internet fraud and youth psychological adjustment in Anambra State. The findings disagree with Webb Hooper, Antoni, Okuyemi, Dietz, Resnicow and Randomized (2017), who stated that many youths focused on avoidance strategies as a device to deal with criticisms, which led them to internet fraud and drug abuse.

Table 5 is a multiple regression result that indicates a weak positive relationship ($r = 0.213$) between drug abuse, internet fraud and youths' psychological adjustment in Anambra State. The R^2 value of 0.045 means that about 4.5% of the variation in psychological adjustment can be explained by drug abuse and internet fraud. The findings on this table showed slight support for Webb Hooper, Antoni, Okuyemi, Dietz, Resnicow and Randomized (2017) on their opinions that many youths adopted avoidance strategies as a device to deal with criticisms, which led them to internet fraud and drug abuse.

Table 6 reveals that at the 0.05 level of significance and 478 df, the calculated F 9.959 with p-value 0.062, which is greater than 0.05 ($F= 0.050$; df 478; $p > 0.05$), means that the null hypothesis is not rejected. This shows that there is no significant joint relation existing between drug abuse, internet fraud and youths' psychological adjustment. The findings disagree with King, Clark and Cropsey (2016), who state that psychological factors play important roles in the development of psychological problems such as internet fraud and drug abuse among youths in society.

5. Conclusion

Based on the findings, the study concluded that there is a very strong relationship between drug abuse and the psychological adjustment of youths in Anambra State. It concluded that parental stress contributes much to the psychological adjustment of youths. According to the findings, many youths behave the way they do because they feel not accepted by their parents, they feel misunderstood and not wanted by their parents, and that makes them strive for strategies to improve and meet up with their

mates. Finally, it was concluded that different patterns of lifestyle exhibited by the youths are caused by several challenges in life, which are induced by anger, tension, stress, anxiety and so forth. Youths therefore engaged in smoking, drinking alcohol, playing fraud on the internet so as to feel relieved and ease from the live challenges.

6. Recommendations

1) Parents should be careful with the type of language they use on their children to avoid criticism that can lead these youths into frustration, which undoubtedly might lead them to drug abuse and internet fraud.
2) Parents should avoid looking down on the youths and encourage them in their little efforts so that they will have trust in them and strive for better living.
3) Awareness should be created by the government and community ward leaders for the parents to know the implications of poor parenting style on youths' psychological adjustments.
4) Curriculum planners should incorporate psychological studies in the school curriculum starting from primary schools so that children will begin early to understand their psych which will help them to grow into mature adults.
5) Awareness should be created by the government, community ward leaders, parents and the schools for the youths to know the implications of drug abuse and internet fraud in their lives.
6) Youths should be recognized for their little efforts and also be encouraged to be who they are and avoid peers who engaged on negative lifestyles such as drug abuse and internet fraud.
7) Parents should not mock their children for their low achievement or criticize them because of their life challenges; rather, they should assist them to overcome these challenges by showing them love and caring.

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Conflict of Interest Statement
The authors declare no conflicts of interest regarding the publication of this paper.

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