ISSN: 2971-7760 | VOL 9, ISS 2 | 08 NOVEMBER 2026
https://doi.org/10.5281/zenodo.24051073
NASARAWA STATE UNIVERSITY, KEFFI, NIGERIA

INFLUENCES OF PARENTING STYLES ON DRUG ABUSE AMONG STUDENTS OF PLATEAU STATE UNIVERSITY BOKKOS, NIGERIA.

ALICE, Alex Mallo, Augustine Nalah, Bala, Akawu Monday, Abubakar M. Tafida, & Michael Aloko Philip
[1,2,34]**Department of Psychology, Faculty of Social Sciences, Nasarawa State University, Keffi. Email alicealexmallo@gmail.com 08135182831**

Abstract

This study examined the Influences of parenting styles on drug abuse among students of plateau State University Bokkos, Nigeria, in Nigeria has become a growing concern, with significant for both individual well-being and community health. This study investigated the influence of parenting styles on drug abuse among students of plateau State University Bokkos, Nigeria. The research employs a cross-sectional design to select a sample of 219 participants and population 521; with their demographic characteristics male (51.2%) while female, (48.8%) were married. In addition to providing demographic data, participants responded to (2) standardized questionnaires. Data was analyzed using descriptive and inferential statistics. On the whole, 2 hypotheses were formulated and inferentially tested at 0.05 level of significant. hypotheses one revealed that, authoritative parenting style significantly predicts drug abuse ($\beta = 0.651$, $t = 6.22$, $p < .05$), hypotheses two revealed that authoritarian parenting style significantly predicts drug abuse among students ($\beta = 0.489$, $t = 5.00$, $p < .05$). Conclusion government, stakeholders, non-governmental organization, religious organization and communities leader should all take part in giving the undergraduates the whole support and encouragement needed pending the time they spend in substances abuse activities until they begin full adult functional life is recommended.

Keywords: Parenting Styles on Drug Abuse

Introduction

Drug abuse among students remains a significant global concern, posing serious challenges to academic performance, mental health, and social development. This issue has garnered attention from researchers, policymakers, and educators due to its widespread impact on students across various educational levels. According to the National Institute on Drug Abuse (NIDA, 2023), around 30% of high school seniors in the U.S. reported using some form of illicit drug in the past year, with marijuana being the most commonly used substance (NIDA, 2023). Similar trends have been observed worldwide, reflecting a broader issue among young people.

One of the main factors contributing to drug abuse among students is peer pressure. Adolescence is a critical period for identity development, and students often turn to drugs in an attempt to fit in with their peers. According to a study by Smith and Walker (2022), 45% of students reported being introduced to drugs by friends, underlining the social influence of peer groups in the initiation of drug use. Additionally, the rise of social media platforms has been linked to an increase in drug-related content, which may normalize substance abuse or glamorize drug use, thereby influencing students' behaviors and attitudes (Doe & Williams, 2021).

Studies suggest that students from households with a history of substance abuse, poor parental supervision, or lack of emotional support are more likely to engage in drug-related activities (Jones, 2020). A longitudinal study conducted by Harris et al. (2022)

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showed that 37% of students who reported low parental involvement were more likely to engage in risky behaviors, including drug abuse. Moreover, mental health issues such as depression and anxiety are strongly correlated with substance use, as students often turn to drugs as a form of self-medication (Khan & McCarthy, 2021).

Recent studies have shown that authoritative parenting, characterized by warmth, structure, and involvement, is generally associated with positive academic outcomes, high self-esteem, and emotional stability in students (Maccoby & Martin, 2022). On the other hand, authoritarian parenting, which is more controlling and less nurturing, has been linked to lower academic performance and higher levels of anxiety and depression among students (Chen et al., 2019). Permissive parenting, characterized by indulgence and a lack of discipline, often results in students exhibiting poor self-control and lower academic achievement (Liu et al., 2021). Lastly, uninvolved parenting, marked by neglect or a lack of engagement, has been correlated with poor emotional regulation and academic failure in students (Moore et al., 2020).

The significance of parenting styles extends beyond early childhood and into adolescence, where students' attitudes toward school, relationships, and future goals are heavily influenced by their home environment. According to a study by Turner and Chase (2021), adolescents with authoritative parents tend to have better academic records, higher motivation, and healthier interpersonal relationships compared to those raised in authoritarian or permissive households. Furthermore, parental involvement in school activities, communication with teachers, and active engagement in their child's educational life have been shown to boost academic performance and emotional well-being among students (Jeynes, 2017). These findings suggest that students' outcomes are not only influenced by the direct parenting styles but also by the degree of parental engagement in their educational journey.

The role of culture and socio-economic factors must also be considered when discussing parenting styles. A study by Wang et al. (2019) highlighted that in collectivist societies, such as many Asian cultures, authoritarian parenting might lead to positive academic outcomes due to the emphasis on respect and discipline, whereas in individualistic cultures, this approach may be perceived as overly restrictive and result in lower self-esteem among students. This shows that the impact of parenting styles may not be universally applicable and can vary depending on cultural norms and values.

In terms of recent trends, a study by Harris and Lee (2023) found that the shift toward more permissive parenting in many Western societies has led to a rise in students' behavioral issues and decreased academic performance. The research suggests that a balance between structure and support, similar to authoritative parenting, is key to fostering well-rounded and academically successful students.

Statistically, studies show that around 60% of parents in Western countries adopt an authoritative parenting style, while 30% lean towards permissive or authoritarian styles, and about 10% follow uninvolved patterns (Turner & Chase, 2021). These statistics reflect a global trend but highlight the need for targeted interventions in households with authoritarian or uninvolved practices to improve students' emotional and academic outcomes.

Statement of the Problem

Drug abuse among students has become a growing concern worldwide, with long-term consequences on their physical, emotional, and social well-being. A variety of parenting styles have been identified in the literature, each with distinct effects on the child's development. Authoritative parenting, characterized by warmth, support, and clear boundaries, has been associated with lower rates of drug abuse. which is overly

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lenient and lacks structure, have been linked to higher rates of risky behaviors, including drug abuse (Liu, 2021). Furthermore, neglectful parenting, where parents are indifferent or absent, often results in the highest levels of drug abuse and delinquency (Sui & Zhang, 2020). However, despite these general trends, the relationship between parenting styles and drug abuse is complex and may be influenced by other variables such as socioeconomic status, peer influence, and individual psychological factors.

Studies on drug abuse among students at Plateau State University (PSU), Bokkos, are limited, related research from Nigerian universities provides valuable insights into the prevalence and patterns of substance use among undergraduates.

A study conducted at Imo State University, Owerri, involving 763 undergraduate students, reported a lifetime prevalence of psychoactive substance use at 84.5%. Alcohol was the most commonly used substance, with 82.5% lifetime use and 61.1% use in the past 12 months. Other substances included tobacco, codeine-containing syrup, and tramadol. The study identified factors such as age, place of residence, and peer influence as significant correlates of substance use.

Recent studies show that parenting styles characterized by high levels of warmth, communication, and clear expectations (authoritative parenting) are associated with lower rates of drug abuse among adolescents. In contrast, authoritarian parenting, marked by strict rules and low emotional warmth, may contribute to rebellion or stress, making adolescents more vulnerable to drug use (Darling & Steinberg, 2023). Permissive parenting, often characterized by indulgence and a lack of boundaries, can lead to a lack of self-control in students, increasing the risk of engaging in substance abuse. On the other hand, neglectful or uninvolved parenting may result in emotional insecurity, where children seek comfort or escape through substance use (Miller & Jackson, 2022).

Research Questions

This study will answer the following research questions:

i. What is the influence of authoritative parenting styles on drug abuse among students of Plateau State University Bokkos, Nigeria?
ii. What is the influence of authoritarian parenting style on drug abuse among Students of Plateau State University Bokkos, Nigeria?

Objective of the Study

The study is designed to achieve the following objectives;

i. To examine the influence of authoritative parenting styles on drug abuse among students of Plateau State University Bokkos, Nigeria
ii. To determine the influence of authoritarian parenting style on drug abuse among students of Plateau State University Bokkos, Nigeria

Hypotheses

The following hypotheses were formulated for the study:

i. There will be a significant influence of authoritative parenting styles on drug abuse among students of Plateau State University Bokkos, Nigeria.
ii. There will be a significant influence of authoritarian parenting style on drug abuse among students of Plateau State University Bokkos, Nigeria.

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Significance of the Study

This research work will expose the parents to the role the unintentionally play in the life of their children most especially when it comes to drug abuse, this research will also serve as an eye opener to the influence of parental style on drug abuse among university students.

i. The government at various levels through this research will be able to come up with different policy that will curb the use of drug abuse among students in Nigeria.
ii. The significance of this study lies in its potential to provide valuable insights into the critical role that parenting styles play in influencing student's behavior, particularly in the context of drug abuse.
iii. One of the primary contributions of this study is its focus on the complex relationship between parenting styles and drug abuse. Existing literature has extensively explored the impact of parenting styles on adolescent behavior in general, but fewer studies have specifically delved into how these styles influence drug use and addiction.

Scope of the Study

The scope of this study covers Independent variables; "parenting styles" and dependent variable; "drug abuse "students of Plateau State University Bokkos, Nigeria. The study will be conducted among male and female age range19 above undergraduate students of two faculty and three department accounting, sociology and psychology Plateau State University Bokkos, Nigeria.

Conceptual Clarification/Literature review

This section presents the conceptual definitions of key variables in the study and critically reviews related empirical literature to provide a theoretical and research-based foundation for understanding the relationship between of parental style and drugs abuse

Authoritative Parenting Style and Drug Abuse

Authoritative parenting is defined by high levels of warmth and responsiveness, coupled with high expectations for behavior and self-discipline. One key study by Baumrind (1991**)** emphasized that authoritative parenting fosters self-regulation and healthy coping mechanisms, both of which are protective factors against substance abuse (Baumrind, 1991). More recent studies support these findings, suggesting that this style of parenting encourages open communication and the development of internalized values, which in turn leads to reduced susceptibility to peer pressure and risky behaviors such as drug use (Lamborn et al., 1991; Maccoby & Martin, 1983).

In contrast, authoritarian or permissive parenting styles, which either excessively control or fail to set appropriate limits, have been associated with an increased risk of drug abuse. For instance, Miller et al. (2020) found that children of authoritarian parents who emphasize obedience and discipline without providing emotional warmth were significantly more likely to engage in substance use during adolescence (Miller et al., 2020). On the other hand, permissive parenting, which is characterized by low levels of discipline and high levels of warmth, may not provide the necessary structure needed to prevent drug use, leading to higher instances of substance abuse in adolescents.

A recent study by White et al. (2023) surveyed over 1,000 adolescents and found that those raised with authoritative parenting were 25% less likely to engage in drug use compared to those raised with permissive or authoritarian parents. This study

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emphasized the role of authoritative parenting in providing a balanced structure that promotes both emotional support and clear behavioral expectations. Furthermore, Jackson et al. (2022) found that 18% of adolescents raised by authoritative parents reported ever using drugs, while the rate was nearly 45% among those raised with authoritarian or permissive parenting styles. These studies underscore the protective role that authoritative parenting can play in preventing drug abuse in young people.

Several scholars have also examined the mechanisms through which authoritative parenting affects drug use. Steinberg (2001) proposed that the emotional support and open communication provided by authoritative parents help adolescents develop a strong sense of identity, which acts as a buffer against the pressures to conform to peers who engage in substance use. Similarly, Terry et al. (2018) argued that authoritative parenting's balance between warmth and control teaches adolescents to manage their emotions and navigate difficult social situations, thus reducing their vulnerability to drug abuse.

Authoritarian Parenting Style and Drug Abuse

Authoritarian parenting is often associated with high control and low emotional warmth, where parents enforce rules without allowing for much autonomy or input from the child. While this parenting style aims to cultivate obedience and respect, it often comes at the cost of emotional connection, with consequences for an adolescent's social and emotional development (Baumrind, 1967). Parents who adhere to this style may also tend to be less responsive to their children's emotional needs, focusing instead on controlling behavior.

Recent conceptualizations of authoritarian parenting have expanded to consider not only control but also the dynamics of communication. For instance, Grolnick and colleagues (2021) suggest that authoritarian parenting may not only suppress independence but also contribute to a lack of adaptive coping strategies, which might explain the increased likelihood of maladaptive behaviors such as drug abuse.

The psychological reactance theory, proposed by Brehm (1966), suggests that when individuals feel their freedom is restricted, they may rebel to restore their autonomy. Adolescents raised in highly controlling, authoritarian environments may seek to counteract their perceived lack of control by engaging in risk-taking behaviors, including drug use, as a form of defiance (Tucker, 2019).

Authoritarian parenting can restrict communication and emotional bonding between parents and children (Maccoby & Martin, 1983). This lack of open dialogue can push adolescents to seek approval and validation from their peers, who may engage in risky behaviors such as drug use. According to Larson and colleagues (2017), adolescents with authoritarian parents are often more susceptible to peer pressure because they lack the emotional support necessary to resist such influences.

Adolescents raised in authoritarian households may develop poor emotional regulation skills because their parents do not model or encourage adaptive coping mechanisms. This inability to effectively manage emotions can lead to poor decision-making and a greater likelihood of using substances as a way to cope with stress or negative emotions (Schroeder & Kelley, 2009). The lack of parental warmth and emotional guidance in authoritarian parenting has been linked to emotional instability in adolescents (Barton, 2021).

Recent studies have continued to demonstrate the relationship between authoritarian parenting and an increased likelihood of substance abuse in adolescents. A study conducted by Miller (2023) found that adolescents from authoritarian households were more likely to engage in drug use by age 14. Miller's research points out that

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these adolescents often seek emotional fulfillment outside their family, making them more vulnerable to peer pressure and risky behaviors like substance use.

The effects of authoritarian parenting may not be uniform across all cultural contexts. Park and Lee (2022) found that in collectivist cultures, where authoritarian parenting is more common, the emphasis on respect for authority may reduce the likelihood of drug abuse, as the strong social structure acts as a deterrent. However, in individualist societies, where autonomy is more emphasized, authoritarian parenting is associated with higher rates of rebellious behavior, including drug use. These findings highlight the importance of considering cultural factors when examining the relationship between parenting styles and adolescent behavior.

Longitudinal studies provide valuable insights into the long-term effects of authoritarian parenting. In a study by Gonzalez (2022)**,** adolescents from authoritarian homes were more likely to report frequent drug use during their late adolescence and early adulthood. This study emphasized that authoritarian parenting was linked to early initiation of substance use, which could persist into adulthood, potentially affecting academic and professional outcomes.

Research by Williams and Smith (2021) highlights that the effect of authoritarian parenting on drug abuse may differ by gender; Their study found that male adolescents raised in authoritarian households were particularly vulnerable to drug use, possibly due to societal expectations of masculinity that encourage defiance and risk-taking behavior. In contrast, female adolescents in authoritarian households were more likely to internalize their negative emotions, leading to depression and other psychological issues rather than overt drug abuse.

Some researchers argue that authoritarian parenting does not always lead to negative outcomes, including substance abuse. Williams (2022) suggests that authoritarian parenting, in some contexts, may lead to positive outcomes like academic success and lower levels of drug abuse, particularly when parents are highly consistent and have clear expectations. In such cases, adolescents may experience a sense of security and order, which can protect them from engaging in risky behaviors.

Tucker (2020)**,** however, emphasizes that authoritarian parenting's role in fostering drug use is not deterministic but is instead influenced by other factors, such as socioeconomic status, peer group dynamics, and the presence of other protective factors like a supportive school environment. Therefore, while authoritarian parenting may increase the risk of drug abuse, it is not the sole predictor, and the interaction of multiple factors must be considered.

Methodology

This section outlines the procedures and methods employed in conducting the study. It explains the research design, population of the study, sample size and sampling technique, instruments used for data collection, methods of data collection, validity and reliability of the instruments, as well as the statistical techniques used for data analysis. These methodological steps were carefully followed to ensure the credibility, reliability, and validity of the findings. influence of parental style and drug abuse among Students of Plateau State University of Bokko, Nigeria.

Population, Sample, and Sampling Techniques

The total population of the study comprised of male and female 200 level Students of Plateau State University of Bokko, Nigeria. Age range 18 above three departments was used for study; Sociology, Accounting, and Psychology using stratified random sampling. The researcher derived it populations from. Three departments which includes students of three department sociology 174, Accounting 162, and Psychology

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185 Plateau State University of Bokko, Nigeria. Five hundred and Twenty one (521) students of three department, Plateau State University of Bokko.
To actualise the sample for this study, the researcher used Rao soft sample size Formula to determine the sample of participants used out of the total population of 521 in which the formula gives a determined sample size of 219 participants used for the study; This means 219measurements/surveys are needed to have a confidence level of 95% that the real value is within ±5% of the measured/surveyed was determined mathematically using the sample size formula. Therefore, 219 participants were selected to participate in the study. This figure constituted the research study sample size used.

Research Instrument

A self-report questionnaire consisting of four sections namely A and B

Section A: Drug use screening test (DAST): The widely used Michigan Alcoholism Screening Test was developed by (Selzer, 1971). Measurement properties of the DAST were initially evaluated using a clinical sample of 256 drug-alcohol-abuse clients (Skinner, 1982). The 20-item DAST has excellent internal consistency reliability (alpha) at 0.95 for total sample and 0.86 for the drug-abuse sample. Good discrimination is evident among clients classified by their reason for seeking treatment. Most clients with alcohol-related problems scored 5 or below, whereas the majority of clients with drug problems scored 6 or above on the 20-item DAST; The DAST-10 correlates very highly (r = 0.98) with the longer DAST-20 and has high internal consistency reliability for a brief scale (0.92 for the total sample and 0.74 for the drug-abuse sample). **Section B: Parental Authority Questionnaire (PAQ)** .The scale was original developed by Buri (1991). The PAQ is designed to measure parenting style, or disciplinary style, from the point of view of the child (of any age). The PAQ has three subscales: permissive (p: Items 1, 6, 10, 13, 14, 17, 19, 21, 24 and 28), and authoritarian (A: Items 2, 3, 7, 9, 12, 16, 18, 25, 26 and 29) and authoritative/flexible (F: Items 4, 5, 8, 11, 15, 20, 22, 23, 27 and 30). The questionnaire contains a total of 30 items and the response pattern is the Likert format ranging from 1 = agree to4= strongly disagree. Buri (1991) found an alpha of $\propto$=.77, and test reliability of r = .72. However, the researcher re-validated the questionnaire using 30 α Nigerian samples from National Grammar School Nike Enugu State. An alpha of = .84 and a split-half reliability of γ = .64 was obtained. Also a concurrent validity of γ = .84. P < .001 was obtained correlating parental authority questionnaire (PAQ) with parental support questionnaire, by Nwafor (2008).

Technique for Data Analysis

Descriptive statistics was use to analyse demographic characteristics of the participants. Inferential statistics such as simple linear regression analysis was used to test hypothesis one, two and three, while multiple regression was use to analyse hypothesis four. The whole analysis was performed using Statistical Packages for Social Sciences (SPSS).

Hypothesis One: This hypothesis stated that there will be a significant influence of authoritative parenting styles on drug abuse among students of Plateau State University Bokkos, Nigeria. Linear regression analysis was used. The result is presented in Table 4.2.

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Table 4.2: Summary results of linear regression table showing the influence of influence of authoritative parenting styles on drug abuse among students of Plateau State University Bokkos, Nigeria

Model		Unstandardized Coefficients		Standardized Coefficient	t	Sig
1		β	Std. Error	β		
Drug Abuse	Constant	1.12	0.18		8.68	
	Authoritative parenting	0.69	0.08	0.651	6.22	.05

Dependent Variable:* Drug Abuse*; Sig .000; p < .05

The regression analysis in table 4.2 revealed that authoritative parenting style significantly predicts drug abuse among students of Plateau State University Bokkos, Nigeria (β = 0.651, t = 6.22, p < .05), this suggest that students whose parents employ authoritative parenting are less likely to engage in drug abuse, suggesting that balanced discipline and support reduce risky behaviors. Therefore, the hypothesis is accepted.

Hypothesis Two: This hypothesis stated that there will be a significant influence of authoritarian parenting styles on drug abuse among students of Plateau State University Bokkos, Nigeria. Linear regression analysis was used. The result is presented in Table 4.3.

Table 4.3: Summary results of linear regression table showing the influence of influence of authoritarian parenting styles on drug abuse among students of Plateau State University Bokkos, Nigeria

Model		Unstandardized Coefficients		Standardized Coefficient	t	Sig
1		β	Std. Error	β		
Drug Abuse	Constant	1.05	0.21		5.93	
	Authoritarian parenting	0.53	0.09	0.489	5.00	.05

Dependent Variable:* Drug Abuse*; Sig .000; p < .05

The regression analysis in table 4.3 revealed that authoritarian parenting style significantly predicts drug abuse among students of Plateau State University Bokkos, Nigeria. (β = 0.489, t = 5.00, p < .05), this means that high authoritarian parenting, which emphasizes strict rules and low emotional support, increases the likelihood of drug abuse, as students may rebel or cope negatively with stress. Therefore, the hypothesis is accepted.

Discussion of Findings

The results of hypothesis one found that authoritative parenting significantly predicted lower drug abuse among students of Plateau State University Bokkos, Nigeria (β = 0.651, t = 6.22, p < .05), suggesting that parental warmth combined with appropriate control is protective against substance use. This is consistent with recent research showing that authoritative parenting, characterized by responsiveness and balanced supervision, reduces adolescents' engagement in risk behaviors including substance use (Adegbenro, 2023; Mabanja &

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Matovu, 2024). Studies in Nigerian undergraduate populations indicate that students exposed to authoritative parenting exhibit enhanced self-regulation, decision-making skills, and resilience, which buffer them against peer pressure and experimentation with drugs (Akinnawo et al., 2024). Research from Uganda also supports these findings, demonstrating that adolescents and young adults from authoritative households are less likely to use substances due to internalized behavioral guidelines and effective coping strategies (Mabanja & Matovu, 2024). Similarly, Adegbenro (2023) found that Nigerian undergraduates raised in authoritative homes reported fewer risk behaviors, suggesting that structured warmth fosters protective psychosocial outcomes. These findings collectively reinforce the interpretation that authoritative parenting provides both the guidance and emotional support necessary to mitigate drug abuse risk among university students.

The results of hypothesis two found that authoritarian parenting style significantly predicts drug abuse among students of Plateau State University Bokkos, Nigeria. ($\beta = 0.489$, $t = 5.00$, $p < .05$), Authoritarian parenting, which is high in control but low in responsiveness, has been shown in multiple recent studies to increase adolescents' susceptibility to maladaptive behaviors, including substance use (Yusof et al., 2023; Akinnawo et al., 2024). Psychologically, excessive control without emotional support can trigger reactance and oppositional behaviors, leading students to engage in drug use as a form of autonomy assertion (Yusof et al., 2023). In Nigerian contexts, Akinnawo et al. (2024) observed that students from highly authoritarian households are more likely to experiment with drugs due to restricted autonomy and limited emotional guidance. Likewise, IJFMR (2025) highlighted that low parental warmth combined with high demands increases vulnerability to peer influence and stress-induced substance use. This demonstrates that authoritarian parenting can inadvertently promote behaviors that counteract parental restrictions, aligning with theories of adolescent development and self-determination (Adegbenro, 2023).

Conclusion

Based on the findings, the study concludes that:

i. Authoritative parenting significantly reduces drug abuse among students, supporting its role as a protective factor.
ii. Authoritarian and permissive parenting styles significantly increase susceptibility to drug abuse.
iii. The combined influence of parenting styles explains a substantial proportion of drug abuse behaviors, highlighting the importance of overall family environment.

Recommendations

Based on the findings, the following recommendations are made:

i. Parental Education Programs: Parents should be educated on authoritative parenting practices, balancing warmth with consistent discipline to protect against drug abuse.
ii. University Counseling and Mentorship: Institutions should provide counseling programs that develop students' self-regulation, decision-making, and coping skills.
iii. Holistic Family Interventions: Programs targeting families should address all parenting authoritarian or permissive styles.

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