

RELATIONSHIP BETWEEN COUNSELLING, YOUTH RESTIVENESS AND NATIONAL SECURITY IN SECONDARY SCHOOLS IN PORT HARCOURT METROPOLIS.

BY

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Abstract

The main focus of this study was to examine whether counselling and youth restiveness have relationship with national security in the views of senior secondary school teachers in Port Harcourt Metropolis. Two research questions and two hypotheses were developed for the study. A sample size of 200 participants was drawn for the study. Pearson Product Moment Correlation was deployed for the analysis of data generated for the study. The analysis revealed that there was a significant and positive relationship between counselling, youth restiveness and national security. It was therefore concluded that counselling will be an effective tool for proffering solutions to the issues of national security as it relates to national development and nation building and so should not be neglected. It was recommended among others that counsellors should be employed in all government and non-governmental organizations in order to assist the government in making relevant decisions as it affects the nation's security.

Keywords: Counselling, Youth Restiveness, National Security and Nation Building.

Introduction

The geographical enclave called Nigerian is facing ever increasing national security challenges which are observable in different segments of the society. These security challenges also pose some threat to national development and nation building. A nation that is not secure cannot develop no

matter the laudable developmental goals of the nation. It is against this background that this paper examines the role that counselling can play in proffering some solutions to the security challenges facing the nation today.

The counsellor seeks to guide

people towards self understanding, acquiring skills and knowledge about the environment, understanding one's role in the environment, and adjusting appropriately in the environment by behaving in ways that are acceptable in the society. It is a journey towards self discovery. In the face of the problems we are facing today, the approach of the counsellor will be to engage everyone in this journey of self discovery that will challenge our current value system with the hope of recreating a new way of looking at our nation and our different roles in the society. Counselling is therefore a helping relationship in which one person endeavours to help another solve problems (Obiunu and Ebonu, 2013).

According to Mijah (2007), the term security means development. Security is not traditional military activity, though it may encompass it. Security is development and without development, there can be no security. Security can also be seen as freedom from risk or danger, doubt, anxiety, or fear. It is an appreciable level of confidence (The Free-dictionary, 2011). The Merriam-Webster dictionary (2011) defines security as the quality or state of being secure as a freedom from danger, fear, anxiety, prospect of being laid off, etc. It is a feeling of safety and protection.

National security on the other hand can be defined as the actions and policies taken by a nation against all internal and external threats to its borders, economy and stability. Also, national security revolves around the idea of protection of the nation and its interest. National insecurity means security threats or attacks from people,

organizations or countries that affect the well being of a nation and its citizen as a whole (e-note.com cited in Obiunu and Ebonu, 2013).

National building implies the effort made by various groups to build their respective nations. In relation to this work, nation building implies the effort made by the government in developing all segments of the nation by imbibing moral values, good governance, social welfare, providing quality education, basic infrastructural amenities equality in giving out job opportunities, provision of food, skillful training etc (Onyekpe, 2007).

The presence of national insecurity in Nigeria is noticeable through the following incidences. Threat of extreme Islamic sect like Boko Haram, high level of unemployed youths, militancy in the oil-rich Niger Delta, ritual killings, the widening economic gap between the poor and the rich, and the collapse of justice system. In addition, when threats are directed at the country there is an attempt to keep these threats isolated. National security is also concerned with emergency preparedness among many other things (Imobighe, 2012).

The growing challenge of security on Nigeria is of concern to all and every effort must be employed to combat this challenge. Today, Nigeria is faced with the task of nation building and education is one of the veritable instruments in realizing this nation-building task (National Youth Development Policy, 2011).

Underlying the quest for national security in Nigeria is the issue of moral conduct and the guarantee of adequate

personnel and national security for all segments of the society has been an elusive and futile project. An examination of the spectrum of national life reveals the incidence of corruption in high and low places, conflicts and confusions in various communities and regions, greed and selfishness, as well as a situation of pervasive lawlessness. The evidence of the dismal state of national security is seen in what Onyegbula (2000) described as the diminishing standard of living and the deteriorating social infrastructures and educational system.

Counselling for national security and nation building involves issues like curbing youth restiveness in Nigeria. Youth restiveness in Nigeria has been a prominent issue in recent times. There has been an increase in the occurrence of act of violence and lawlessness, including things like hostage taking of prominent citizens and expatriate oil workers, as well as oil bunkering, arms insurgence, cultism, etc. especially in the Niger Delta region. Nevertheless, youth restiveness is not a recent phenomenon. Various forms of youth restiveness economic, political, or religious have existed for a long time Elegbeleye (2005).

A number of studies have identified factors responsible for national insecurity. For instance, a study carried out in the Niger Delta region by Ofrem and Ajayi (2008) identified lack of humanitarian and social welfare, lack of good governance, corrupt practices of government officials, inadequate training programmes, unemployment, inadequate recreational facilities, lack of quality education, and so on, as the reasons for incessant youth restiveness. Good governance is required

for the growth and development of any nation. Unfortunately, in Nigeria, bad governance is more common than good, resulting in unstable development.

Unemployment is another factor that leads to national insecurity. Zakaria (2006) believe that the rising tide of unemployment and the fear of a bleak future among the youths in African countries have made them vulnerable to the manipulations of agents 'provocateurs'. These include aggrieved politicians, religious demagogues, and greedy multinationals that employ these youths to achieve their selfish ambitions. Zakaria (2006) strongly believes that the absence of job opportunities in developing countries is responsible for youth restiveness with disastrous consequences.

Poverty is another challenge in terms of national insecurity because it connotes inequality and social injustice and this traumatizes the poor. Inadequate educational opportunities and resources is one major factor affecting national security and nation building in Nigeria. Quality education has a direct bearing on national prestige, greatness, and cohesion. The knowledge and skill that young people acquire help determine their degree of patriotisms and contribution to national integration and progress (Onyekpe, 2001). Most rural communities and urban slums in Nigeria have no access to portable water, health facilities, electricity, communication facilities, industries and commercial facilities, etc.

Behind social unrest and youths restiveness in the country is the agitation for equitable distribution of resources. Inadequate communication and information flow is another problem

facings Nigeria in terms of security. Communication creates avenue for sharing information. It helps people express their thoughts and feelings, clarify problems, and consider alternative ways of coping with their situation. People must have access to communication facilities, to communicate with the people making the decisions that affect them. It is however unfortunate that rarely do people in Nigeria participate in decision making processes on issues that affect their lives which has resulted in youth and social restiveness in Nigeria (Ifidon and Ahiauzu, 2005).

Information is a critical resource for individual and collective emancipation and advancement. Sokari (2006) agrees that information is necessary for people to be liberated from the shackles of ignorance, misconceptions, economic stagnation, social unrest, and political instability. Social cohesion cannot be achieved without timely, accurate and relevant information. According to Ifidon and Ahiauzu (2005) information is structured data that causes a human mind to change its opinion about the current state of real world and contribute to a reduction in the uncertainty of the system. It is the responsibility of leaders to ensure that youths and the public generally have access to information that will guide their actions. Clearly, most Nigerian youths who participate in protests across the country are uninformed. It is therefore against the background enunciated that the following research questions were examined in this study:

1. *What is the relationship between counselling and national security?*
2. *How does youth restiveness relate to national security?*

To answer the research questions the following null hypotheses were formulated:

1. *There is no significant relationship between counselling and national security.*
2. *There is no significant relationship between youth restiveness and national security.*

Methodology

The research adopted a correlational design. The population consisted of all the senior secondary school teachers in Port Harcourt metropolis. 200 participants were sampled from 10 schools via simple random sampling technique with each school contributing 20 respondents. Three self-designed scales were used for data collection namely, the Counselling Scale (CS), Youth Restiveness Scale (YRS) and National Security Scale (NSS). The scale consisted of three sections A, B, C. Section A had three items which elicited bio-data information, section B contained 5 items while C had 16 items which measured counselling need. Cronbach Alpha Reliability Test for the scale yielded 0.92 for CCS, 0.78 for CYRS and 0.89 for NSS respectively. Face and content validity of the instruments were ensured by three experts in the area of Educational

Psychology Guidance/ Counselling. All the questionnaires were completed and returned. This shows 100% return rate. Pearson Product Moment Correlation technique was used to analyze the data through the application of SPSS.

Results

Research Question 1

What is the relationship between counselling and national security?

Hypothesis 1

There is no significant relationship between counselling and national security.

Table 1: Results of Correlation analysis showing the strength and significance of the intercorrelation between Counselling items and National Security

Variables	Counselling	National security	Remarks
Counselling Pearson correlation	1	0.82	Hypothesis is Rejected
Sig. (2-tailed)		0.000	
N	200	200	
National security Pearson correlation	0.82		
Sig. (2-tailed)	0.000		
N	200		

*Significant, $P < 0.05$ level of significance.

From Table 1 above, $r = 0.82$, $p < 0.05$. The result was that there was a positive and high relationship between counselling and national security which was statistically significant. Therefore, the null hypothesis was rejected. This means that there is significant relationship between counselling and national security.

The second issue in this research was on the relationship between youth restiveness and national security. This was also subjected to Pearson Product Moment analysis and the result is as presented on Table 2.

Research Question Two

How does youth restiveness relate to national security?

Hypothesis Two

There is no significant relationship between youth restiveness and national security.

Table 2: Results of correlation analysis showing the strength and significance of the intercorrelation between Youth Restiveness items and National Security.

Variables	Youth Restiveness	National security	Remarks
Youth restiveness Pearson correlation	1	0.57	Hypothesis is Rejected
Sig. (2-tailed)		0.003	
N	200	200	
National security Pearson correlation	0.57		
Sig. (2-tailed)	0.000		
N	200		

*Significant, $P < 0.05$ level of significance.

Table 2 indicates that, $r = 0.57$, $p < 0.05$. The result was that there was a positive and moderate relationship between youth restiveness and national security which was statistically significant. Therefore, the null hypothesis was rejected. This means that there is significant relationship between youth restiveness and national security.

Discussion

From the results of the study, it can be observed that there is a significant relationship between counselling and national security. This was in line with Onyekpe (2007) in his assertion that counselling and quality education has direct bearing on national prestige, greatness, and cohesion. The knowledge and skill that young people acquired help determine their degree of patriotism and contribution to national integration and progress.

From the findings in Table 2 above, it was discovered that there is a significant relationship between youth restiveness and national security. This was in line with the views of Elegbeleye (2005) that youth restiveness in Nigeria has been a prominent issue in recent times. It was supported by Ofrem and Ajay (2008) who identified some factors which are lack of good governance corrupt practices of government officials, unemployment, lack of quality education and so on, as the reasons for incessant youth restiveness. Zakari (2006) also supported these views by stating that unemployment is another factor that leads to national insecurity. Also, the absence of job opportunities in developing countries like Nigeria is responsible for youth restiveness with disastrous consequences.

Conclusions And Recommendations

This investigation has attempted to capture the role of counselling for national security and national building thereby explaining factors like youth restiveness as a challenge towards enhancing the economic, political and social development in Nigeria as a nation. Based on this, the following recommendations were made:

1. Counsellors should be employed in

all government and non-governmental organizations in order to assist the government in making relevant decisions as it affects the nation's security.

2. Also, the government should make professional counsellors as special adviser in matters relating to economic, political and social development of the country.
3. Counsellors should create more awareness to the public in order to enhance information flow among youths through seminars, workshops, and lectures.
4. The government should ensure equitable distribution of information and telecommunication facilities in both urban and rural areas.
5. The governments should ensure accessibility of information for skill acquisition, self employment, job opportunities, and self-reliance among youths.
6. Increase allocations for youths' developments and youth-related programmes.
7. All channels of information should be used to enlighten youth on the adverse effects of acts of rebellion.

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