

Rehabilitating Victims of Insurgency in Internally Displaced Persons Camps through Counseling for National Integration in Yobe State, Nigeria

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ABSTRACT

The study investigated the needs for rehabilitating victims of insurgency in internally displaced persons camps through counseling for National integration in Yobe state, Nigeria. Descriptive survey design was used. The population for the study was all the victims of insurgency in internally displaced camps in Yobe state. A sample of 300 respondents (150 males & 150 females) was randomly selected. Two research questions guided the study. The instrument for data collection was title: *'Counseling Needs and Strategies for Internally Displaced Persons Camps Questionnaire (CNIDPCQ)* developed by the researchers for the study. The method for data analysis was simple percentages. The findings showed that, The victims of insurgency needs rehabilitation through counseling for national integration which revealed over 65% were: Loss of confidence in life, government neglect to provide basic amenities, unemployment, drug/alcohol/substance abuse, feel stressed and upset, loss of self esteem, frequent conflict in the camp, fear of others in the camp, frustration, deprived of possessing properties, right to nationality, inequalities in gender/status, bad leadership, insecurity in camp, false religious teachings, loss of love one/family/relatives, poverty, drafting of youths into thug activities by politicians and victims of sexual abuse. The study showed that counseling services for rehabilitation are orientation programmes for victims, individual as well as group counseling strategies may not be the best counseling strategies for rehabilitating the victims of insurgency in IDP camps for national integration in Yobe State. It was recommended that Counselors should sensitize the internally displaced persons camps leaders, and other employers in the camps through workshops and seminars to emphasize on how to rehabilitates the victims of insurgency.

Keywords: Rehabilitation, Victims, Insurgency, Internally Displaced Persons and Camps

INTRODUCTION

There is no doubt that the upsurge of insurgency has the reputation of being the greatest informal threat to National Integration in Nigeria. More specifically the north-eastern region suffered most, as a result of

Boko-Haram activities. Victims of insurgency are people who are affected by the activities of Boko-Haram directly; who experience problems as a result of emergence of the militants acts of violence of the sects in their place of residents. The security challenge in the north-east, specifically Borno, Yobe and Adamawa states exerts mental stress on displaced persons. The situation has placed residents of the area in a threatening and anxiety evoking circumstance which requires rehabilitation for positive progress. Loss of loved ones, home and change in circumstance exert psychological stress on the affected victims of insurgency, this heightens the crises accompanying psychological problems requiring counseling services.

In West and Central Africa, the growing instability in the Sahel region, fuelled by the Arab Spring, increasing activities of Al-Qaida in the Islamic Maghreb and *Boko Haram* compounds the plight of people in the region. Similarly, UNICEF (2011) documented how the series of historical transformations – popularized as the ‘Arab Spring’ in the Middle East and North African region short down school activities. Between December 2010 – January 2011 Tunisia recorded an unprecedented wave of socio-political change that spread to Egypt, Libya, the Syrian Arab Republic and Yemen. Egypt and Tunisia experienced refugee crises along their borders following the forced displacement of 930,000 civilians in Libya.

The victims of insurgency are like individuals with special needs that require serious assistance of counselor. The victims in the region lost lives, business activities, and properties worth billions of naira. Also school activities were disrupted and some schools were turned to refugee camps. In order to accommodate these people who are affected by insurgency the government established various Internally Displaced Persons’ (IDP) Camps in affected states. Internally Displaced Persons Camp (IDPC) is a place where people are forced to flee due to conflicts, drought, disaster etc. within their countries. These people, who are the

victims, are from different communities, ethnic, religion and social backgrounds with different problems. What is left to be seen is the decisiveness and efficacy of the government to stem the tide (Njoku, 2013). This act of insurgency of Boko-Haram is intent in precipitating disintegration, even as they have taken refuge in terrorism acts. Knowing that terrorism and religion crisis are the opium of the people, they are goaded by the reasoning that, they are the easiest way to fast tract unmitigated calamity in the nation for disunity and disintegration in Nigeria. Rehabilitation is a process of bringing back a person with special needs; process of bringing back a person with disability to live a near perfect life through medical, educational, social, vocational and counseling intervention (Sokole, 2003). To rehabilitate also refers to the greatest rescue, operations in human interaction. The concept stands out as mission for the purpose of restoration, conservation and advancement of individuals, who live under threats and incapacitation (Ibrahim & Damul, 2011). So counselors must confront that insurrection very squarely by rehabilitating and reinstating the victims of insurgency for positive attitudes and national integration.

Several empirical studies on insurgency victims reported related factors which contributes to the needs to rehabilitates the victims of insurgency. These factors are considered as psychological, emotional, educational, and vocational that needs counseling intervention to rehabilitate the victims. The displaced persons in camps often employ defense mechanism than others (Nwachukwu, Umaru & Yagana, 2014). The result of insurgency may lead to break up of nation by creating ill feeling and disharmony capable of injuring and eroding the unity of country. Invariably insurgency has implications for the continuity and survival of the nation nascent democracy and integration. Muyamu (2012) studied the effect of northern Uganda insurgency on effectiveness of secondary school teachers northern Uganda, he found that teachers morale has depreciated due to unabated attacks on schools and are running away from the country. Nwachukwu, Umaru and Yagana (2014) study found

that students in non-conflict areas have stronger school interest-value belief compared to their counterpart in armed conflict areas, most students were found skeptic about their safety in schools leading to disintegration. Nigeria's north-east schools have been referred to as an outstanding terrorists target, students and teachers are killed indiscriminately, school facilities are burnt, shelled and used as insurgents camps, school children are raped and kidnapped (Musa & Nwachukwu, 2014). Such psychological, emotional trauma and individual problems usually requires counseling to rehabilitates them.

Counseling is more than hygiene because everyone can give hygiene but counseling is only given by an expert, whereas in most cases the counselors are denied access to victims of insurgency in the camps but counselors should not relents in their effort to rehabilitate the victims in the internally displaced persons camps (IDPC). Counseling is a knowledge profession; a counselor is one who give knowledge economy, knowledge based on emotions, established, human development, family, religion, politics and psychology, which seeks to improve individual self understanding (Njoku, 2002). The counselor shared obligations pointed out solutions and recommendations, if properly addressed the insurgency victim will change positively and victims integrated to national unity. The general public tends to view counseling as a remedial function and emphasizes immediate goals such as problem situation, tension reduction and the like. Counselor may refer to the rehabilitation of a particular problem and proffer solution. Counseling in it spirit and essence is generative, it aims at assisting the individual to develop such that, he becomes psychologically mature and is capable at realizing his/her potentialities optimally for national integration (David, 2013). Carson, Butcher, and Mineka (2007) found that counseling should provide good models for the Nigerian youths to imitate through radio and television programme. Counselors can educate the general public on more peaceful ways of resolving conflict situation and rehabilitation through group counseling (Peter & sewuese, 2012). The negative impact

of insurgency on victims in the IDP Camps requires professional counseling intervention for National integration. The challenge to counseling practitioners is to provide the victims with knowledge, skills, and motivation to change behavior that put them into the traumatic situation and rehabilitate them for positive attitudes and progress.

Statement of the Problem

From the observation made by the researchers in the current period the victims of insurgency are faced with psychological, emotional, educational, and vocational problems in the IDP camps. There is need to identify such problems in the IDP camps for rehabilitation through counseling with a view to integrate the victims nationally. The role of professional counselor in rehabilitating the victims must be succinctly identified in the provision of knowledge and skills to bear on the insurgency experienced. It is against this backdrop that this study surveyed the rehabilitation needs of the victims in the IDP camps with the intention of proffering solution through counseling services for national integration in Yobe State, Nigeria.

Purpose of the Study

This study examines the rehabilitation need of victims of insurgency in IDP camps, So as to provide counseling intervention to them for National integration in Yobe State. It specifically investigates the following:

1. To determine various needs of victims of insurgency in the IDP camps requiring rehabilitation for National integration in Yobe State.
2. To identify effective counseling intervention for rehabilitating the victims of insurgency in the IDP camps for national integration in Yobe State.

Research Questions

Two research questions were proposed for the study:

1. What are those needs of the victims of insurgency in the IDP camps requiring rehabilitation through counseling for national integration in Yobe State?
2. What are the effective counseling interventions for rehabilitating the victims of insurgency in the IDP camps for national integration in Yobe State?

METHOD

This study adopted the descriptive survey design. The target population of this study was all the insurgency victims in the ten IDP camps in Yobe State, Nigeria. A sample of 300 respondents was selected using simple random sampling technique. The respondents were 60 male and females from five different IDP camps in Damaturu Metropolis, Yobe State (30 males and 30 females) from each camp.

An instrument title – *Counseling Needs and Strategies for Internally Displaced Persons Camps Questionnaire (CNIDPCQ)* was developed by the researchers for the study. Consequently 60 items questionnaire was derived from suggestions offered by experts in Measurement and Evaluation, Psychology, Guidance and Counseling from University of Maiduguri. Some of the items were derived from literature review mentioned above while others from the internet. On the basis of these suggestions fifty items were retained for the questionnaire. The *CNIDPCQ* was divided into three sections A, B and C. Section A was bio-data, Section B had items on needs for counseling in IDPC, and Section C was items on counseling strategies. It was designed to elicit responses to the items by indicating whether a given item Yes or No for Section B while responses to section C were Agree, Not Sure and Disagree. For the purpose of estimating the Cronbach alpha reliability of the scale the categories of responses were weighted; Section B May Need =3, Not Sure=2 and May Not=1, while for Section C Agree = 3, Not Sure = 2 and Disagree = 1. The Cronbach alpha reliability of the scale was .932. The questionnaire was administered to

300 youths and was successfully retrieved. Those who could read and write were given the questionnaire to respond while in the case of those who could not read and write the researchers read and interpreted the questionnaire in the language they will understand and they responded. It took an average of 3 hours 30 minutes to administer the questionnaire in each of the camps visited and the return rate was 100%.

To answer the questions raised in the study, the percentage of response to each of the response category was computed per item in the scale. The percentage was rounded up to the nearest whole number for brevity.

RESULTS

Research Question One: What are those needs of the victims of insurgency in the IDP camps requiring rehabilitation through counseling national integration in yobe state?

The research question sought to find out the needs of the victims of insurgency in the IDP camps requiring rehabilitation through counseling for national integration in yobe state.

Table 1: Needs of Victims of Insurgency in the IDP Camps Requiring Rehabilitation through Counseling for National Integration in Yobe State

S/N	Statement	May Need	Not Sure	May Not	Total
1.	Feel stressed and upset	86	2	12	100
2.	Deprived of possessing properties	74	3	23	100
3.	Right to nationality	70	2	28	100
4.	Inequalities in gender/status	70	2	28	100
5.	Loss of job/livelihood	60	10	30	100
6.	Loss of love one/family/relatives	66	4	30	100
7.	Educational pursuit truncated	56	6	38	100
8.	Loss of self esteem	85	5	10	100
9.	Loss of confidence in life	90	1	9	100
10.	Unemployment	90	5	5	100
11.	Inability of parents, families and schools to train children in camp	50	0	50	100
12.	Government neglect to provide basic amenities	80	0	20	100
13.	Fear of others in the camp	77	11	12	100
14.	False religious teachings	67	20	13	100
12.	Victim of sexual abuse	69	10	21	100
14.	Lack of cooperation in the camp	56	0	44	100
15.	Drafting of youths into thug activities by politicians	65	5	30	100
16.	Unequal distriubution of resources	21	6	73	100
17.	Poverty	71	0	29	100
18.	Frequent conflict in the camp	79	1	20	100
19.	Frustration	77	0	23	100
20.	Bad leadership	69	1	30	100
21.	Drug/alcohol/substance abuse	90	1	9	100
22.	Over population in camp	44	12	44	100
23.	Under population in camp	43	17	40	100
24.	Insecurity in camp	67	0	33	100
25.	Ineffective communication in camp	38	2	60	100
26.	Lack of humanitarian and social welfare	60	3	37	100
27.	Inadequate training programmes	54	6	40	100
28.	Inadequate recreational facilities	44	1	55	100
29.	Lack of quality education	54	6	44	100
30.	Unnecessary controversies by political leaders	52	2	46	100

The victims of insurgency needs rehabilitation through counseling for national integration which indicated with over 65% were: Loss of confidence in life, government neglect to provide basic amenities, unemployment, drug/alcohol/substance abuse, feel stressed and upset, loss of self esteem, frequent conflict in the camp, fear of others in the camp, frustration, deprived of possessing properties, right to nationality, inequalities in gender/status, bad leadership, insecurity in camp, false religious teachings, loss of love one/family/relatives, poverty, drafting of youths into thug activities by politicians and victims of sexual abuse.

On the other hand areas where no serious rehabilitation is needed are: unequal distribution of resources, and ineffective communication in camps.

Table 2: Effective Counseling Interventions for Rehabilitating the Victims of Insurgency in the IDP Camps for National Integration in Yobe State

S/N	Statement	Agree	Not sure	Disagree	Total
31	Aggressive poverty eradication	86	4	10	100
32	Establishment of skills acquisition camps	85	6	9	100
33	Eradication of corruption	90	4	6	100
34	Appealing to aggrieved groups	75	12	13	100
35	Negotiation and mediation	71	3	26	100
36	Transparent leadership	82	8	10	100
37	Improved living conditions	62	30	8	100
38	Religious tolerance	90	1	9	100
39	Checking the activities of religious extremists	55	5	40	100
40	Individual counseling strategies	40	37	23	100
41	Group counseling techniques	45	20	25	100
42	Development of voluntary victims programmes	60	19	21	100
43	Orientation programmes for the victims	43	7	50	100
44	Involving victims in extra-curricular activities	55	15	30	100
46	Creating public awareness	62	8	30	100
47	Organizing seminars, conferences and workshops for victims	64	7	29	100
48	Behaviour induction for victims leaders	60	20	20	100
49	Establishment of advisory committee	30	25	45	100
50	Organizing family and community counseling	70	5	25	100

The results from Table 2 indicated that orientation programmes for victims, individual as well as group counselling strategies may not be the best counselling strategies for rehabilitating the victims of insurgency in IDP camps for national integration in yobe state. However other counselling strategies that were identified if properly applied may rehabilitates the victims of insurgency in IDP camps for

national integration in yobe state are such as counselling for eradication of corruption, counselling for religious tolerance and counselling for aggressive poverty eradication among others.

DISCUSSION OF FINDINGS

The study found in respect to research question one that victims of insurgency needs rehabilitation through counselling for national integration due to the following problems: loss of confidence in life, government neglect to provide basic amenities, unemployment, drug/alcohol/substance abuse, feel stressed and upset, loss of self esteem, frequent conflict in the camp, fear of others in the camp, frustration, deprived of possessing properties, right to nationality, inequalities in gender/status, bad leadership, insecurity in camp, false religious teachings, loss of love one/family/relatives, poverty, drafting of youths into thug activities by politicians and victims of sexual abuse. The findings suggested that the traumatic situation contributed to the problems experienced by the victims of insurgency. Also the findings showed that there is need for rehabilitation through counselling. To buttressed this findings Njoku(2002)study reported that a counsellor is one who give knowledge economy, knowledge based on emotions, established, human development, family, religion, politics and psychology, which seeks to improve individual self understanding. The need for counselling to the victims was also supported by (Peter & sewuese, 2012) who found that counsellors can educate the general public on more peaceful ways of resolving conflict situation and rehabilitation through group counselling for national integration.

The effective counselling interventions for rehabilitating the victims of insurgency in the IDP camps for national integration in yobe state are found to be counselling for eradication of corruption, counselling for religious tolerance and counselling for aggressive poverty eradication among others for national integration. This finding contradicted Carson, Butcher, and Mineka (2007) study who found that counselling

for the provision of good models for the Nigerian youths to imitate through radio and television programme. This may be as a result the victims of insurgency in the IDP camps are poor; they cannot afford to own a radio or television.

CONCLUSION

This study concluded that victims in the internally displaced camps in Yobe state need rehabilitation counselling due to Loss of confidence in life, government neglect to provide basic amenities, unemployment, drug/alcohol/substance abuse, feel stressed and upset, loss of self esteem, frequent conflict in the camp, fear of others in the camp, frustration, deprived of possessing properties, right to nationality, inequalities in gender/status, bad leadership, insecurity in camp, false religious teachings, loss of love one/family/relatives, poverty, drafting of youths into thug activities by politicians and victims of sexual abuse. Also the effective counseling interventions for the victims of insurgency in IDP camps are counseling for eradication of corruption, counselling for religious tolerance and counseling for aggressive poverty eradication among others. There may be need to replicate the research in other internally displaced persons camps in different states of the federation.

RECOMMENDATIONS

In view of the findings of this study, the following recommendations were made;

1. Counsellors should sensitize the internally displaced persons camps leaders, and other employers in the camps through workshops and seminars to emphasize on how to rehabilitates the victims of insurgency.
2. Counsellors should be given special security votes by the government to facilitate their effectiveness in the maintenance of national integration at all levels.

3. All the internally displaced persons' camps should be attached with a counsellor to assist in managing and provision of services to occupants by the government.

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