

**EFFECT OF INSURGENCY ACTIVITIES ON ADJUSTMENT OF
FAMILIES LIFE OF IDPs IN SHIRORO, MUNYA AND RAFI LOCAL
GOVERNMENTS AREA, IN
NIGER STATE: IMPLICATION FOR COUNSELLING
AND NATIONAL SECURITY**

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Abstract

This study examined the effects of insurgency activities on adjustment of social and emotions of families' life in Shiroro, Munya and Rafi Local Government Areas of Niger State of Nigeria. The study was necessitated by the increasing insurgency activities in the study areas which threatens the lives of families with unpredictable attacks in the local government areas. The study had two (2) objectives, (2) two research questions and (2) null hypotheses. Descriptive survey design was employed to carry out this study. From a population of six thousand nine hundred and sixty five (6,965), a sample of three hundred (300) was drawn using purposive sampling technique. An adopted questionnaire was employed to obtain data for this study. Three hundred (300) copies of questionnaire were distributed, successfully completed, retrieved and was used for the study. The data were analyzed using descriptive and inferential statistics. Mean and standard deviation were used to answer the research questions, the null hypotheses were tested using Analysis of Variance (ANOVA) and t-test at 0.05 alpha level of significance. The findings revealed that insurgency activities

have significant effect on social adjustment of families life in Shiroro, Munya and Rafi Local Government Area of Niger State of Nigeria. Findings also revealed that there is no significant differential effect of insurgency activities on families' emotional adjustment life in the study area. This is because the calculated p-value of 0.271 is greater than the 0.05 alpha level of significance at a t-calculated value 1.108 and df of ninety- nine (99). It was recommended that the use of various techniques of counselling should be encouraged by the guidance counselors and psychologists to reduce or minimize negative social and emotional experiences among families affected with insurgency attacks, and economic opportunities should be made available to these families by providing for them packages and soft loans in the interior villages to empower youths and women, thus bringing relief to the families and the communities.

Keywords: Adjustment, Insurgency, Family lives.

Background to the study

The damages done by the insurgents on lives and livelihoods of the inhabitants of Shiroro, Munya and Rafi local government areas of Niger state being the epicenter of insurgent activities in these areas and the communities under it will remain evergreen in their memory, as these families are still suffering from psychological trauma. Sasse in Mamman, Ojo and Martha (2017) opined that family life can be explained as the progresses of family members, in all area of family living when there is optimum co-operation and direction of individuals in the family, it will also help in deciding on how to use family resources to get what they want successfully. Family life goes along with goals achievement and the ability to enhance trust, communication and cohesiveness, as well as to teach children and other members of the family how to set goals and achieve progress personally (Anyakoha, 2000). Goals can help families on how to use or manage their resources to get what they want or desire in life. Goal motivates families to work hard towards its achievement. In other words, it inspires them to learn to be flexible or learn new skills in order to achieve developmental goals at home. Individuals or family who set goals and work towards its achievement, enjoy success, feel good and are encouraged about the accomplishment of their goals in family life. (Anyakoha, 2001; DeGenova and Rice 2001)

Adjustment is a process of the individual/group efforts to satisfy his/their needs in society (Egbule, 2005). Chauhan in Egbule (2005) viewed "adjustment as a process of reaction to the demands and pressures of personal, social, emotional and economic

environment imposed upon the individual” . So efforts by either the individual or groups threatened to satisfy these needs and would bring discomfort and other forms of distress to individual or group members, which insurgency is one of the major form of it in the study areas.

There are numerous factors that affect the achievement of family life in Shiroro, Munya and Rafi, some of which are positive while others are negative. The negative factors are those connected to insurgents’ activities resulting to crisis among families and society, destruction of wealth and waste of resources, ill-health of family members as a result of starvation, malnutrition in the camps, constant attacks by the insurgents, and lack of good family relationship as a result of unrest (Gyawali, 2006). Apart from the loss of lives arising from Bandits activities, internally displaced people (IDP) in towns and villages can no longer have access to their means of livelihood because of the systemic deprivation of their liberty, will-power and freedom of movement.

These attacks have led to the migration of people to other parts of the state, for those who could afford it but many made camps their home (primary schools). The clashes between insurgents and security agents also weighed down on family activities in the affected local government areas as farming/sustenance and businesses/economic activities have reportedly crumbled. While many people have fled the local government areas” (Shiklam, 2012)

It is glaring that insurgents activities in these local government areas is gradually transforming Niger State into ‘Zamfara’ State and other deadly terrorists States in Nigeria where people wake up every day to witness and hear news of terrorist attacks. These attacks which became rampant in 2019/2020 have resulted in the displacement of persons in these local government areas of the state. Most of the displaced people in the villages affected by activities of the insurgents were harbored in primary schools, resettlement camps among others. The researcher visited some of these primary schools and resettlement camps for on the spot observation.

Mamman, Ojo and Martha (2017) wrote that activities in Nigeria is continuously threatening the lives of family members which adversely affects the economy of the nation; considering the high rate of loss of lives and properties occurring in various communities. Oladayo (2015) reported that, the emergence of insurgency has introduced a terrorist dimension to the rampant crises in Nigeria and hitherto unknown level of violence. The activities of the insurgents have been so devastating that the unprecedented loss of lives accompanied by loss of property and means of livelihood of families cannot be overemphasized. In the face of this unprecedented loss, social, emotional and economic life, religious obligations and other socio-cultural activities of the people in the affected areas are practically non-existent. Family goals, mutual cooperation and interaction of members toward achieving desired direction of family life become restricted.

Continuous insurgent activities in communities and other villages in these local government areas of Niger states have led to children abduction, kidnapping and the cutting short of their dreams of a fulfilled life as the case may be. Parents who are bread winner are being slaughtered, communities ransacked, and properties worth millions are burnt to the ground. Mburza, Umar and Bawa (2019) stated that farming activities have slowed down as reports have it that farmers are being attacked while on the farm, with their women being raped, killed and their farm produce either carted away or set on fire. The resultant sharp decline in agricultural activities and many more are all products of the insurgency. Some decline businesses such as; restaurant services, hair and barbing saloon, trading, carpentry and electrical services rendered cannot be accessed and even local government civil servants, for the fear of the unknown cannot go to work. These are the general outcry reported over the media day in day out by the affected communities within the state.

Statement of the Problem

The economy of Niger State witnessed series of setbacks as a result of insurgency activities. In some instances, the economic crisis was attributed to climate change, conflict, crime amongst others. However, with the chains of attacks by the insurgents since 2018, socio-economic activities in several communities in Shiroro, Munya and Rafi local government of Niger state witnessed major decline as people are being killed and properties still been destroyed.

On reconnaissance survey to some primary schools where victims were camped we noted the shock and psychological trauma caused by the insurgency is still very fresh among victims. The question is how and what do these families do to meet up with the economic, social, emotional and other requirement by the families? The study is to assess the effect of insurgency on social and emotional life of families in the affected areas.

Research questions

The following research questions were formulated to guide the study

1. What is the effect of insurgency on social adjustment in the live of families in the communities in Shiroro, Munya and Rafi local government of Niger state of Nigeria?
2. What is the differential effect of insurgency on emotional adjustments in the life of families in the communities in Shiroro, Munya and Rafi local government of Niger state of Nigeria?

Hypotheses

The following research hypotheses were formulated to guide the study

1. There is no significant difference in the effect of insurgency on social adjustment in the lives of families in the communities in Shiroro, Munya and Rafi local government of Niger state of Nigeria.
2. There is no significant differential effect of insurgency on emotional adjustment in the lives of families in the communities in Shiroro, Munya and Rafi local government of Niger state of Nigeria.

Method

The descriptive survey was adopted for this study. This design is used when dealing with a systematic collection of data and information from the population or a sample of the population through the use of personal interview, Questionnaire (Abdullahi 2005) Ijaya (2000) viewed descriptive survey design as a study which investigates the entire population of people or items, by collecting data from samples drawn from a population and assuming that the samples are true representation of the entire population. The choice of descriptive survey design was based on the fact that the population cannot be covered, hence the sampling.

A sample size of 300 respondents was selected using purposive sampling technique to participate in this study. This is based on the sample selection chart by Michael (1981) and Smith (1983) in Ijaya (2000) which suggests that for a population of 60,000 and above, a sample size of 300 and above is sufficient for generalization. The entire population of families affected with insurgency activities in the three local governments of the study was six thousand nine hundred and sixty five (6,965) which is made up of all the adult male and female residing in the three local government areas of Shiroro, Munya and Rafi local government areas of Niger state. The breakdown of population for Shiroro, Munya and Rafi local governments of Niger state, are shown in Table 1 along with sample population for each local government areas

Table1: Population and sample size of the affected local government areas involved in this study

Local Government Areas	Population	Sample Size
Shiroro	3045	100
Munya	2327	100
Rafi	1593	100
Total	6965	300

Instrument for Data Collection

The instrument for data collection was a questionnaire that has 32-items used for the analysis. The questionnaire was developed based on this study. The research questions and null hypotheses were in line with the information that was obtained from the literature reviewed.

Likert scale was modified into 4 point interval scale of strongly Agreed (SA), Agreed (A), Strongly Disagreed (DS), in line with Nworgu (2000) with values of 4, 3, 2 and 1 respectively. The modified Scale was used in order to avoid the use of the middle scale which was a neutral position. According to Abranovic (1997) “ the neutral or undecided position creates problem on deciding the opinion or the stand of the responsibilities on issue of investigation” . Cohen (2000) further suggested that researchers should avoid using it. The instrument was validated, pilot tested and Cronbach alpha was the option selected for the determination because of the interval scaling (Nworgu, 2000). The reliability coefficient of 0.5 and above was recommended for the reliability of a survey instrument which implied that reliable coefficient of variables tested was internally consistent on the study (Natasha, 2002). The reliability index 0.93 was obtained using Cronbach alpha which means that the instrument is reliable and consistent for the study.

Procedure for Data Collection

Two research assistants were employed, trained to interpret the questionnaire in the language of the respondents and the procedure for data collection. Questionnaire copies were administered to respondents irrespective of their gender. The period of data collection lasted for one week and at the end, all completed copies were collected for statistical analysis.

Method of Data Analysis

Data collected were analyzed statistically using the Statistical Packages for Social Sciences (SPSS) version 20. Both descriptive and inferential statistics were used. Research questions 1 and 2 were analyzed using mean and standard deviation (SD) with index scores of 2.5 and above as the Bench Mark for Agreed and 2.49 below as Disagreed. Null hypothesis One was analyzed using one-way Analysis of Avariance (ANOVA), while Null hypothesis was analyzed using independent sample t-test at 0.05 level of significance.

Research Question One: What is the extent of the effect of insurgency’ activities on social adjustment in the life of families in the three local government areas of Niger state, Nigeria?

Table 2: Respondent`s Opinion on the effects of insurgency on the social adjustment of families lives in the three local government areas of Niger state, Nigeria.

States	N	X	SD
Shiroro	100	3.675	0.526
Munya	100	3.525	0.506
Rafi	100	3.475	0.716

Table 2 revealed that insurgent activities affected the social adjustment of family lives in the six communities affected with insurgency in Shiroro, Munya and Rafi local government areas of Niger State with means value higher in Shiroro local government Area (Mean =3.675 and SD =0.526) Followed by Munya local government area (Mean =3.525 and SD = 0.506), and the least in Rafi local government area of Niger State (Mean=0.3.475 and SD 0.716) The findings on research question indicated that all the scores of means were more than the bench mark of 0.5 *a priori* agreement levels. Thus, there is an evidence to show that insurgent activities in the study areas have affected social adjustment of the lives of families in the communities in the affected local government areas with slight difference among the local government areas.

Research Question Two: What is the differential effect of insurgency activities on emotional adjustment in the lives of families in Shiroro, Munya and Rafi local government of Niger state of Nigeria?

Table 4. Mean and standard deviation of emotional adjustment on families life in Shiroro, Munya and Rafi local government areas of Niger State, Nigeria

Variables	N	Mean	SD
{ UH □ □	100	51.3000	32.4394
a j ■ TÄ	100	47.5600	23.9285
wÄZll	100	45.3400	20.2679

Table 4 the mean effect of insurgency activities on family emotional adjustment life in Shiroro, Munya and Rafi local government areas of Niger State. It indicated that Shiroro local government area was affected with insurgency activities ($n = 100$) with a mean of family emotional adjustment life of 51.3 with standard deviation of 32.4393, compared to mean of Munya local government area of 47.5600 with standard deviation of 23.9285 and Rafi local government that have mean score of 45.33400 with standard deviation of 20.2679.

Null Hypothesis One: There is no significant difference in the effects of insurgency activities on social adjustment in the families' lives in the three communities in Shiroro, Munya and Rafi local government areas of Niger State, Nigeria. Analysis of Variance showing differences in the effects of insurgency activities on family lives in the three local government areas affected in Niger state, Nigeria is presented in

Table 3: Analysis of Variance showing effects of insurgency on the social adjustment lives of families in the three local government areas of Niger State

P rgho	{{	D	a t	C-cal	{ 4j
Between groups	1356.103	3	767.610		
Within groups	15627.711	381	47.861	13.525	0.0000
Total	16983.814	384			

Table 3, the findings of the Analysis of Variance (ANOVA) revealed significant effect on the affected local government areas due to insurgency attack on them, The calculated p -value was (0.000) which is lower than the 0.05 level of significant and the computed F -ratio value of 13.6 is greater than the F -critical of 2.60. The null hypothesis which states that there is no significant difference in the effects of insurgency activities on social adjustment in the families' lives in the three major local government areas of Niger State is hereby rejected. The difference is more pronounce in Shiroro local government area, followed by Munya local government area and then Rafi local government area.

Hypothesis Two: There is no significant differential influence/effect of insurgency activities on emotional adjustment in the life of families in Shiroro, Munya and Rafi local government of Niger state of Nigeria

Table 5. t-Test on differential effect of insurgency activities on emotional adjustment in the life of families in Shiroro, Munya and Rafi local government of Niger state of Nigeria

Local Government	N	Df	Mean	STD	t _{cal}	t _{cri}	(P)
Shiroro	100	99	51.30	11.08	1.108	2.00	0.271
Munya	100	99	51.000	11.000	1.108	2.00	0.271
Rafi	100	99	47.56	11.000	1.108	2.00	0.271

b ℓ- Not Significant at 0.05 Level of Significance

Table 5 showed no significant differential influence/effect of insurgency activities on families' emotional adjustment life in the study area, because the calculated p -value of 0.271 which is greater than the 0.05 alpha level of significance at a t -calculated value 1.108 and df of ninety nine, (99). This showed that insurgency activities have no significant differential effect on families' emotional adjustment life in the study area with the Mean scores of Shiroro local government area 51.30, Munya local government area 51.000 and Rafi local government area 47.56 at 0.05 level. Hence, null hypothesis which states that there is no significant differential effect of insurgency activities on emotional adjustment in the life of families in Shiroro, Munya and Rafi local government of Niger state is hereby accepted. Therefore there was no significant differential effect of insurgency activities on emotional adjustment in the life of families between Shiroro, Munya and Rafi local government of Niger state.

Discussion

The findings revealed that Insurgency significantly had effect on families social adjustment lives in the three local government areas of Niger state, Nigeria ($p = 0.000$ or 0.05). The findings of the research question revealed that insurgency evidently affected families in the three local government areas most affected in Niger state. This was further confirmed by the hypothesis, which showed that the

outcome of insurgent activities was significant; implying that insurgency significantly influenced different facets of life in the three most affected local government areas. The findings agreed with the Nation News in Shiklam (2012) which reported thus: "Nigerian's families; particularly residents of Shiroro, Munya and Rafi local government areas and neighboring states- the epicenter of the activities of the sect-have been crippled to a large extent". The reported statement of the Nation's News was in line with Njoku and Nwachukwu (2015) who noted that adverse effects by insurgency have led to complete desertion of villages which are prone attacks by insurgency. Many people were injured and others lost their lives and properties as well as led to migration of people from the affected places due to restiveness. But those who survived in most cases have to seek for shelter and protection in the primary schools turned camp for internally displaced people (IPDs). Mamman, Ojo and Martha (2017) confirmed that, insurgency create Internally Displaced Persons with thousands of people suddenly affected, their camp life is usually appalling that is in terms of camp structure, security, food, service distribution, health social and emotional life of families and others not mentioned. The consequences of these are high death rates occasioned by diseases and starvation.

Results of finding revealed that no significant differential effect of insurgency activities on families' emotional adjustment life in the study area, ($t = 1.10$). This implies that family's emotional adjustment life in Shiroro, Munya and Rafi local government areas are equally influenced by insurgency activities. In comparing the effect between local government areas of insurgency activities on families' emotional adjustment, the result shows that no significant differential effect between local government areas. The findings also concurred with Mamman, Ojo and Martha (2017) which revealed that most families from insurgency activities areas were denied love from their immediate families with everybody trying to save his/her life. The finding also agrees with Frank (212) who pointed out that close relationship with both parents/children is associated with positive emotional adjustment of the family members. Mamman, Ojo and Martha (2017) opined that available literature had also proved that there is high low self-concept, low socio-economic status of the family, poor family structure and anxiety by insurgency activities. The consequences of these include poor emotional adjustment of the families live; it also indicated that there is an awareness of the importance of the peaceful home environment on families' life emotional and well-being. The peaceful home environment has a great impact on the families' psychology, emotional, social and economic status, these could also lead to poor interpersonal relationship. Finally the study of Mburza, Umar and Bawa (2019) also revealed that insurgency activities have significant socio-economic impact on victim families' lives.

Implications for Counselling

Based on the findings of this study, unless the Federal and Niger State governments addresses insurgency activities, poor governance, economic and other major economy facilities of these local government areas would remain stagnant. To prevent the current social and emotional effects of insurgency from prolonging to the families of the affected local government areas, the Federal Government in collaboration with Niger State must match their campaign against the insurgents with the necessary machineries.

The Niger State Government and Local Government Areas should as a matter of necessities, establish skills acquisition centers for youths to acquire various petty trades as survival skills in addition to construction of functional counselling clinics in the affected local government areas of Niger State and engage professional counsellors to render effective counselling services at regular bases in areas of vocations, copy strategies for posttraumatic experiences and behaviour modification to promote value reorientation for a better life ahead. Financial institutions and state ministry of commerce and industries should assist young entrepreneurs with soft loans under proper monitoring/supervision as a means to commence their trades with a view to revising the economy and hung on for a living

Conclusion

Based on the major finding of the study, it can be concluded that insurgency has significant differences on the effects on families' social and emotional adjustment life in the three local government areas of Niger State. Consequently, insurgency has significantly influenced family activities in the three most affected local government areas of Niger state, Nigeria. Therefore, the effects could be that there is a slight increase on the contribution of the insurgency activities in social and emotional family lives in the three affected local government areas of Niger state, Nigeria. The situation calls for serious counselling interventions involving government at all levels, parents and guardians, security personnel and civil society organizations to device means and ways of restoring peace and also boost economic activities of the local areas and the state.

Recommendations

The Federal and Niger State Governments should provide security personnel with adequate training, other human and material resources to squarely fight insurgency with impetus of war.

Government and non-governmental organizations involved in re-building the Niger-East senatorial district should empower families by creating economic opportunities at these most affected local government areas of Niger state through creating viable cottage industries, provision and rehabilitation of families' members and other

economic needs of investment which will empower the distressed families' lives such as skills acquisition centers.

Guidance and Counselling offices should be opened and empowered in the affected local government area to help families overcome the trauma of the insurgent activities on social, emotional and to seek help for the communities in rebuilding confidence and facilities already lost during heated periods of the insurgency.

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