

**Causes of Youth Restiveness in Northern Nigeria As Perceived By Tertiary Institutions'
Students in Kano State: Implication for Counselling Practice**

By

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Abstract

The study investigated causes of youth restiveness in Northern Nigeria as perceived by tertiary institutions' students in Kano State. The researchers adopted descriptive survey design in this study. Randomization sampling technique was used to select 378 fresh students as sample from 5 tertiary institutions in the state. Data was collected by the use of instrument named Causes of Youth Restiveness Scale (CAOYORES). The instrument was validated with the use of content validity; and test re-test method was used to determine reliability and reliability coefficient of 0.84 was obtained. The data was analyzed by the use of t-test and analysis of variance (ANOVA). The findings showed that there is a significant difference in perception of the causes youth restiveness and militancy among tertiary institutions' students in Kano state, there is no significant difference in perception of the causes youth restiveness and militancy among tertiary institutions' students based on gender, religious affiliations. Based on these findings recommendations were made for counselling practice which include among others inculcation of religious skills in guidance and counselling curriculum, there is need to overhaul guidance and counselling curriculum to include content that reduces the level of youth restiveness and militancy among tertiary institutions' students in Kano State.

Introduction

Youth in Nigeria context have rendered valuable contributions to the struggle for liberation and national development. They constitute the reservoir of energy and dynamism for any national struggle or campaign if they are correctly guided, mobilized and fully integrated into social fabrics of the nation. This is why it is universally acknowledge that positive fundamental and meaningful changes across cultural settings are usually engineered, fostered and/or shaped by the generation of youth in the society. Thus, they are vital source of manpower and posse's leadership potential which if fully exploited and properly channeled their contribution to national development is immense (Alabi, 2004).

Similarly, youth may also constitute a threat to national survival and stability if they are allowed to drift, are left unemployed, indiscipline and morally bankrupt because their positive contributions have been drowned by frequent and sometimes violent protest actions. That is why they are now perceived as a social problem characterized with defilement of traditional "core values" such as respect for elders and authority, family honour, good manners, work ethic, self discipline and the like. In Nigeria economic problems have provided the needed veneer for expression of violence and conflict be it political, ethnic or

religious (Alabi, 2004). This became a hydra-headed monster that threatens the political and economic security of the nation in the name of restiveness and militancy. That is why the consequences of this action are devastating to the society and youth. It is therefore the responsibility of the counsellors in Nigeria to look for ways of bring end to this menace which recently engulf the Northern part of Nigeria. It is the contention of this paper to investigate causes of youth restiveness in Northern part of Nigeria.

Conceptual Clarification

The Advanced Learner Dictionary (1999) defined restiveness as the ability to stay still or unwilling to be controlled, especially because of dissatisfaction. Elegbeleye (2005) defined youth restiveness as a sustain protestation embark upon to enforce desired outcome from a constituted authority by an organized body of youths. It is marked by violence and disruption of lawful activities. Chikuezi (2009) defined youth restiveness as a combination of actions or conduct that constitutes or runs contrary to accepted societal norms and standard.

Therefore, youth restiveness is a despicable act of being perpetrated by a significant proportion of our youths in various communities. As the name implies, it is a combination of any actions, conduct or act that constitutes unwholesome socially unacceptable activities engaged in by youth in any community. Conversely, it is a phenomenon which if practice lead to degree of disorderliness and instability, breakdown of law and order, low productivity due to disruption of production activities, apparent increasing crime rate, intra-ethnic hostilities, harassment and other sundry criminal tendencies such as self destruction of the youth which when arrested by law enforcement agencies lead to their imprisonment, lead to societal unrest, economic wastages, death and loss of property.

Review of Empirical Studies

Youth restiveness in Nigeria has been a prominent issue in recent times because there has been increase in the occurrence of acts of violence and lawlessness ,including things like hostage-taking of prominent citizens and foreign workers, suicidal attacks on government establishment, places of worship, burning of schools building, among others.

According to Abdullahi(2011) the current youth restiveness have been caused by youth exuberance, imitation of activities in video film, vicious poverty cycle, unemployment, incapability of parents, families and the school to organize counselling sessions and education that will be functional and which tap the potentials and the talent of the youth for productivity . He further reaffirmed that the politicization of youth development programmes has led youths to find them in the devil's workshop controlled by secret cult, money-bags, do-or-die politicians in a bid to win elections.

Similarly, Akanmidu(2004) cited in Abdullahi(2011) lamented that many youths especially in Niger Delta region or those living on highland resort to restiveness because of government abandonment of their areas thereby the area is left with acute shortage of drinkable water due to contamination of their wells or boreholes with crude oil spillage, lack of serious development in educational standard of the area which has made many youth grew up as illiterate young adults who only appreciate gangsters, kidnapping and robbing as pirate on waterside.

In another misleading submission made by Abdullahi (2011) on the cause of youth restiveness in Northern Nigeria which stated that:

“Politician or some fanatics or extremist mallams have conscripted many youth in almagiranchi as Jihadist and have been trained as warriors to lynch terror on communities or tribes and individuals that defies their religious and

political ideology such situation have been witnessed in Zango Kataf in Borno State by Boko Haram whose leaders were killed and are still bombing many part of North-----pg: 303”

The truth of the fact is that the writer provides misleading information on many issues. But the most fundamental issue is that of what he named as conscription though not specific between politician, some fanatics and extremist Mallams with almagiranchi (wrongly spelt) to trained Jihadist to lynch terror .This false and fabricated statement which is based on sentiment because no any politician or some fanatics or Mallams trained Jihadist since the three have conflicting ideas and opinions. Another issue which vividly indicates the ignorance of the writer is to sited Zango Kataf in Borno State and link the attack of Zango Kataf with Boko Haram, in which the attack at Zango Kataf of Kaduna State took place long ago before the advent of Boko Haram Syndrome.

Similarly, Elegbeleye(2005) identified three major factors responsible for youth restiveness. These factors are: the peer motivated excitement of being students, the jingoistic pursuit of patriotic ideas and perceived victimization arising from economic exploitation and emphasized that there is no difference on the understanding of these factors among youth in terms of their sex and origin of their political zone. However, Ofem and Ajayi(2008), identified lack of humanitarian and social welfare, lack of good governance, corrupt practices of government officials, inadequate training programmes, inadequate recreational facilities, lack of quality education as the reasons for incessant youth restiveness.

Ozohu –Suleiman(2006) notes that unemployment among youth and they believe that they have rising tide of unemployment as well as they fear of a bleak future among the youth in African countries have made youths vulnerable to the manipulations of agent provocateurs and greedy multinationals that employ these youths to achieve their selfish ambitions as reasons for youth restiveness. Similarly, Aworawo(2000) established a link between poverty, loss of livelihood, inequality in sharing national resources with youth

restiveness as evidenced by the numerous violent protests among the wielders of power in Nigeria. More so Onyekpe (2006) noted that the denial of the youth to have access to qualitative education in Nigeria because of the exorbitant cost of acquiring education, which lead them to be disoriented and readily available for antisocial actions such as restiveness. But Ifdon and Ahiauzn(2005) noted inadequate communication and information flow as a factor responsible for youth restiveness.

Statement of the Problem

Youth restiveness in Nigeria is presumed to be as a result of catalogue of closely related factors. Some of the presumed factors include poverty, corrupt leaders, unemployment, lack of vocational skills; and lack of humanitarian and societal welfare. Thus, youth restiveness phenomenon in recent years in Northern Nigeria has paralyzed the social, economic and political activities.

Similarly, it may hypothesized that significant difference may or may not exist between male and female students on their perception of the causes of youth restiveness because males students by virtue of their physique are found in acts leading to restiveness on like females. For instance, their involvement may due their on the need to resort to restiveness. Equally, religious affiliation may also be hypothesized to be a cause for restiveness among the students, though both religions preach peace but the current happening have made particular religion to be more violent than the other. It may be hypothesized that the origin of Geo-political zone of the students may also be resulted to significant or no significant difference on the perception of the causes of youth restiveness because the youth in different zones resort to restiveness for various reasons when a Niger Delta youth resort to restiveness because of crude oil and environmental degradation, a youth in North may resort to restiveness for religious or political reasons. It is against this background this study

investigated causes of youth restiveness in Northern Nigeria as perceived by tertiary institutions students in Kano State and draw implications for counselling practices.

Research Questions

This study answered the following research questions:

- i. Are there causes of youth restiveness in Northern Nigeria as perceived by respondents?
- ii. Are there differences on causes of youth restiveness in Northern Nigeria as perceived by respondents based on gender?
- iii. Are there differences on causes of youth restiveness in Northern Nigeria as perceived by respondents based on religious affiliation?
- iv. Are there differences on causes of youth restiveness in Northern Nigeria as perceived by respondents based on Geo-Political origin?

Research Hypotheses

The following hypotheses were formulated and tested in this study

- i. There is no significant difference in respondents' perception on the causes of youth restiveness in Northern Nigeria.
- ii. There is no significant difference in respondent's perception on the causes of youth restiveness in Northern Nigeria based on gender.
- iii. There is no significant difference in respondents' perception on the causes of youth restiveness in Northern Nigeria based on religious affiliation.
- iv. There is no significant difference in respondents' perception on the causes of youth restiveness in Northern Nigeria based on Geo-Political origin.

Research Methodology

The research design used for this study is descriptive survey method. This design was employed because the researchers are interested in finding out the perception of respondents on causes of youth restiveness in Northern Nigeria and this method is relevant to the study for measuring opinions, perception and ideas of the respondents.

The target population for this study consisted of all tertiary education students who are in their first year of study (2011/2012 session) in five randomly selected tertiary institutions in Kano State, with sample size of 12,420 students (School statistics,2011). Krejcie and Morgan's (2006) table was used to determine sample size and the samples consisted of 378 students which comprises of 189 males and 189 females. The samples were drawn by the use of randomization sampling technique, that is the use of random numbers procedure as suggested by Leedy(1993).

Data was collected by researchers self-designed scale named Causes of Youth Restiveness Scale (CAOYORES).Items on the scale were derived from information obtained as a result of review of related literature. The scale has two Sections, Section A and B. The Section A contains Demographic Data and Section B contained 15 Items .Five point likert type response format was adopted. The response range from Strongly Agreed (SA), Undecided (UD), Agree (A), Disagree (D) and Strongly Disagree (SD).All the items were positively structured .

For the validity of CAOYORES content and face validity was used. To establish this, the scale was given to three experts in the Department of Educational Psychology and Measurement and Evaluation from Bayero University, Kano and Federal college of Education, Kano and Federal College of Education (Technical) Kano who determined at face the appropriateness of the scale in measuring up what was studied and. determined the

content were representative of the what the research intend to investigate. For reliability of the scale, test re-test reliability coefficient was used. The scale was re-administered after an interval of two weeks of the first administration and the two scores were correlated and reliability coefficient of 0.87 was obtained, hence the scale was considered suitable and adjudged for this study. The data was analyzed by use of t-test and Analysis of Variance (ANOVA).A score of 50% was used for cut point of accepting as a cause youth restiveness by tertiary institutions students.

Data Presentation

Table 1: Causes of Youth Restiveness as Perceived by Tertiary Institutions

S/No	Items	Frequency	%	Decision
1.	The cause of youth restiveness in Northern Nigeria is poor leadership.	372	98.4	Agreed
2.	Corrupt practices of leaders are responsible for youth restiveness in Northern Nigeria.	367	97.0	Agreed
3.	Religious intolerance make youth engage in restiveness in Northern Nigeria.	356	94.1	Agreed
4.	Youth involve in restiveness in Northern Nigeria due illiteracy.	376	99.4	Agreed
5.	Ethnic crises in some states of Northern Nigeria is responsible for youth restiveness	261	69.0	Agreed
6.	Tribalism is the factor responsible for youth restiveness in northern Nigeria.	250	66.1	Agreed
7.	Unnecessary controversies and propaganda by religious leaders are the cause of youth restiveness.	368	97.3	Agreed
8.	Youth exuberance is the cause of youth restiveness in Northern Nigeria.	52	13.7	Disagreed
9.	Vicious poverty and unemployment is the cause of youth restiveness in Northern Nigeria	361	95.5	Agreed
10.	Inability of parents, families and schools to train youth is responsible for youth restiveness.	58	15.3	Disagreed
11.	Youth resort to restiveness because of government neglect to provide basic amenities and economic exploitation	126	33.3	Disagreed
12.	Youth restiveness in northern Nigeria is cause by peer motivated excitement.	321	84.9	Agreed
13.	When youth thought of jingoistic pursuit of patriotic ideas engage in restiveness.	17	4.49	Disagreed
14.	Youth restiveness is cause by politicization of youth development policies.	23	6.08	Disagreed
15.	Youth restiveness is ignited from the conscripted act of politicians, some fanatics and extremist Mallams in Northern Nigeria.	10	2.6	Disagreed

Table 1 reported that causes of youth restiveness in Northern Nigeria as perceived by tertiary institutions students in Kano state. It evident that respondents did not perceived youth exuberance, inability of parents, families and school to train youth, government neglect to provide basic amenities and economic deprivation ,politicization of youth development policies and conscripted act of politician ,extremist malams and some fanatics as the cases of youth restiveness .

Hypothesis 1: There is no significant difference in respondents' perception on the causes of youth restiveness in Northern Nigeria.

Table 2: Analysis of Variance (ANOVA) on respondents Perception on the Causes of Youth Restiveness in Northern Nigeria.

Source of Variance	Sum of squares (SS)	Df	Mean Square	Cal. F-ratio	Crit. F-value
Between Groups	1262.38	3	420.69	31.94	3.00
Within Groups	5213.85	396	13.17		
Total	6476.23	399			

From the table 2 above one can depicted that calculated F-ratio is 31.94 and critical F-ratio is 34.00.This implies that the null hypothesis is rejected because the calculate F-ratio is greater than critical F-value.

Hypothesis 2: There is no significant difference in respondent's perception on the Causes of Youth restiveness in Northern Nigeria based on gender.

Table 3: t-test analysis of Respondents Perception on Causes of Youth Restiveness in Northern Nigeria based on Gender

Variables	N	Mean	Sd	Df	t-value	P>0.05
Male	189	22.50	8.11	376	4.69	1.960
Female	189	18.88	6.99			

NB :=< 0.05

Table 3 above shows that calculated t-value is 4.69 and P-value is 1.960. This implies that the null hypothesis is rejected, confirming there is a significant difference in respondents' perception on the causes of youth restiveness in Northern Nigeria.

Hypothesis 3: There is no significant difference in respondents' perception on the causes of youth restiveness in Northern Nigeria based on religious affiliation.

Table 4: t-test analysis of Respondents' Perception on Causes of Youth Restiveness in Northern Nigeria based on religious affiliation.

Variables	N	Mean	Sd	Df	t-value	P>0.05
Islam	203	44.00	14.03	376	0.74	2.100
Christianity	175	37.78	19.89			

NB :=< 0.05

Table 4 indicated that there is a significant difference in respondents' perception on the causes of youth restiveness in Northern Nigeria, since the calculated t-value (0.74) is less than the p-value (2.100).

Hypothesis 4: There is no significant difference in respondents' Perception on the Causes of Youth Restiveness in Northern Nigeria based on Geo-Political origin.

Table 5: Analysis of Variance (ANOVA) on respondents' Perception on the Causes of Youth Restiveness in Northern Nigeria based on Geo-political zone.

Source of Variance	Sum of squares (SS)	Df	Mean Square	Cal. F-ratio	Crit. F-value
Between Groups	571.99	3	190.66	12.79	3.00
Within groups	590.16	296	14.90		

NB :=< 0.05

From the table one can conclude that there is a significant difference in respondents' perception on the causes of youth restiveness because the calculated F-ratio is 12.97 and the critical F-value is 3.00, that is the calculated value is greater than critical value.

Findings and Discussions

The research questions and hypotheses of this study focused on the Causes of Youth restiveness as perceived by tertiary institutions students in Kano State and its implication for Counselling Practice.

The result of hypothesis one show that there is a significant difference in respondents perception on the causes of youth restiveness in Northern Nigeria based on gender. This finding supported the findings of Ali (2009) which discovered males and female perceived that the involvement youth on acts related to restiveness among youth such as school violence, ethnic crises, and peer induced crisis differs considerably. Equally, the finding of Zachariah (2011) supports the finding of this study, it is establish that both male and female tertiary institution students engage in restiveness as a result of neglect of development programmes in their areas as a result of politicization of youth development policies, illiteracy and absence of flow of information. But the finding is surprising because female youths in this part of the country are passive and hardly seen in public gathering talk less on open protest and /or other forms of restiveness acts on the other hand findings of Onoge (1999) and Raji (1998) contradict with finding of this study because their findings shows that both male and female tertiary institution students perceived that the causes of youth restiveness is common. For instance, they specifically found youth regardless of their gender involved into acts of restiveness due bad leadership, corrupt practices of our leaders.

However, another finding of this study shows that there is no significant difference in respondents perception on the causes of youth restiveness in Northern Nigeria based on religious affiliation. This is not incongruent with findings of Mahdi(2011); Jega (2009); Ali(2008) ;Orchard and Ferry(2006)and Kuka (2001) all identified that religious intolerance

between members of major religion in Nigeria and manipulation of followers based on religious doctrines are perceived as causes youth restiveness particularly political violence in Nigeria. However, the vicious cycle of poverty caused by current economic meltdown in the country particularly in Northern Nigeria was perceived by male respondents as the one of the causes of youth restiveness in Northern Nigeria while the female respondents perceived greediness and myopic conception of religious doctrines as the cause of youth restiveness in Northern Nigeria in a study conducted by Kwajaffa (2010).

Another finding revealed that there is no significant difference in respondents' perception on the causes of youth restiveness based on geo-political origin. That is tertiary institution students in Kano State have common perception on causes of youth restiveness. This finding is on congruent with findings of Kwaru (2011) which reported that students in tertiary institutions perceived the following as the causes of restiveness; poor leadership, economic exploitation, poverty, illiteracy and political manipulation. It is interesting to note that majority of the students in tertiary institutions regardless of their religious affiliation and Geo-political zone did not perceive that youth restiveness is ignited from the conscripted acts of politicians, some fanatics and extremist Malams in Northern Nigeria. This further confirms the faulty of the assertion made by Abdullahi (2011).

Implications for Counselling

Based on the findings of this study the following counselling implications can be advanced:

- i. The use of cognitive theory approaches to reshape the thinking of the youth involve in this unwanted behaviour.
- ii. Group counselling can be used where the victims can be taken through life experience go as to come back to their sense.

- iii. Counselling could also apply the Freudian approaches to resolve the behavioural problems of the youth.

Recommendations

- i. Guidance and Counselling curriculum need to be enrich at different institution of higher learning to incorporate skills that reduce youth restiveness particularly conflicting resolutions skills;
- ii. Introduction of Counselling as compulsory course target towards replicating the skills tolerance, love peace and understand among the student at tertiary institution;
- iii. Trainers of Guidance and Counselling in the country need widen the different frontiers of counselling to include issues that reduce youth restiveness in Nigeria.

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