Guidance and counseling as coping strategy for security management

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Abstract: This study examined guidance and counseling services as a coping strategy for security management in Nigeria. The paper argued that guidance and counseling services can curb insecurity in Nigeria. It argued that there are three major forms of insecurity in Nigeria. They various forms identified were reviewed. The study revealed that counsellors must play a role of career counseling and information counseling to create awareness on national and sensitive issues. The paper concluded that attachment theoretical model of psychotherapy can be applied in solving insecurity problems in Nigeria.

Keywords: Guidance, counselling, security and management

Introduction

Education is the accumulated knowledge or experience that has positive effect on the individual character and behavioural. Education is a body of knowledge through which societal values and norms could be acquired. An individual needs guidance services in order to acquire the right type of education.

Guidance and counseling is fundamental to students and the individuals in the society. Mogbo, Obumneke and Anyachebelu (2011) defined guidance and counseling as a process of helping individuals to understand themselves and their world. In the context of this study guidance is an important component of educational service. The Federal Government of Nigeria (2004) realize the relevance of guidance services that it has stated in the National Policy on Education (2004) that it is desirable to provide guidance and counselors in secondary schools in Nigeria. According to Fafunwa in Mogbo (2011), the mandatory student guidance and counseling services is to provide the true condition and situation in Nigeria, security issues inclusive.

The States in Nigeria existed for the protection of lives and properties of the individuals. The state government and related agencies has the responsibilities of caring for the wellbeing of the individual citizens in their various localities. However, the rate of kidnappings, armed robbery, cultism, political thug, unemployment, assassination, religious crises and communal saga revealed the state of insecurity in the nation of Nigeria.

Insecurity is an issue that people are concerned with. Udoh (2015) defined insecurity as the state of being subjected to danger or injury. Beland in Okarah (2014) defined insecurity as the state of fear or anxiety stemming from a concrete or alleged lack of protection. In the context of this paper insecurity implies high rate of incidences that are resulted in deaths and psychological trauma for individuals and families in different parts of Nigeria.

Nigeria has six (6) geo – political zone. The nature of insecurity takes various forms in different parts of these geo-political zones in Nigeria. Onyishi (20011) revealed that in the south-south the fear of kidnapping is the beginning of wisdom. Title holder, professionals and oil expatriates are not spare from kidnapping saga in the south- south Nigeria. In the south-west armed robbers have taken over different parts of the state. In the North-west, Boko haram activities has killed thousands of citizenry and rendered many homeless. The North-central seen not be spared from the endemic insecurity. People in the North central region battled with the herd men insurgencies. The aged, religious organizations, farmers, women and children are not spared from one form of insecurity and the other.

It seems that there are various from of insecurity that existed in Nigeria. Udeh (2015) argued that various forms of insecurity manifested in violence, terrorism and in many other form. In the context of this study the various forms of insecurity that manifested in Nigeria are examined below:
Political Violence

Political stability is nowhere without security and safety. Politics in the present democratic region in Nigeria have shown politics of threat, anxiety and thuggery. Onyishi (2011) opined that inter and intra political party conflicts have become the order of the day. Politicians are using every available means and resources to out – do each other. They engaged in changing the legislation rules and regulations to suit their political ambitions. Political rally and campaign has become a war zone where different brand of gun, small and large weapons are freely used to silence political opponents. Onyemaizu (2006) revealed that politics in Nigeria has resulted to armed militancy, assassination, kidnapping and thug. An atmosphere of political insecurity is glaring and it has engulfed the political structure in Nigeria political system.

Ethno-Religious Crisis

Ethnic and religious growths are unachievable without peace and stability. Ethnic and religious stability is through effective security measure. Security provides access to new value system and ethnic interaction that enhance discipline and moral development. Achimugu (2000) revealed that education and peace-harmony play an important role in eliminating existing harmful ethnic practices, harmful religious practices and attitudes, which constitute obstacle to peace and stability. However, communal conflict and religious crisis has characterized the life style of many religious followers and societal value in Nigeria in recent time. Over the years in Nigeria communal conflict has occurred in Kafancha, Taraba, Shagamu and many other parts of the geo – political zone in Nigeria. Onyishi (2011) maintained that there is the classification of the settler and indigene phenomena, Christian and Muslim dichotomy. According to the author, ethno-religious identities have become disintegrative and distractive social elements threatening the peace, stability, harmony, tranquility and security in Nigeria.

Economic Manifestation

Economic growth and development of any nation is not attainable without peace and guarantee security. Economic development of a Nigeria is dependent on peace and security guarantee. In recent times, Nigeria has witnessed an unprecedented plague of crisis and insecurity in the oil sector of the nation. Okarah (2014) revealed that conflict in the Niger-Delta arose in the early 1990s due to tensions between the foreign oil corporations and some Niger-Delta minority groups. The ethnic and political unrest in Niger Delta constitute a threat to economic development of the nation. Insecurity in Niger Delta has led to proliferation of different militant groups that posed serious security threats to economic growth and development of Nigeria.

The insecurity in Nigeria has attracted palliatives measures. However, there is the need to give people an early orientation on security consciousness by emphasizing on safety and counseling in particularly in the school curriculum. The Federal Government of Nigeria in realization of the need for peace, harmony and stability has in the National Policy on Education (2004) indicated that it is desirable to provide guidance and counselors in schools in Nigeria. Mogbo, Obumneke and Anyachebelu (2011) observed that the Federal Government of Nigeria constitute mandatory student guidance and counseling service in institutions of learning in Nigeria to create awareness and counsel students on services, the true condition of security and of the Nigeria economy and its ever increasing labour demands.

Counseling services guide, inform, direct and assist people in making choice, adjustment and solving of problem including how to overcome insecurity and ensure tranquility. According to Odemelam and Uwani (2009), the individual could be assisted to understand and ensure security in Nigeria.

The essence of incorporating guidance and counseling services in the school system is to reduce ignorance of people on their choices of career prospects and personality adjustment. Oye, Obi and Bernice (2012) revealed that counselors were appointed to take the responsibilities in sensitizing students on the need for effective career choice and awareness of various discipline within the school system. The school counsellor renders the following services to schools in achieving security in Nigeria.

Career Counseling: It is the developmental process through which the individual develop their capacity. Students occupy a prominent place in any society especially the youth. The National Youth Development Policy (2001) asserts that the youths are the foundation of the society. Their energies and orientation define the pattern
of development and security of a nation. According to the National Bureau of Statistics (2010), young people aged between 15 and 24 years and 25 – 44 years account for 94 percent of the total unemployment person in Nigeria. Musari in Ilu (2013) revealed that about 1.5 million Nigerian youths enter the labour market every year without any hope of getting employment for life assurance. The school counsellor has the role of bringing to the students an increased understanding of the vocational and social information to make wise choice career that could lead to self-employment and for self-reliance.

Information Counselling: The highest geographical mobility of youth and students in Nigeria is in form of rural to urban which has affected peace and stability of the rural and urban alike. According to Ilu (2013), analysts have argued that in Nigeria generally, the skills that job seekers possess do not match the needs and demands of employer. Prospective school graduates need a lot of information on issues such as, societal demand, safety and freedom. The school counsellor is required to guide and make available necessary information that could help the individual students to actualize their academic dream and contribute to the development of the nation in all aspect. School counselors are in a better position to provide students the appropriate timely information needed to help students to set ambitious goals and to realize their goals in line with the demand of the nation. The role of counselor will be to assist the school in planning; organizing and mapping out strategies for effective implementation of activities and Programme in schools that could lead security management in Nigeria.

Security Management in Nigeria

There are many strategies the individual and the government can use to avert insecurity and to achieve safety. One of the strategies is management of security in Nigeria. Emenike (2003) defined management as a process designed to ensure cooperation, participation, intervention and involvement in effective achievement of goals. Ochai (2013) defined management as the co-ordination of human and material resources in an organization in order to achieve goals. In context of this paper, management is defined as the process of planning, controlling, organizing, directing, coordinating and supervising human and material resources in order to attain stability, harmony and peace. Insecurity is influenced by geographic, economic and social factors. Management is an effective's tool to avert disparities in resource allocation that could lead to insecurity.

Government can plan for the future of the nation. Ochai (2013) argued that government can plan for stability of the individuals and the entire nation. The national planning and Research Department in Nigeria can prepare a variety of plans to access and address challenges in areas ranging from housing and economic development, land use, transportation and food storage. National Research Study (2016) defined that comprehensive plan is a leading policy tool with legal significance. Effective planning can address insecurity and other security systems issues as important plan components.

The development, adoption and implementation of security related goals and policies in Nigeria led to the establishment of the National Food Safety Management in 2017. According to (FRN, 2017), security is a multi-sectoral issue that requires proper coordination, planning and supervision. This led to the collaborative effort in the development of the National Policy on Safety and its implementation strategy. Security is one major tool of development and poverty reduction. Achieving stability, peace and harmony calls for effective Management of Nigerian resources that serve as growth and development of the nation Nigeria.

Attachment-Theoretical Model of Psychotherapy

It is necessary to illustrate the application of a theory towards achieving stability, peace and harmony in Nigeria. Attachment theory was considered as relevant to the present study on coping strategy for security management in Nigeria.

Attachment theory was propounded by Bowl by (1973). The theory proposed that human infants are born with a repertoire of attachment behaviour such as vigilance, crying, and clinging designed by evolution to ensure proximity to supportive others in times of need. The theory explain the fact that an individual posses psychological and behavioural responses and these increase the chance of the individual being protected from physical and psychological threats, and encourage the development of coping skills related to emotion regulation and healthy exploration of the physical and social environment.
The application of this theory is relevant to the present study. Application of attachment therapy could provide safety, comfort, encouragement and positive regards making it possible for the individual to manage anxiety, conflict insecurity and distress associated with insecurity, painful memories, conflict, doubt and confusion.

Conclusion

Considering the importance of security to economic growth, political stability and ethno-religious harmony in Nigeria calls for increase role of guidance and counseling service in Nigeria at large. The essence of guidance and counseling in security management is to assist the individual and people to understand their environment and to play the expected roles that could lead to peace, stability and harmony in Nigeria. Achieving peace and stability calls for effective management of the scarce human and material resources that often generated tension and conflict. The researcher concluded that attachment theoretical model of psychotherapy could be applied in solving insecurity problems in Nigeria.

References