

School counsellor's perception on the causes of, and strategies for curbing youth restiveness in Kwara State

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ABSTRACT

This study focused on school counsellor's perceptions on the causes of, and counselling strategies for curbing youth restiveness in Kwara State. The descriptive survey design was employed in this study. The sample consisted of 226 counsellors drawn from all the senatorial districts in Kwara State using a multistage sampling procedure. Two research questions were used in this study and five hypotheses were generated respectively to guide the conduct of this study. The instrument used was titled Causes and Curbing Youth Restiveness Questionnaire (CCYRQ). Using test-retest method a reliability index of 0.75 was obtained. The data obtained were analyzed using percentage and frequency count for the descriptive data, while chi-square, t test and ANOVA were used to test the hypotheses generated at 0.05 level of significance. The result obtained revealed that denial of basic human rights seems to be the main perceived cause of youth restiveness. Equally counselling youths on how to make rational decisions that can enhance development is a main counselling strategy in curbing youth restiveness in Kwara State. Also, counsellor's perceptions were not the same on the causes and strategies for curbing youth restiveness based on religion and school type. All other hypotheses were upheld. Based on the findings of this study it was recommended that the government should employ the services of counsellors in enlightening the youths on how to exercise their human rights without causing harm in the society. They should equally create more jobs and employment opportunities for this will assist in curbing youth restiveness.

KEY WORDS

School counsellor, perceptions, youth restiveness, Nigeria

RÉSUMÉ

Cette étude s'est concentrée sur les perceptions des conseillers scolaires concernant les causes de la rébellion des jeunes dans l'État de Kwara et les stratégies de conseil pour y remédier. The Descriptive survey design was employed in this study. L'échantillon était composé de 226 conseillers issus de tous les districts sénatoriaux de l'État de Kwara, selon une procédure d'échantillonnage à plusieurs degrés. Deux questions de recherche ont été utilisées dans cette étude et cinq hypothèses ont été générées respectivement pour guider la conduite de cette étude. L'instrument utilisé s'intitule 'Causes and Curbing Youth Restiveness Questionnaire (CCYRQ)'. La méthode test-retest a permis d'obtenir un indice de fiabilité de 0,75. Les données obtenues ont été analysées à l'aide de pourcentages et de fréquences pour les données descriptives, tandis que le chi-carré, le test t et l'ANOVA ont été utilisés pour tester les

hypothèses générées à un niveau de signification de 0,05. Les résultats obtenus ont révélé que le déni des droits de l'homme fondamentaux semble être la principale cause perçue de la rébellion des jeunes. De même, conseiller les jeunes sur la manière de prendre des décisions rationnelles susceptibles de favoriser le développement est une stratégie de conseil essentielle pour enrayer la rébellion des jeunes dans l'État de Kwara. En outre, les conseillers n'ont pas la même perception des causes et des stratégies de lutte contre la rébellion des jeunes en fonction de la religion et du type d'école. Toutes les autres hypothèses ont été confirmées. Sur la base des résultats de cette étude, il a été recommandé que le gouvernement emploie les services de conseillers pour éclairer les jeunes sur la manière d'exercer leurs droits humains sans nuire à la société. Il devrait également créer davantage d'emplois et d'opportunités d'emploi, ce qui contribuerait à réduire la rébellion des jeunes.

MOTS-CLÉS

Conseiller scolaire, perceptions, révolte des jeunes, Nigéria

INTRODUCTION

Youth restiveness has become a social problem in Nigeria. There has been an upsurge in the occurrence of violence and lawlessness among youths. Adewuyi (2008) defined youth as people between the ages of 15-24 years. In Nigeria, people within the age limit of 30 years are considered youths. Ndu (2000) affirmed that youths are neither children nor adults. Youths are filled with excessive energy, which when not well channeled and guided, could lead to negative tendencies. Youths are filled with vigor, and strength and are positive about the future. Youths are filled with energy and this pushes them to express their displeasure through violence (Apase & Yawe, 2019). The neglect of this group of people in the society has birth the occurrence of anti-social behaviours. Youth engage in restive activities has a way of getting what they want from relevant authorities.

Youth restiveness is the combination of behaviour and actions that are unacceptable in the society. Most times youths embarked on sustained protestation in order to enforce their desires on the constituted authority (Williams et al., 2024). This can manifest in form of violence, disruption of law and order, stealing, robbery, looting and vadalization of public property (Muhammed, 2010). The Incidence of youth restiveness and social vices have become a global trend world over. For example, the problem of police brutality against the blacks in America led to the demonstrations associated with the Black lives Matter (BLM). The youth took out to the street showing their displeasure about the death of Floyd (black man) who was brutally killed by the police. The movement extended to other parts of the country and by August 2020 the Black Lives Movement had spread throughout 2,440 locations in America (Kishi & Jones, 2020). Also in Sierra Leone, the youth took to the street to show their displeasure as a result of the fact that some parts of the country were denied education (Education International, 2010). This led to the destruction of lives and properties. In the North America Continent, the oppressed and the uneducated youths revolted against the exploitive regime of the British monarchies. This lead to the revolutionary war that brought about the declaration of independence (Young & Gray, 2011).

The problem of poverty, unemployment, lack of infrastructure and other factors have aggravated the problem of youth restiveness in Nigeria. When youths are idle due to unemployment, they divert their energy to other negative activities. Ali (2024) affirmed that in most developing countries, lack of access to job opportunities are the major cause of youth restiveness. Chukwuemeka et al. (2011) revealed that dissatisfaction of youths on the distribution of resources in the country and the ecology of oil spillage are the major triggers of

youth restiveness in the Niger delta area. Elegbeleye (2005) explained that peer motivated influence of pursuing a patriotic interest; economic exploitation and response to the negative government policies are factors that precipitated the occurrence of youth restive activities in Nigeria. Most violent protest embarked on by youths were driven by high level of corrupt practices by government officials and lack of social amenities (Anasi, 2010). Similarly, poor governance fueled the involvement of youths in terrorism and radicalism in Nigeria (Elaigwu, 2013).

The establishment of political parties such as Northern People's Congress (NPC), Action Group (AG) and National Council for Nigerian and Citizens (NCNC) as far back as 1934 and towards 1960 has birth the occurrence of youth restiveness. In Nigeria, youths were used as instrument to force out uncooperative governments (Apase & Yawe, 2019). The establishment of Actualization of the Sovereign State of Biafra (MASSOB) in the East and the formation of Tiv Youth Organization (TYO) in the North Central were formed as a result of displeasure of government policies. The trends began to change and many militia organizations sprang up among them are Movement for Arewa Consultative Forum (ACF), Movement for the Survival of Ogoni People (MOSOP), Movement for the Emancipation of the Niger Delta (MEND) and Odua People's Congress (OPC). The members of these groups are youths (Oromareghake et al., 2013). The deprivation of the expectation of the youths and inhibit anger against the government has led to display of aggression. In the recent times, the newspaper is daily flooded with different forms of youth restiveness. Anikpo (2005) noted that youth restiveness in the Niger delta has led to the death of many while others are internally displaced.

In recent times, the ENDSARS protest was masterminded by youths in the major state capital all over the country. This started as a peaceful protest in Nigeria in the year 2020 but ended up in violence with the death of so many youths. The protest was done to end the brutality of policemen against youths in the country. The constant cry for the establishment of Biafra in the eastern part of Nigerian has led to the occurrence of youth restiveness. This has led to destruction of lives and property. In Kwara State, the Tsaragi-Share border crisis has been on for a long time. These communities in the past lived in harmony, they are even referred to as twin communities despite the fact that Share is a Yoruba-speaking community while people from Tsaragi are Nupe (non Yoruba's). This problem has lingered on despite diverse interventions from the federal and state government. The border dispute has promoted youth restiveness in that area.

Also, because of the uniqueness of the state, religious violence are common occurrence in Kwara State. In the year 2021, the youths took to the street on the non-agreement on the use of hijab in schools (Adunola, 2023). This led to massive destruction of some schools in Kwara State. This ended with closure of schools for some months in the year 2021 (Balogun, 2021). The constant ethnic clashes of different family groups in Ilorin metropolis is driven by youths. Recently many youths took to the street in Ilorin, Kwara State to show their grievances over fuel scarcity and the shortage of new Naira notes (Shittu, 2023).

Irrespective of the school type (either private or public schools) many secondary schools have witnessed a lot of turbulent times. According to Atiatah (2016) schools are faced with lot of crises that has led to youth restiveness. Dua (2018) explained that factors such as administrative failures, defective educational system and lack of infrastructures have promoted youth restiveness both in private and public secondary schools. This a common occurrence in the different senatorial districts of Kwara State.

The counsellors are professional helpers who assist clients with the aim of solving their problems. Counselling is one of the major approaches used in unravelling human societal problems. As such, counselling strategies are the skills employed by the counsellor to reduce resistant behaviours in society. This is a systematic psychological approach employed by counsellors to modify human behaviour.

This is done by organizing re-orientation programmes on the need to imbibe positive attitudes by redirecting youths thought patterns from irrational to rational ones. This can be achieved through cognitive restructuring (Adeoye, 2004). Cognitive restructuring is a technique that assists the counsellor to re-pattern the negative thoughts of youths especially when such thoughts and opinions are self-defeating and destructive. This process assists youths to streamline their thought pattern, which in turn discourages violence, sectionalism and disintegration (Idzua & Anande, 2012). Resource persons who specialize in this area are sometimes invited.

The counsellors are in the best position to enlighten the youths on how to promote anti-deviant behaviours. Youth restiveness is an anti-social behaviour that is common in among students in Nigeria, through the counselling process, the counsellor supports the youth to develop meaningful behavioral patterns. In the same vein, counsellors can expose youths to the negative consequences of resistant behaviour. According to Elaigwu (2013) many youths engage in resistant behaviours as a result of peer pressure and most times do not understand the significance of their actions. This face-to-face relationship between the counsellor and the client is strictly confidential. During the counselling process, the counsellor provides useful information that could assist the client. Adewuyi (2008) affirmed that as a result of lack of information, many youths get involved in unprofitable activities that could damage their future. As such, counsellors are in the best position to train youths on the alternative paths to restiveness. Igbo and Ikpit (2013) explained that the youths are the future leaders; the counsellors have enough access to a wide range of information that can assist them to develop a sense of responsibility in their choices and life decision (Onyekpe, 2007). Thus, the roles of guidance and counselling in curbing youth restiveness cannot be over-emphasized. The trained counsellors assist in settling inter and intra-conflicts that could occur as a result of involvement in maladaptive behaviours. This process encourages peaceful co-existence (Elaigwu, 2013).

Counselling deals with the curative and preventive process which is meant to resolve problems before its occurrence (Bolu-Steve et al., 2020). This is usually done through *individual and group* counselling. Individual counselling entails an emphatic relationship between the client and the counsellor while group counselling is a therapeutic process between the counsellor and group of people with similar challenges.

In reducing youth restiveness, the counsellor can use reinforcement skill, modelling and group therapy to stem down these anti-social behaviours (Adeoye, 2016). The counsellors are equally trained to create a suitable platform for students to exercise their freedom of choice and develop a healthy lifestyle. They can also use wide and assorted techniques, such as Rational Emotive Modeling, Premack principle of reinforcement, assertive training, systematic desensitization or relaxation training skills in reducing youth restiveness.

Assertiveness is a skill that is learnt over a period time. The counsellor can train youths to be assertive especially when it comes to affirming their stand in the midst of friends who are involved in restive activities; this will equally encourage freedom of expression. Assertiveness could also be referred to as resistance training. Adegoke (2012) emphasized on the need for youths to acquire assertive skills. Through good rapport, warmth, empathy and directive method, the counselling process will lead to presumed positive consequences among the youths.

Statement of Problem

Kwara state is known for peace and harmony, but in the recent times youth restiveness has been on the increase in the state due to many reasons. There has been an upsurge in the occurrence of lawlessness and acts of violence. The unprecedented daily abduction of children, cases of kidnapping and cultism is now prevalent in Kwara State. Security reports clearly revealed that most of those involved in these acts are between 12 and 18 years respectively (Ali, 2024). The activities of these youths has led to the destruction of lives and properties. Balogun (2021)

reported of cases of youth restiveness and high level of insecurity in Kwara South. This lead to the massive destruction of lives and properties. However, in Nigeria, the government and various organizations have not maximally harnessed the services of professional counsellors. The legalization of the profession has just been affirmed despite the fact that the counselling profession has been established for many decades. This has limited the professional counsellors in practice.

Aturuchi (2016) worked on moral education and youth restiveness in Rivers State, Nigeria, Iwok (2019) carried out a research on peace education and youth restiveness in Niger Delta and Michael (2019) investigated on drug abuse and youth restiveness in the Eastern senatorial districts of Kogi State. Most of these studies did not look at counselling strategies for resolving youth restiveness, hence the need for this study.

Research Questions

1. What are the causes of youth restiveness in Kwara State?
2. What are the Counselling strategies employed by school counsellors in curbing youth restiveness in Kwara State.?

Research Hypotheses

H1. There is a significant difference in the causes of youth restiveness as perceived by school counsellors in Kwara State based on school type.

H2. There is a significant difference in the counselling strategies employed by school counsellors in curbing youth restiveness in Kwara State based on school type.

H3. There is a significant difference in the counselling strategies employed by school counsellors in curbing youth restiveness in Kwara State based on religion.

H4. There is a significant difference in the causes of youth restiveness as perceived by school counsellors in Kwara State based on Senatorial Districts.

H5. There is a significant difference in the counselling strategies employed by school counsellors in curbing youth restiveness in Kwara State based on Senatorial Districts.

METHODOLOGY

The population of this study consists of professional counsellors in Kwara State. A total number of 216 school counsellors were selected for this study. Purposive sampling technique was used in selecting both the largest public and private schools in the three Senatorial districts that employed the services of school counsellors. Thus, six secondary schools was used in this research. After this, simple random sampling was also used in selecting seventy-two respondents from each of the senatorial districts, thus a total of 216 respondents participated in the study.

The questionnaire used in this study was titled Causes and Curbing Youth Restiveness Questionnaire, the questionnaire was divided into three sections. Section A contained the personal data of the respondents and Section B looked at the causes of youth restiveness while section C of strategies for curbing youth restiveness. The counsellors responded to the items on a Four-Point Likert Rating Scale Format of Strongly-(SA), Agree-(A), Disagree-(D) and Strongly Disagree-(SD). Experts ascertained the validity of the instrument and a reliability of 0.72 was obtained which was considered good for this study. The data obtained were analyzed using percentage and frequency count for the descriptive data, while chi-square, t-test and ANOVA were used to test the hypotheses generated at 0.05 level of significance. The data collected were analyzed using both descriptive and inferential statistics. For the demographic data, frequency counts and percentages were employed.

RESULTS

Demographic Data

This section presents the results of data obtained from the respondents in frequency counts and percentages.

TABLE 1
Distribution of respondents based on school

Demographic Data	Frequency	Percentage
<i>School Type</i>		
Public	116	53.7
Private	100	46.3
Total	216	100
<i>Religion</i>		
African Traditional Religion	6	2.8
Christianity	133	61.6
Islam	77	35.6
Total	216	100
<i>Years in Service</i>		
10-20 years	106	49.1
21 years and above	110	50.9
Total	216	100
<i>Senatorial District</i>		
Central	72	33.3
North	72	33.3
South	72	33.3
Total	216	100

Table 1 indicates that 216 respondents participated in the study out of which 116 (53.7%) were counsellors in the public schools, while 100 (46.3%) of the respondents were in private schools. This implies that there were more respondents from public schools than private schools. Also, 6 (2.8%) of the respondents were of the African Traditional Religion, 133 (61.6%) of the counsellors were Christians, while 77 (35.6%) of the respondents were Muslims. This table also indicates that 106 (49.1%) were males, while 110 (50.9%) of the respondents were females. This shows that more females than males participated in the study. Similarly, 72 (33.3%) of the respondents were from the Central Senatorial District, 72 (33.3%) counsellors from the North Senatorial District, while 72 (33.3%) of the respondents live in the South Senatorial District.

Research Question One: What are the major causes of youth restiveness?

TABLE 2
Frequency, mean and rank order on the causes of youth restiveness

Item No.	As a counsellor, youth restiveness is caused by:	No	Yes	Mean	Rank
7	denial of basic human rights	25 (11.6%)	191 (88.4%)	1.88	1 st
9	idleness as a result of lack of employment	30 (13.9%)	186 (86.1%)	1.86	2 nd

2	non-challant attitude of the government to the needs of youths	35 (16.2%)	181 (83.8%)	1.84	3 rd
12	poverty	35 (16.2%)	181 (83.8%)	1.84	3 rd
5	corrupt government officials	46 (21.3%)	170 (78.7%)	1.83	5 th
6	discrimination	49 (22.7%)	167 (77.3%)	1.78	6 th
11	inhibited anger about the loss of lives and property	50 (23.1%)	166 (76.9%)	1.77	7 th
10	inadequate access to good educational opportunity	63 (29.2%)	153 (70.8%)	1.76	8 th
1	weak government policies on youth development	64 (29.6%)	152 (70.4%)	1.71	9 th
4	unequal distribution of wealth	68 (31.5%)	148 (68.5%)	1.70	10 th
8	unconducive environment	73 (33.8%)	143 (66.2%)	1.68	11 th
3	poor dialogue process	73 (33.8%)	143 (66.2%)	1.68	11 th

Table 2 indicates the causes of youth restiveness. Items 7, 9, 2 and 12 which states that “As a counsellor, youth restiveness is caused by denial of basic human rights; idleness as a result of lack of employment; non-challant attitude of the government to the needs of youths and poverty” have mean scores of 1.88, 1.86 and 1.84 ranked 1st, 2nd and 3rd respectively. While Item 8 and 3 which states that “As a counsellor, youth restiveness is caused by unconducive environment and poor dialogue process” with mean scores of 1.68 respectively rank 11th. All the twelve items have mean score that are above the mid-mean score of 1.50, then it can be said that majority of the respondents affirmed to the stated items as possible causes of youth restiveness.

Research Question Two: What are the counselling strategies for curbing youth restiveness?

TABLE 3

Mean and rank order on the counselling strategies for curbing youth restiveness

Item No.	Counsellors can curb youth restiveness by:	Mean	Rank
6	counselling the youths on how to make rational decision that can enhance development	3.67	1 st
3	counselling youths on how to curb aggressive behaviours	3.48	2 nd
1	assisting youths to embrace positive behaviour	3.45	3 rd
4	assisting youths to deal with issues in a positive way	3.44	4 th
2	teaching youths life skill management procedure	3.43	5 th
10	organizing assertive training programmes for youths	3.37	6 th
7	organizing enlightenment programmes on the negative impacts of youth restiveness	3.36	7 th
11	encouraging youths to further their education	3.29	8 th
12	teaching youths on how to embrace dialogue	3.18	9 th
5	assisting youths to participate in leadership position	2.97	10 th
8	organizing skill acquisition programme for youths	2.46	11 th
9	assisting clients to build a positive mental health	2.42	12 th

Table 3 indicates the counselling strategies counsellors can adopt in curbing youth restiveness. Items 6, 3 and 1 which state that “Counsellors can curb youth restiveness by counselling the youths on how to make right decision; counselling youths on how to curb aggressive behaviours; and assisting youths to embrace positive behaviour” have mean scores of 3.67, 3.48 and 3.45 ranked 1st, 2nd and 3rd respectively. While Item 9 which states that “Counsellors can curb youth restiveness by assisting clients to build a positive mental health” with a mean score of 2.42 rank 12th. All the ten out of the twelve items have mean score that are above the mid-mean score of 2.50, then it can be said that majority of the respondents affirmed to the stated items as strategies for curbing youth restiveness.

Hypotheses Testing

Four hypotheses were generated and as well tested for this study. The hypotheses were tested using t-test statistical method at 0.05 level of significance.

Hypothesis One: There is a significant difference in the causes of youth restiveness as expressed by counsellors in Kwara State based on school type.

TABLE 4
Chi-square showing the causes of youth restiveness as expressed by counsellors in Kwara State based on school type

School		Frequency			df	Cal. X ²	p-value	Decision
		No	Yes					
Public	Observed	28	88	116	1	7.82	0.005	Accepted
	Expected	37.6	78.4					
Private	Observed	42	58	100				
	Expected	32.4	67.6					
Total				216				

Table 4 showed that the calculated X² value of 7.82 and p-value of 0.005. Since the calculated p-value is less than the alpha level of 0.05, the hypothesis is accepted. This implies that there is a significant difference in the causes of youth restiveness as expressed by counsellors in Kwara State based on school type.

Hypothesis Two: There is a significant difference in the counselling strategies for curbing youth restiveness as expressed by counsellors in Kwara State based on school type.

TABLE 5
T-test showing the counselling strategies for curbing youth restiveness as expressed by counsellors in Kwara State based on school type

School	N	Mean	SD	df	Cal. t-value	Crit. t-value	p-value
Public	116	64.69	6.82	214	1.48	1.96	0.14
Private	100	65.89	4.49				

Table 5 shows a calculated t-value of 1.48, a critical t-value of 1.96 and a p-value of 0.14. The p-value calculated is higher than the alpha level at 0.05 then the hypothesis is rejected. Hence,

there is no significant difference in the counselling strategies for curbing youth restiveness as expressed by counsellors in Kwara State based on school.

Hypothesis Three: There is a significant difference in the counselling strategies for curbing youth restiveness as expressed by counsellors in Kwara State based on religion.

TABLE 6

Analysis of Variance (ANOVA) showing counselling strategies for curbing youth restiveness as expressed by counsellors in Kwara State based on religion

Source	Sum of Squares	df	Mean Square	Calculated F-ratio	Critical F-ratio	p-value
Between Groups	325.910	2	162.95	4.88*	3.00	0.01
Within Groups	7112.590	213	33.39			
Total	7438.500	215				

*Significant, $p < 0.05$

Table 6 shows that the calculated f-ratio of 4.88, a critical f-ratio of 3.00 and a p-value of 0.01. Since the calculated p-value of 0.01 is less than the alpha p-value at 0.05, the hypotheses is therefore accepted. This implies that there is a significant difference in the counselling strategies for curbing youth restiveness as expressed by counsellors in Kwara State based on religion. As a result of the difference noted, Duncan Multiple Range Test (DMRT) will be used to identify the group which led to the significant difference in the ANOVA on Table 6.

Hypothesis Four: There is a significant difference in the causes of youth restiveness as expressed by counsellors in Kwara State based on years in service.

TABLE 7

Chi-square showing the causes of youth restiveness as expressed by counsellors in Kwara State based on years of service

Gender		Frequency		df	Cal. X ²	p-value	Decision
		No	Yes				
10-20 years	Observed	34	72	106	0.01	0.91	Rejected
	Expected	34.4	71.6				
21 years & above	Observed	36	74				
	Expected	35.6	74.4				
Total				216			

Table 7 showed that the calculated X² value of 0.01 and p-value of 0.91. Since the calculated p-value is greater than the alpha level of 0.05, the hypothesis is rejected. This implies that there is no significant difference in the causes of youth restiveness as expressed by counsellors in Kwara State based on years in service.

Hypothesis Five: There is a significant difference in the counselling strategies for curbing youth restiveness as expressed by counsellors in Kwara State based on years in service.

Table 8 shows a calculated t-value of 4.77, a critical t-value of 1.96 and a p-value of 0.00. The p-value calculated is less than the alpha level at 0.05 then the hypothesis is accepted. Hence,

there is a significant difference in the counselling strategies for curbing youth restiveness as expressed by counsellors in Kwara State based on years in service.

TABLE 8

T-test showing the counselling strategies for curbing youth restiveness as expressed by counsellors in Kwara State based on years in service

Gender	N	Mean	SD	df	Cal. t-value	Crit. t-value	p-value
10-20 years	106	67.10	5.29	214	4.77*	1.96	0.00
21years & above	110	63.46	5.89				

*Significant, $p < 0.05$

DISCUSSION

The major cause of youth restiveness as revealed by counsellors in this study is the denial of basic human rights. This finding is consistent with Anasi (2010) who explained that when there is deprivation of basic human rights there is bound to be violence. Human rights are the privileges that are accrued to human beings. Right to life and liberty, freedom of speech, freedom to fair hearing etc when sure rights are denied it creates deep-rooted resentment that can lead to youth resistance (Ifeanyi, 2017).

Counsellors can curb restiveness by counselling the youths on how to make rational decisions that can enhance the development. In reducing restive activities in Nigeria, there is a need for the youths to imbibe sound decision-making skills. This will assist them to make rational decisions and develop realistic appraisals of situation. This will create opportunities for the youths to shape and positively influence their societies (Adegoke, 2012). Making a rational decision could be an uphill task for youths especially when there are various alternatives. Decision-making skills involve assessing alternative resolutions and choosing from all the various information available. According to Ali (2024), the counsellors can assist the youths to understand some basic concepts in decision-making process. Rational Emotive theory explained that abnormal behaviour like youth restiveness can be caused by faulty irrational thought pattern which often results into irrational decision as such, Bolu-Steve et al. (2020) emphasized on the importance of logical and rational thought process in decision making skills. Through the application of good rapport, empathy, warmth and directive method, the counsellor can use these techniques in correcting irrational thoughts pattern of youths thereby curbing restiveness activities (Garba, 2024).

No significant difference was found in the perception of respondents on the causes of youth restiveness based on school type. The way private and public schools are administered could equally lead to divergent opinions despite the fact that they run similar curricula. However, Elegbeleye (2005) identified that the major causes of youth restiveness is often linked to student exuberance and economic exploitation of Nigerian leaders.

Counsellors in schools differ in their assertion on the strategies for curbing youth restiveness in Kwara State based on school type. In Nigeria, private and public schools differ in their approach though they run similar curriculum. One will expect that there would be differences in the counsellor's responses on the strategies used in curbing youth restiveness. This study revealed that there is no significant difference in the strategies used for curbing youth restiveness as expressed professionally by counsellor based on school type. The similarity in opinion could be as a result of the fact that the respondents were exposed to similar training so they are expected to run counselling programmes in schools the same way. Igbo and Ikpa

(2013) noted that irrespective of the school type, counsellors are trained to create a warm climatic condition that breeds for peaceful behaviour among co-learners thereby stemming down youth restiveness. The finding is in line with the submission of Adeoye (2016) who found that similar techniques are adopted by counsellors in managing students' crisis in public and private schools.

Hypothesis three showed that there is no significant difference in the counselling strategies for curbing youth restiveness as expressed by counsellors in Kwara State based on religion. This implies that counsellors in Kwara state are the same in their opinion on the counselling strategies for curbing youths restiveness based on religion. The non-divergent in opinions could perhaps be linked to the fact that religious belief systems are of utmost importance in solving many issues in Nigeria. The belief system can influence the strategies used by the counsellors. However, irrespective of religion, it's of utmost importance that trained counsellors should expose youths to the basic counselling strategies like assertive training. Assertive training strategy could provide youths with skills that could terminate restive activities. Adeoye (2016) affirmed that counsellors' experience is key in discharging useful and meaningful information that could curb youth restiveness. In doing this, counsellors, also organize lectures, workshops and seminars for the purpose of enlightenment. Chika (2015) emphasized the need to particularly focus on employing the services of professional counsellors in faith-based organization so as to stem down youth restiveness in the society. Engaging the services of professional counsellors in religious based organizations can help bridge the gap between the youths and the government.

Counsellor's opinion was not the same on the causes of youth restiveness on the basis of years in service. Most of the problems handled by counsellors among the youths are likely not similar over the years. As such, their experiences over the years are likely to be different. Tambawal and Saidu (2012) noted that the causes of youth restiveness in Nigeria differ from one community to another. This study is in tandem with the findings of Igbo and Ikpaite (2013) who discovered that there was a significant difference in the perception of respondents on the causes, effects and ways of curbing youth restiveness in Nigeria.

The respondents' similar opinions could be linked to the experiences they have acquired over the years. Professional counsellors who have served for considerable number of years are expected to be skilful in the continuous application of psychological principles. This can assist the youths in reducing undesirable restive behaviours (Chika, 2015). Ali (2024) affirmed that the display of skills in reducing youth restive behaviours during group and individual counselling sessions is majorly based on the counsellor's years of experience. Counselling can assist in stemming the multidimensional problems confronting the youths in Nigerians.

CONCLUSION AND RECOMMENDATIONS

This study examined the Professional school Counsellor's perception on the causes of, and strategies for curbing youth restiveness in Kwara State. The findings of this study revealed that the denial of basic human rights by the government and idleness as a result of lack of employment are the major causes of youth restiveness. It was also discovered that counsellors can stem the menace of youth restiveness by counselling youths on how to make rational decision. School type did not significantly influence the perception of the respondents on the causes of youth restiveness while religion on counselling strategies was accepted. It thus recommended that:

- The government should employ the services of counsellors in enlightening the youths on how to exercise their human rights without causing harm in the society. They should

equally create more jobs and employment opportunities for this will assist in curbing youth restiveness.

- The counsellors should apply cognitive therapeutic techniques process in assisting the youths to overcome problems like irrational decisions.
- Higher institutions and secondary schools should establish counselling and human development centers in schools. This will help to bridge the gap between the school authority and the students thereby reducing the menace of youth restiveness.

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