



Strategies for Handling Restiveness among Undergraduates in Universities in Nigeria

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Authors' contributions

This work was carried out in collaboration among all authors. Author LIA designed the study, wrote the first and second draft of the manuscript, author VNN managed the literature search. Author LIA further performed and managed the analysis of the study, wrote the protocol. All Authors read and approve the final manuscript.

Article Information

DOI: 10.9734/JESBS/2021/v34i530329

Editor(s):

(1) Dr. Sara Marelli, IRCCS San Raffaele Scientific Institute via Stamira D'Ancona, Italy.

Reviewers:

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Complete Peer review History: <http://www.sdiarticle4.com/review-history/69740>

Original Research Article

Received 10 April 2021

Accepted 18 June 2021

Published 09 July 2021

ABSTRACT

Aims: The study determined strategies for handling restiveness among undergraduates in universities in Nigeria

Study Design: Descriptive survey research design was adopted.

Place and Duration of Study: The target population for the study is all undergraduates in universities in Nigeria. The duration is between March 2018 and October 2018.

Methodology: Simple random sampling was used to select eight faculties from the total of fourteen (14) faculties in Nnamdi Azikiwe University (that is, the accessible population). Thus, a disproportionate stratified random sampling technique was employed to select forty (40) students each from the eight faculties selected. A self-developed instrument by the researcher was used for this study titled "strategies for handling undergraduate restiveness Questionnaire (SHURQ)". Cronbach alpha formula which yielded correlation coefficient of 0.70. Total of three hundred and ten (310) was recovered out of the three hundred and twenty (320) questionnaire administered. Data collected from the respondents through the questionnaire were used to answer the research questions using weighted mean. The criterion mean was set at 2.50 and above as agree and below 2.49 as disagree.

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Results: The result indicates that undergraduates in universities in Nigeria have positive attitude towards strategies for handling undergraduate restiveness (*Mean* = 3.22, *N* = 310). The result further shows that undergraduates' in universities have positive attitude towards ICT facility strategies for handling undergraduate students (*Mean* =3.32). More so, undergraduates in tertiary institutions was rated to have positive attitude towards recreation facilities strategy for handling undergraduate restiveness (*Mean* = 3.02).

Conclusion: Based on the findings it was concluded that governments, school administrators, lecturers, and counsellors should aid in facilitating ways to curb restiveness among undergraduates as it has a multiplying effect on the general wellbeing of an individual and students in general. Restiveness among undergraduates will be reduced to the barest minimum if all the strategies found effective are been put to use.

Keywords: Strategies; handling; restiveness; Undergraduate; Universities.

1. INTRODUCTION

Undergraduates have natural endowment of energy which results in high enthusiastic spirit, having high hopes, big dreams, aspiration, and ideas of what the future owes them. Often times, they are naturally disturbed as a result of this, but become anxious and anticipate to know what present situations has to offer in order to fast track the future. Thus, a little disappointment or even misconception on their part, in relation to the fulfillments of aspiration, usually triggers the propensity for violence and more often than not turns to restiveness [1]. The rapid development of any society and her economy largely depends on the level of her undergraduate's development and if productively exercise, could lead to high rate of development in the society. Inversely, a situation whereby the undergraduates are not well socialized by the socialization agents which includes the family, church, school, mass media, political party, pressure groups, and the result is often negative and anti-social in nature [1]. According to [2], being restive is the tendency of being unable to stay still, or unwilling to be controlled, especially because one is bored or not satisfied with certain decisions, or existing laws considered being unfavorable. The causes of undergraduate's restiveness often times are political, social, religious or economical [3]. Undergraduates are willing tools in the hands of people master- minding the restive activities for their selfish gain, undergraduate restiveness can take many forms such as riot, protest and vandalism.

On the other hand, undergraduate's restiveness has factors that initiates and maintains it. According to [4], cult affiliation and reprisal attack taking places in most Nigerian institutions of higher learning is a huge challenge. Some undergraduates join cult groups and reprisal

attack to ensure that once a member of their cult is attacked by another group, they will take up revenge. More so funding of the institution of higher learning impedes undergraduate maximization of their learning period sequel to none-exposure to quality information and communication technology, healthy environment, uninterrupted power supply and quality health care [4]. In a situation where these facilities are not provided it triggers undergraduate's restiveness. The consequences of undergraduate restiveness include loss of life by this undergraduate, loss of life of parents which might be as a result of too much thinking about their children involvement in restive activities. Restiveness further results in a state of tension in the society, slow rate of development in the society; this is because, the government will channel resources meant for that developmental project, thus, contributing to undergraduate's restiveness. In a situation whereby the environment is not conducive enough for the students to carry out their study, it could triggers restive activities in form of protest, vandalization of school property, rioting and other anti-social activities. A situation like this leads to poor development in the society and other hazard which could be on the part of the students. Poor governance, poor socialization, hike in school fees, hike in hostel fees, poor road network, unavailability of electricity, political unrest, poor management, high cost of living in the institution are seen as some of the factors which leads to undergraduate involvement in restive action of which Nnamdi Azikiwe University is not an exemption. In handling this situation measures like transfer of more security personnel to this area have been taken but it has not put an end to undergraduate restiveness. This could be due to the fact that stake holders in Nnamdi Azikiwe University Awka have no access to strategies such as: counselling, ICT facility and recreational

facility to handle undergraduate restiveness. Therefore, this study determines strategies for handling undergraduate restiveness among students in Nnamdi Azikiwe University, Awka. Specifically, the study determined;

1. Counselling strategies for handling undergraduate's restiveness in universities in Nigeria
2. ICT facility strategies for handling undergraduate's restiveness in universities in Nigeria.
3. Recreational strategies for handling undergraduate's restiveness in universities in Nigeria.

1.2 Research Questions

1. What are the counselling strategies for handling undergraduate restiveness in universities in Nigeria?
2. What are the ICT facility strategies for handling undergraduate restiveness in universities in Nigeria?
3. What are the recreational strategies for handling undergraduate restiveness in universities in Nigeria?

2. RELATED LITERATURE REVIEW

[5] surveyed the causes, effects and ways of curbing youth restiveness in Nigeria. Three research questions were formulated. A total of 200 national youth service corps members were sampled from 11,200 batch B 2012 Anambra state. An instrument titled "causes, effects and ways of curbing youth restiveness inventory (CEWYI) were used to collect data. The data was analyzed using frequencies and percentages. The result revealed that undergraduate restiveness is mostly caused by unequal distribution of natural resources and poor child upbringing among others. The effect includes upsurge of social vices and destruction of lives and properties while the result also revealed that it can be curbed through skill acquisition programs and enlightenment against the phenomenal. The paper concluded that counseling can be an effective way of curbing youth restiveness in Nigeria. Stemming from the above authority and relating to the present study. Guidance and Counselling services should consequently be provided as conclusively pointed out [5] so as to channel their grievances rather than resorting to restive activities. During this program, counsellors will tend to restructure the cognition of these undergraduates, that

engaging in restive activities is not the best way to show seriousness of their situation rather outsider might tag them hooligans and uncultured undergraduates.

Equally, [6] in their work investigated the perceived solution to youth restiveness by guidance counsellors. Descriptive survey method was adopted for the study. A total of 145 respondents were purposively selected across learning institutions in the state. A researcher developed instrument titled "perceived solution to youth restiveness questionnaire (PSYRQ) was used to collect the data for the study. The instrument possessed a reliability coefficient of 0.74, two research questions and three null hypotheses were formulated for the study. The measures of central tendency and test statistics were used to analyze the data. All hypotheses were tested at 0.05 level of significance. The result revealed that acquiring and use of assertiveness skills by the youths was perceived as a major solution to youth restiveness while the major category of solution is youth related. There were significant differences between married and single respondents in their perception of solutions to youth restiveness. It was recommended that counselors should organize programs where undergraduate can be trained in assertiveness skill. Assertive skill as mentioned by [6] could be adopted by counsellors to replace the undergraduate undesirable restive behaviour with a desirable behaviour befitting of an undergraduate. The relationship between Igbo, Ikpa, with [6] and the present study is that both focused on ascertaining strategies for handling restiveness among university students using survey research design, the two studies also used Questionnaire to collect data for the study. However, they both differ in the area of the study and method of analysis.

[7] In their study surveyed the relationship between academic background socio economic status and their implication for undergraduate restiveness and educational development in River state. The data for this study were collected through questionnaire and were analysed using quantitative methods to strengthen the validity of the findings. The sample size of the study comprised of 700 respondents (124 female 576 males) who were randomly selected for the study from the social developmental institute (SDI), Okehi. The results obtained from the analysis shows that youth restiveness is a global phenomenon and a perennial issue in Nigeria and it affects

education, social life and economic development of the people. According to African Television (AIT) news bar November 26, 2012, 3pm. Federal government of Nigerian loses 105 billion naira to pipeline vandalism as a result of restiveness. youth's restiveness has become rampant that there is need to determine and ascertain the strategies to handle restiveness among the youths.

The researcher's interaction with some of the repentant militant youths at Rivers state social Developmental institute (SDI) discovered that most of the youths are undergraduate of various institutions (polytechnics & universities). Further investigation revealed that they joined militancy became restive because of lack of conducive learning environment, some claimed lack of money to pay school fees and accommodation fees. By the year 2012 the Social Development Institute (SDI) registered over 11,420 restive youths for rehabilitation also counselling strategies, Information and Technology Facility strategies (ICT) and recreational facility strategies were introduced in order to reduce or curb restiveness among undergraduate in various institution. The relationship between [4] with present study is that both focused on ascertaining strategies for handling undergraduate restiveness among undergraduate students. However, they both differ in the area of study and method of analysis.

3. MATERIALS AND METHODS

The study adopted descriptive survey research design: According to [8], a survey research design is used to get information from a number of individuals or sample in order to learn something about a larger population from which the sample has been drawn. This design was deemed appropriate as this study sought to determine strategies for handling undergraduate restiveness in universities in Nigeria, this implies describing data collected from the sample in respect with the entire population. The target population of the study comprised of all undergraduates in tertiary institutions in Nigeria, while the accessible population comprised of twenty-four thousand seven hundred and six regular students (24,706) students living outside and within the three campuses of the Nnamdi Azikiwe University which are Awka, Nnewi and Agulu. The sample of the study comprised of three hundred and twenty (320) respondents. Simple random sampling was used to select eight faculties from the total of fourteen (14)

faculties in Nnamdi Azikiwe University thus disproportionate stratified random sampling techniques was employed to select forty (40) students each from the eight faculties selected. A self-developed instrument by the researcher was used for this study. The instrument was titled "Strategies for Handling Undergraduate Restiveness Questionnaire (SHURQ)". The internal consistency of the instrument yielded a reliability value of 0.78. using Cronbach alpha formula. The data collected from the respondents through the questionnaire were used to answer the research questions using statistical weighted mean. Mean value of 2.50 was used as the midpoint of scale of decision. This means that any response with mean value of 2.50 and above were accepted as an indication of agreement with the opinion item while mean value below 2.50 was rejected as indication of disagreement with the opinion item. However, analysis was computed using Statistical Package for Social Sciences.

4. RESULTS AND DISCUSSION

Research Question 1: What are the counselling strategies for handling undergraduate restiveness in universities in Nigeria?

Data in the Table 1 shows that, out of the nine (9) listed item statements on counselling strategies for handling restiveness among Undergraduates, the respondent rated Agreed on nine (8) items, while they disagreed on one (1) items. The grand mean of 3.22 falls within the Agreed category. Therefore, it indicates that undergraduates in tertiary institutions have positive attitude towards counselling strategies for handling restiveness. The standard deviation is heterogeneous meaning that the respondent scores are widely apart from each other.

This finding is in line with [5], who pointed out that guidance and counselling services should be provided so as to channel their grievances rather than resorting to restive activities. He emphasized also that counsellors tend to restructure the cognition of undergraduates, that engaging in restive activities is not the best way to show seriousness of their situation but might rather be tag as hooligans and uncultured undergraduates. Similarly, the finding of [4], who was of the opinion that economic depression and lack of information are often what manifest deviant behaviour and anti-social behaviour among undergraduates. Also, through proper information of socialization, positive attitudes and

behaviour will be imbibed by the students and consequently manifested in forms of acceptable behaviours. Therefore, counselling services are the ideal ways of handling undergraduate restiveness among undergraduates.

Research Question 2: What are the ICT facility strategies for handling undergraduate restiveness in universities in Nigeria?

Data in Table 2 shows that, out of the eight (8) list items statement raised on strategies for handling undergraduate restiveness, the respondents rated agreed to all the items. The grand mean score of 3.32 falls within the agreed category. Therefore, it indicates that undergraduates' have positive attitudes towards ICT facility strategies for handling restiveness. The standard deviation is heterogeneous meaning that the respondent scores are widely apart from each other.

The findings also revealed that through the provision of ICT facilities like availability of enough computers and projectors for the undergraduate for better learning, restiveness will be reduced to a great extent, this is in line with the finding of [9], ICT includes computers, the internet, broadcasting technologies and telephones. ICT strategies just like it is obtainable in most developed nations has aided learning in an unimaginable length. In modern

time for instance, one can participate actively in the lecture hall or examination from the comfort of their home, lectures are made easier through projectors, lecture materials can be disseminated to students personal computers, hence with all this above mentioned in place, studying and learning is being simplified and frustrating challenges usually encountered in the academic field eliminated and therefore curbs restiveness.

Research Question 3: What are the Recreational facility strategies for handling undergraduate restiveness among students in Nnamdi Azikiwe University, Awka?

Data in the Table 3 shows that the grand mean score of 3.02 falls within the agreed category, that is, above 2.50. Thus, indicating that undergraduate students in the area of the study have positive attitudes towards strategies for handling undergraduate restiveness. The standard deviation is heterogeneous meaning that the respondent scores are widely apart from each other.

From the findings of the study, it is revealed that restiveness among undergraduates can also be handled by consultation of students on certain issues, transparency in selecting athletes to represent the school, lecturers covering course outline before exam, exam questions coming within the course outline. This is in line with the

Table 1. Mean and standard deviation presentation on counseling strategies for handling undergraduate restiveness (N=310)

S/N	Items on counselling strategies	Mean	SD	Remark
1.	Organizing orientation for new students in order for them to adapt to the school environment	3.29	0.78	Agreed
2.	Creating the awareness that the future belongs to them and should not be destroyed by them	1.89	0.1	Disagree
3.	Encouraging them to raise issues affecting them academically	3.18	0.90	Agreed
4.	Redirecting their thinking from irrational behaviour to rational behaviour	3.20	0.52	Agreed
5.	Developing an empathic understanding with students in order to gain their trust and confidentiality	3.66	0.78	Agreed
6.	Organizing workshops, seminars and talk shows in form of group guidance to counsel students facing challenges	3.22	0.663	Agreed
7.	Giving orientation to Lecturers to cover their course Outline before examination	3.66	0.80	Agreed
8.	Encouraging lecturers to set their exam questions covering course outline	3.51	0.62	Agreed
9.	The counsellor should act as the middle man between the students and the school authority	3.40	0.78	Agreed
Grand Mean		3.22		Agreed

Table 2. Mean and standard deviation on ICT facility strategies for handling undergraduate restiveness (N=310)

S/N	Items on ICT facilities strategies	Mean	SD	Remark
1.	Availability of enough computer	3.18	0.87	Agreed
2.	Availability of enough projectors For teaching	3.24	0.77	Agreed
3.	Encouraging each student to have A computer of their own	3.33	0.77	Agreed
4.	Giving students assignment using Computer	3.35	0.79	Agreed
5.	Encouraging students to use Computer for self-learning	3.28	0.81	Agreed
6.	Teaching students on how to use The computer for social networking	3.28	0.81	Agreed
7.	Teaching students to acquire necessary Computer skills	3.33	0.71	Agreed
8.	Teaching student on how to create e-book, Audiobook and intelligent videos for more (IQ)	4.43	0.71	Agreed
Grand Mean		3.32		Agreed

Table 3. Mean and standard deviation on recreational facility strategies for handling undergraduate restiveness (N=310)

S/N	Items on recreational facility strategies	Mean	SD	Remark
1.	Registering the students for NUGA Games (exercise)	3.29	0.79	Agreed
2.	Provision of conducive environment	2.29	0.11	Disagreed
3.	Transparency in selecting athletes to Represent the schools	3.20	0.88	Agreed
4.	Provision of skill acquisition center	3.44	0.69	Agreed
5.	Provision of multi-recreational centers	3.18	0.81	Agreed
6.	Provision of worship center for all religion	3.21	0.76	Agreed
7.	Organizing programs like talent show for Students to showcase their talents in areas Other than academics	3.63	0.63	Agreed
8.	Provision of social amenities	1.94	0.97	Disagreed
Grand Mean		3.02		Agreed

findings of [10] who is of the opinion that undergraduate restiveness is as a result of the prevailing conditions such as injustice, oppression, corruption and high headedness. Furthermore, respect of undergraduate mode of religious worship goes a long way in handling undergraduate restiveness. This is because higher institution is made up of people from different religious background, through the provision of worship centres, undergraduate restiveness could be handled. This is in accordance with [11] who stated that various forms of undergraduate restiveness that have existed are most often religiously motivated.

5. CONCLUSION

The findings of the study revealed that undergraduates in tertiary institutions have positive attitude towards counselling strategies for handling restiveness, undergraduates' have positive attitudes towards ICT facility strategies for handling restiveness. More so, undergraduate

students in the area of the study have positive attitudes towards strategies for handling undergraduate restiveness. Hence, based on the findings of this study, the researchers conclude that; Government, school administrators, lecturers and counsellors should aid in facilitating ways to curb restiveness among undergraduates as it has a multiplying effect on the general wellbeing of students in general. Restiveness among undergraduates will be reduced to the barest minimum if all the strategies are found effective are been put to use. In the same vein, use of ICT should be implemented in all segments of counselling. This will assist as the emanation of the COVID-19 virus has influenced the academic learning environment as well as other aspect of an individuals' existence.

ACKNOWLEDGEMENTS

Akunne L. I. wish to acknowledge academic staffs of the department of guidance and counselling, Nnamdi Azikiwe University for their

support and contribution in the course of conducting this survey. Nwadinobi, V. N. also wish to acknowledge the contributions of non-teaching staffs of the department and also undergraduate of Nnamdi Azikiwe University, Awka, who were subject of the study for their contributions and support in data sourcing during the time of this study.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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Peer-review history:

*The peer review history for this paper can be accessed here:
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