

## **EFFECT OF BEHAVIOURAL MODIFICATION THERAPY ON ATTITUDE OF YOUTHS TOWARDS PEACE BUILDING IN MAIDUGURI METROPOLIS, BORNO STATE, NIGERIA**

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**ABSTRACT:** *The study investigated the effect of Behavioural Modification Therapy on youth's attitude towards peace building in Maiduguri metropolis, Borno State-Nigeria. Three null hypotheses were raised and tested using t-test and one-way ANOVA. Quasi-experimental design was adopted where participants were exposed to Behavioural Modification Therapy for a period of four weeks training. Twenty youths with poor attitude towards peace building were selected for the study in Maiduguri metropolis. Attitude of youths, towards peace building questionnaires (AYTPBQ) was used for the study. Its Cronbach Alpha reliability obtained was .891. The results revealed that there were no significant age, gender and religious differences on attitude of youths towards peace building in Maiduguri metropolis. Effect of Behavioural Modification Therapy on the attitude of youths towards building were found to be significant. That is Behavioural Modification Therapy brought about significant change in youth's attitude toward peace building. Based on the findings, it was concluded that Behavioural Modification Therapy would change youth's attitude towards peace building. It was recommended that counsellors should engage youths in counselling to change their attitude, violence, thereby reducing their participation in violent activities. That is, youths involvement with violent groups will be minimized when there is effective counselling.*

**KEYWORD:** Attitude, Peace, Building and Youths

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### **INTRODUCTION**

Youths are the greatest assets that any nation should have, because they are regarded as future leaders. They are the greatest investment for a country's development and serve as a good measure of the extent to which a country can reproduce as well as sustain itself. Peace and insecurity are two concepts which are often either sidelined or forgotten by scholars in their discussion of security or national security (Saleh, 2010). It should be stressed that without peace, one cannot talk about security. Hence, the absence of peace equals instability, disorder, lawlessness, chaos and the prevalence of insecurity in any given society. Peace has been defined by Wehmier and Ashby (2000) as a situation or a period of time in which there is no war or violence in a country or an area. It is the state of being calm or quiet, living in friendship with somebody without arguing. Saleh (2010) opined that the concept of peace means freedom from war, violence, strives, disturbances and all disruptive actions. It means true reconciliation in conflict situations as well as the attainment of stable and secured political and socio-economic conditions. Peace can only thrive in an environment where there is equity and justice, good governance, protection of human rights, relative conflict resolution mechanism, poverty eradication, employment generation, wealth creation and food sufficiency.

Saleh (2010) further reported that the aftermath of the two major European wars led to the growing interest in the field of peace building. This is because in conflict situations, rights are often violated and victims are in most cases displaced either internally (IDPS) or externally (EDPS). As such, the quest to maintain peace by the United Nations (UN) is based on the fact that when peace is enforced, made and kept, rights are automatically restored and guaranteed. Hence, peace and human rights are inseparable because when peace is disrupted, rights are correspondingly violated. UNICEF (2006) found that youths and children face violence in homes, schools, communities, churches, mosques and even in the market. Therefore, they need to be empowered to participate in peace building, peace-making and peace education among others.

Peace education according to Lee (2010) refers to all activities that promote knowledge, skills and attitude that will allow people to develop behavioural changes that can prevent the occurrence of conflict, resolve conflict peacefully or create social conditions that are conducive to peace. Education is an instrument that can serve as one of the effective tools in enhancing peace building and security challenges facing a nation at large.

Youth's awareness of themselves and others build empathy and cooperation, positive attitude as well as central values for learning how to live with others (UNICEF, 2006). Peace building is outside intervention designed to prevent the start or resumption of conflict within nations or groups of people by creating a long lasting peace. Peace building activities aim at developing creativity and sensitivity among the youths. Youth contributions towards peace building are great assets (Lee, 2010). Peace may take the form of activity designed to increase tolerance and promote co-existence or address injustice. Youths need to be encouraged on other people's needs, interest and goal, maintenance of good relationships among people; promote mutual respect and ensure that every person contributes his/her ideas and solutions to problems (UNICEF, 2006). Attitude is an inclination to an event, a thing or an object. It could be a preference to act in a given circumstances. The attitude of youths towards violence reflects their reaction towards insurgency and other related unrests. Williams (2007) opined that attitude is an important factor. Therefore, youths' attitude towards violence determine how they perceive different kinds of youths restiveness in and around Maiduguri, more especially, the Boko Haram insurgency.

Behaviour modification therapy refers to a group of psychotherapeutic techniques based on psychological principles, which are used to change maladaptive behaviour or symptoms. According to Egbule (2009), behaviour therapy is the therapeutic application of the principles of learning to modify maladaptive behaviours. Behaviour is broadly defined as anything a person or animal does, feels, thinks or experiences. An individual's behaviour therefore refers to his/her characteristic way of thinking, attitude, feeling and acting among others. Sometimes, an individual is engrossed in some form of behaviour that is not socially acceptable within his environment and such behaviour may have biological or environmental undertone, in any case, they are unwanted behaviour that need to be checked out or corrected using behaviour modification therapy.

Behavioural modification Counselling is a process designed to help clients (individual or group) understand and clarify personal views of their life space and learn to reach their self-determined goals through meaningful, well-informed choices and a resolution of problems of an emotional or interpersonal nature (Sotonade, 2014). It is believed that every human individual has the potential for self-growth, self-development and self-actualization. This means that, it is a helping relationship aimed at enabling a client to change attitude, explore a

personal problem, giving the client increased awareness of choices than what he/she already in dealing with the problem. It is the process of helping an individual to understand himself and his/her world. Conceptually, guidance involves the utilization of a point of view to help an individual as an educational construct. It refers to the provision of experiences, which assists youths to understand them as a service it refers to organized procedures and processes to achieve a helping relationship.

Behavioural modification Counselling is an all-encompassing term that seeks to make decisions or a way of proffering solutions to conflict situations, unrest, disturbances and social problems that thwart peace co- existence (Idowu, 2003). Sotonade (2012) reported that counselling is a professional service from theoretical and empirical considerations of men/women, human behaviour and society. It is a learning oriented process, which stresses more rational planning, problem solving, decision-making, intervention, prevention of severe adjustment problems and support for situational pressures arising in the everyday lives of normal people. Counselling is a helping relationship in which one person endeavours to help another solve his/her problems (Hamman -Tukur, Amuda & Bokko, 2014). Omoegun (2011) reported that the world needs peace. She therefore suggested the inclusion of peace behavioural modification counselling to youths in order to change their attitude towards peace building in educational curricula as well as employment of professional counsellors to guide the citizens to pursue peace instead of violence.

Francis (1987) examined the positive effect of behaviour modification therapy on students' communication patterns and reported that guidance programme should be a part of the total school programme and complement learning in the classroom. It should be child centered, preventive and developmental. The guidance and counselling programme should aim at maximizing the youth's potential by encouraging their social, emotional and personal growth at each stage of their development. Kochhar (2000) considers counselling necessary to help the youths with specific problems like lack of relationship between other members of the community, deficiency in one or several school subjects, faulty attitude towards peace and defective methods of relating and poor motivation.

Hamman-Tukur, Amuda and Bokko (2014) investigated the effect of counselling on youths towards violence in Maiduguri metropolis and the results revealed that counselling has no significant effect on the attitude of youths towards violence. The results also revealed that gender has no significant differences on the attitude of youths towards violence in Maiduguri metropolis. Hence, guidance programme should include this aspect of youth aid. Guidance and counselling places a vital role in removing personal, social, mental, emotional and other similar problems of the youths. Usman (2014) investigated the perception of students on causes of youth militancy and restiveness in Nigeria and the result revealed that there is a significant difference between male and female students' perception on the courses of youth militancy and restiveness in Nigeria. The result also revealed that there is no difference between Muslims and Christians in their perception towards causes of militancy and restiveness among the youths in Nigeria.

Sotonade (2014) found that peace is about mutual respect and understanding, tolerance of one another's point of view, acceptance of guilt and praise when need be, following the principle of doing unto others what you want others do unto you and observing the principles of fair play and justice in all events of life. Peace building and security are increasingly threatened each day by day by the accumulation of weapons of mass destruction, by the great economic and social inequalities that divide human and by contempt of basic human rights and the dignity

of the individuals requiring a greater effort to overcome these evils. There can be no peace and security unless the excluded, the landless, the defenseless, unprotected and those denied political and civil rights are treated with equity and justice.

The role of behavioural modification counseling is to provide a conducive environment that will ensure perfect peace and security. Effective communication of dialogue enhances peace building and security whereas communication breakdown results in chaos and security (Akpama, 2011). Hamman-Tukur, Amuda and Bokko (2014) reported that the task of peace building should, first be eliminating the mindset that compelled the people to distrust and question the socio-political and psychological environment. The emphasis should be on combating the structural and cultural sources of insecurity, harmful actions and results linked to new modes of thinking and cognition among the youths in the society. This means that engaging in re-socialization in order to strengthen commonly held traditional ideas and understanding of political and social life.

Boko Haram emerged in 2009 and subsequent recruitment of more youths into the group through abduction, persuasion with money, and or through religious indoctrination. The economic threat and unemployment might possibly be contributing factors in influencing the youths to join the insurgency and other violent groups. Changing a culture of insecurity into culture of peace building requires a transformation of problems to creative and constructive solutions that answers the needs of those involved. It is assumed that counselling has a role to play in changing the attitudes. The purpose of this paper therefore was to determine the effect of behavioural modification therapy on attitude of youths towards peace building in Maiduguri metropolis.

### **Objectives of the Study**

The objectives of the study are to determine:

- i. gender difference in attitude of youths towards peace building in Maiduguri Metropolis, Borno state, Nigeria.
- ii. age difference in youths attitude towards peace in Maiduguri Metropolis, Borno state, Nigeria.
- iii. religious difference in youths attitude towards peace building in Maiduguri Metropolis, Borno state, Nigeria.
- iv. effect of behavioural modification therapy on attitude of youths towards peace building in Maiduguri metropolis, Borno state, Nigeria.

### **Hypotheses**

The following null hypotheses were tested:

**H<sub>01</sub>:** There is no significant gender difference in youth attitudes towards peace building in Maiduguri Metropolis, Borno state, Nigeria

**H<sub>02</sub>:** There is no significant age difference in youths attitude towards peace in Maiduguri Metropolis, Borno state, Nigeria

**H03:** There is no significant religious difference in youth attitude towards peace building in Maiduguri Metropolis, Borno state, Nigeria

**H04:** Counselling does not have significant effect on youths' attitude towards peace building in Maiduguri Metropolis, Borno state, Nigeria.

## METHODOLOGY

The researchers adopted a Quasi-Experimental design for the study. Quasi-experimental design consists of pre-test and post-test treatment groups. There was no control group. The participants were pre-tested before the experiment and were post- tested after the experiment, using Attitude of Youths Towards Peace Building Questionnaire (AYTQ). The population of the study was youths in Maiduguri Metropolis. Stratified Random Sampling Technique was used to obtain the sample for the experiment. A total of 30 youths from age 19 to 36 years old with negative attitudes toward peace building were selected. The sample was obtained after administering pre-test using Attitude of Youths Towards Peace Building Questionnaire (AYTPB).

### Research Instrument

The instrument used for data collection for the study was self-designed questionnaire titled '*Attitude of Youths Towards Peace Building Questionnaire (AYTPQ)*'. It was divided into two sections. Section A` was on demographic information of the respondents, while section B had twenty-four items. The responses to the items were in five Likert options of Agreed, strongly agreed, neutral, disagreed and strongly disagreed. The content validity of the questionnaire was ascertained by subjecting the instrument to the scrutiny of experts on test and measurement from Education Department University of Maiduguri, Borno state Nigeria. The instrument was pilot tested to ascertain its validity and reliability index. The reliability of the instrument was found at .89 Alpha reliability indexes. The pre-test was administered with the help of a research assistant: The respondents with negative attitude towards peace building were selected for three weeks treatment on Behaviour Modification Therapy using Systematic Desensitization Technique. The treatment contact was two hours twice a week with a total of six contacts other than pre-test and post-test hours.

### Treatment Phases

#### Stage One: Pre-Treatment Phase

This was pre-test phase. The researchers with the aid of ward heads met with the volunteer youths to administer the questionnaire. A total of 60 youths participated at this level and only thirty (30) youths with negative attitudes towards peace building were accepted to participate in the treatment / experiment. The researchers explained reasons for inviting youths that participated voluntarily, and information obtained from them was meant for research purpose only, 10 youths later declined due to insurgency that resulted in their permission to drop out of the exercise.

#### Stage Two: The Treatment Phase

There were twelve treatment contacts of two hours duration across six weeks. The treatment was counselling on behaviour desensitization broken down into smaller and meaningful

discussion. The discussion was focused on present behaviour rather than past or lost opportunities, value judgment, commitment and eliminating the pain of violence in the mind.

### Stage Three: Post-Test Phase

The researchers administered post-test to the same respondents to see the effect of treatment on Attitude Towards Peace Building. The data obtained through the pre-test and post-test were analyzed using one-way ANOVA and t-test.

## RESULTS

The data collected was analysed and results presented in tables one to four based on the hypotheses raised for the study. The null hypotheses were tested at 0.05 level of significance.

**H<sub>01</sub>:** There is no significant gender difference in attitude towards peace building in Maiduguri Metropolis, Borno state, Nigeria.

The hypothesis was tested using t-test and the result is presented in table one.

**Table 1: Result of t-test on Gender Difference of Attitude on Youth towards Peace Building in Maiduguri Metropolis, Borno state, Nigeria.**

Variable	N	Mean	Std	df	t	sig
Male	12	105.17	16.42	21	.621	.265
Female	8	102.55	10.63	18.10		

The result in table one above revealed that there is no significant gender difference in attitude towards peace building in Maiduguri Metropolis Borno state, Nigeria. Therefore, the null hypothesis, which stated that there is no significant gender difference in attitude towards peace building in Maiduguri Metropolis is accepted and the alternate is rejected.

**H<sub>02</sub>:** There is no significant religious difference in attitude towards peace building in Maiduguri Metropolis, Borno state, Nigeria.

**Table 2: Result of t-test on Religious Difference of Attitude of Youths Towards Peace Building in Maiduguri Metropolis**

Variable	N	Mean	df	Std.	t	Sig
Christianity	8	98.13	18	12.77	.001	.979
Islam	12	10.42	16.89	15.18		

The result in table two above revealed that there is no significant religious difference in attitude of youth towards peace building in Maiduguri Metropolis. This means that religion is not a significant factor in peace building.

**HO<sub>3</sub>:** There is no significant age difference in attitude of youth towards peace building in Maiduguri Metropolis, Borno state, Nigeria.

**Table 3a: Results of Mean and Standard Deviation on age Difference in Attitude of Youths Towards Peace Building in Maiduguri Metropolis**

Age	N	Mean	Std.
18-25	10	99.43	10.38
26-30	7	106.71	6.32
31-35	3	120.00	34.01

Table 3a above shows the mean and standard deviation of age difference on attitude of youths towards peace building in Maiduguri Metropolis. The results revealed that ages 31-35 has the highest mean and standard deviation of 120 and standard deviation of 34.1 respectively, while ages 18-25 has the least mean and standard deviation of 99.43 and 10.38 respectively. This means old age has a significant influence on attitudes towards peace building.

**Table 3b: Results of ANOVA on age Difference in Attitude of Youths Towards Peace Building in Maiduguri Metropolis, Borno state, Nigeria**

Source of Variance	Sum of squares	df	MSS	f	Sig.
Between Groups	867.64	3	289.21	1.74	.191
Within Groups	3322.86	20	166.143		
Total	4190.50	23			

Table 3b above shows that age has no significant effect on the attitude of youths towards peace building in Maiduguri Metropolis. Therefore, the null hypothesis is accepted and alternate is rejected.

**HO<sub>4</sub>:** Behavioural Modification Therapy has no Significant Effect on Attitudes of Youths towards Peace Building in Maiduguri Metropolis

**Table 4: Result of t-test on Effect of Behavioural Modification Therapy on Attitudes of Youths towards Peace Building in Maiduguri Metropolis**

Variable	N	Mean	Std.d	df	t	sig
Pre-test	28	94.42	15.99	23	-.23	.045
Post- test	20	103.3	13.50	18.1		

Table 4 above shows the result of t-test on the attitude of youths towards peace building in Maiduguri Metropolis. The result revealed that there is a significant effect of behaviour modification therapy counselling on attitude of youths towards peace building in Maiduguri metropolis with t-value of -.22 and p-value of .045. Therefore, the null hypothesis is rejected and the alternate accepted.

## DISCUSSION

The study investigated the Effect of Behavioural modification counselling on the attitude of youths towards peace building in Maiduguri metropolis, Borno State, Nigeria. The findings of the study with regards to null hypothesis one, which stated that there is no significant gender difference in the attitude of youths towards peace building in Maiduguri metropolis revealed that there is no significant gender difference in the attitudes of youths towards peace building in Maiduguri Metropolis, Borno state, Nigeria. This means that both male and female youths are capable of developing positive attitude towards peace building in Maiduguri Metropolis, Borno state, Nigeria. This confirms the findings of Hamman–Tukur, Amuda and Bokko (2014) who found no significant gender difference in attitude towards violence in Maiduguri Metropolis, Borno state, Nigeria. Contrary to this finding is the work of Usman (2014) who investigated the perception of students on causes of militancy and restiveness in Nigeria, which revealed that there is significant difference between male and female students perception on the causes of youth militancy and restiveness in Nigeria.

This difference in the result of the two studies may be due to variation in space, time and instruments used. The study also revealed that there is no significant differences in youths religious differences towards peace building in Maiduguri Metropolis, Borno state, Nigeria. This suggests that religion has no significant effect on the attitude of students towards peace building in Maiduguri metropolis. This finding is in confirmity with the finding of Usman (2014) who found that there is no difference between Muslims and Christians in their perception towards causes of militancy and restiveness among the youths in Nigeria. The implication is that counsellors handling the youths should treat them equally irrespective of their religious difference, they should not be discriminated against. Counsellors should encourage all the youths to develop positive attitude towards peace building. Sotonade (2012) reported that humankind's obligatory purposeful interest to choose, to seek and keep peace is both necessary and a sufficient benefit by virtue of which peace must be proactively pursued for the good of all. In relation to age, the result showed that there is no significant age difference in attitude towards peace building in Maiduguri Metropolis, Borno state, Nigeria. This means that the null hypothesis, which stated that there is no significant age difference in attitude of youths towards peace building in Maiduguri was accepted.

Null hypothesis four, which stated that there is no significant effect in behavioural modification therapy on attitude of youths towards peace building in Maiduguri Metropolis, Borno state, Nigeria suggests that behavioural modification therapy plays a significant influence in the attitude of youths towards peace building in Maiduguri Metropolis, Borno state, Nigeria. This finding is consistent with Hamman –Tukur, Amuda and Bokko (2014) who found that counselling has significant effect on the attitude of youths towards violence. In addition, in agreement, is a study conducted by Kochhar (2000) who found that counselling is necessary in helping the youths with specific problems like lack of relationship between other members of the community, deficiency in one or several school subjects, faulty attitude towards peace

and defective methods of relating and poor motivation. Therefore, the implication of this is that youths should be guided to decent, disciplined, dedicated, trustworthy and implicit loyal without which the impetus to have natural transformation would be a mirage. Educational Counselling should adopt a process of developing persons both intellectually and morally in order to equip him or her with the means of solving life's problems as they present themselves both as an individual and as a member of a social set up (Sotonade, 2012).

## CONCLUSION

Based on the findings of the study, it was concluded that gender, age and religion have no significant effect on the attitude of youths towards peace building in Maiduguri Metropolis, Borno state, Nigeria, while there is a significant effect of behavioural modification on attitude of youths towards peace building in Maiduguri Metropolis, Borno state, Nigeria.

## Research Implications

The findings from this study have implications for the Presidential Initiative on Rebuilding North East, Nigeria, to explore the counselors as experts in behavior modification in a bid to build peace in the war torn region. It also has implications for policy makers who make policies to promote peace building to consider behavior modification therapy as a means to achieve wrong attitudes.

## Recommendations

Based on the findings of the study, the following recommendations were made:

1. In order to change youths negative attitude towards peace building in Maiduguri Metropolis, Borno state, Nigeria. Counsellors should engage youths in behaviour modification therapy.
2. Counselling is a vehicle of development that empowers an individual to develop skills related to positive decision, which will promote peace and tranquility in the society. Therefore, counsellors should constantly engage in youths counselling.
3. Due to current trend of insecurity situation in the society, there is need for public awareness about the importance of peace building.
4. Government and security agents should engage counselling experts in restoring peace in the society.

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