

VIOLENCE: AN ACHILES' HEEL IN THE ATTITUDE OF THE NIGERIAN INSURGENT YOUTHS AND A THREAT TO NATIONAL SECURITY: COUNSELLING STRATEGIES AS PANACEA.

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ABSTRACT

This paper exrays the ever growing spate of youth violence and terrorist attacks in Nigeria as a result of unemployment syndrome, object poverty and people's expression of frustration, anger, neglect, marginalization, corruption and government's insensitivity to the needs, and aspirations of the people. There are reported cases of militancy and restiveness among youths in the Niger Delta area, Boko Haram in the North, Bakasse boys and O'Odua Youth Movement (OYM) in the Southwest. (Iwuama and Ekwe 2012). Some of these youth terrorists are religious extremists while some are of ethnic sentimentality. This syndicate indulge in dangerous drugs, alcoholism and smoking which trigger them in to violent acts and of course posed threat to national security. This position paper therefore advocates for the implementation of counselling strategies such as modeling, mentoring, value orientation, entrepreneur counselling etc., to turn around the above social vices in the society. The paper went further to provide necessary clues and recommendations such as self-employment, vocational training, diversification of economy, provision of social amenities to satisfy the aspirations and yearnings of the citizenry so as to maintain peace, tranquility, optimum growth and development among the Nigerian people.

Key words: violence, achiles' heel, security challenges, national security, counselling strategies.

Introduction

One of the nagging problem confronting Nigerian society and the world these days is the problem of youth violence. According to UNICEF (2007), there are an estimated 300,000 violence cases perpetrated by adolescents under the age of 20 years engaged in more than 33 conflicts around the world. In 2002, more than 877,700 young people in the United States at ages 10 to 24 were injured from youth's violence, over 5,000 youths were murdered, over 80% of these victims that were killed from armed violence were males and approximately 1 in 13 months required hospitalizations. (Bukoye, Adedoye, Usman and Oyinloye, 2012). Between 2005 to 2010, police recorded some 1.4 million violent crimes in Nigeria that actually took place. The predisposing factors included politics, religion, secret cult, land disputes, Boko haram, among others (Federal Bureau of Investigation, 2011). These alarming incidences of youth violence provokes this paper to review some precursors and antecedents that prompted the victims in to this notorious acts.

Youth violence is a problem worldwide and it is so serious that it can even inflict harmful effects on victims and their families, friends and communities. Almost half of the world's population, according to WHO (2009), is under the age of 30 years and, the increase majority of the young between ages 10 and 30 years live in under developed countries. The young generation are particularly at risk of being exposed to and even engaged in violence and criminal acts.

From the report of the United States Institute for Peace (USIP) (2010), the scope of the problem of youth violence is immeasurable. Youth violence is generally described as a high-visibility, high priority concerned in every sector of society; including Nigeria, United Kingdom, United State, France, Kenya, and Ghana, among others. No community, whether affluent or poor, urban, suburban, or rural, is immune from its devastating effects.

Youth violence according to WHO (2002) is defined as the intentional use of physical force or power, threatened or actual, exerted by or against children, adolescents or young adults, ages 10-29, which results in or has a high livelihood of resulting in injury, death, psychological harm; mal-development, or deprivation.

However, there are many forms of youth violence including bullying, gang violence, school violence, dating violence, armed violence, homicide and suicide.

According to Mercy (2009) in Bukoye, Adeoye, Usman and Oyinloye (2012), since the on set of Nigeria independence, there were more than a five scores of reported cases of violent crimes all over the university campuses, various communities all over the states; ranging from clashes among cults members, political clashes, land disputes, cultural violence, religious violence, tribal problems, Boko Haram syndrome among others. At present, the country is in the state of insecurity and people are living in fear. Majority of the youths are the ones involved and they perpetuate their acts using dangerous weapons xerrosing people, in rural and urban areas of the country. The increased use of weapons on campuses of learning and in Nigeria society by youths resulting in death of innocent citizens have generated fear and insecurity for all and sundry.

Youth violence is one of the leading causes of death among young people in Nigeria and worldwide. An estimated 430 young people aged between 10 and 29 years die every day through interpersonal violence in Africa and or each death, an estimated 20 to 40 youths required hospital treatment for a violence related injury. (Bukoye, Adeoye, Usman and Oyinloye, 2012).

In United States, according to Institute for Intergovernmental Research (2009) gang members are at least 60 times more likely to be killed than the rest of the U.S. population. Youth violence and homicide rates are lowered in Western Europe and part of Asia and the pacific. Such is also higher in Central and South America as in Eastern and Western America, as well as Africa.

As economic transformations accelerate as Bukoye and others (above) emphasized, rural-urban migration exist at increasing rate in Nigeria, yet, the rural poor are being converted into an urban poor due to cases of slums, erosions problems etc. on the periphery of major urban centres. Also more and more of this urban centres are afflicted by high levels of armed violence perpetuated by some Nigerian youths.

Most people agreed that youth criminal violence is a serious social problem especially in Nigerian society due to their notion, to harm and kill others. Such actions brake social norms (by violating the law) and causing insecurity. They threatened the country's social order, and they attack government security agents especially the police. As such, well meaning Nigerians, should see youth violence in this nation, as the biggest part of the general problem facing this country. Youth crime, according to Rogers (2001) does not only harm the victims but also harm the family, friends and disrupts the peace in the local community.

According to Wyrick (2006), violent youths who have violent parents are far more likely to take mode of their parents' behaviour. Alert (2010) brought up two different approaches to youth violence development. According to him, one that focuses on the onset of violent behaviour and its frequency, patterns and its continuity over the live course. And the one that focuses on the emergence of risk factors at different stages of the life course. In the opinion of Dawes (2007), two developmental factors for the onset of youth violent behaviour include, one in which violence begins in childhood (before puberty) and continues into adolescence and one in which violence begins in adolescents. Other factors such as, serious exposure of children to television and film violence have been confirmed accordingly that majority of violent youths offenders use alcohol and illicit drugs. (World Education, 2005) cited in Bukoye, Adeoye, Usman and Oyinloye (2012). School located in socially disorganized neighborhoods are more likely to have a high rate of violence. As emphasized by (COECD, 2011), violence in youths can also be caused by frustration due to learning disorders, emotional distress, or attention deficits and that when a child or teen has access to the tools necessary for a violent plan, the chances of the teen violent is real. For example a teen having access to guns and other weapons like knives and clubs. Use of alcohol and tobacco products are also identified by Dewes (2007) as primary cause of youth violence. He discovered that inadequate monitoring, supervision, lack of parental discipline are risk factors for youth violence.

Youth violence has immediate and long term consequences, which include physical, psychological and social. COECD (2011) opined that youth violence does not only contribute greatly to the global burden of premature death, imprisonments, injury and disability, it also has a serious lifelong impact on behaviour, psychological and social functioning of victims, families, friends and communities. In view of this, various governments and organizations in many countries including Nigeria have made many reasonable efforts to curb the menace of violence but have not yielded permanent solution to the cankerworms of these vices. For example, the federal government of Nigeria called Boko Haram for reconciliation but of no avail. The government also gave general amnesty to ex-militants in the Niger Delta areas, gave stipend wages, scholarships within and outside the country, skills acquisition, general infrastructural development, yet the spat of violence is increasing (Iwuama and Ekwe 2012).

Based on the above, this paper is aimed at presenting some counselling strategies so as to ameliorate the sufferings of the citizenry and to serve as catalyst to insurgents who perpetrate violence in Nigeria.

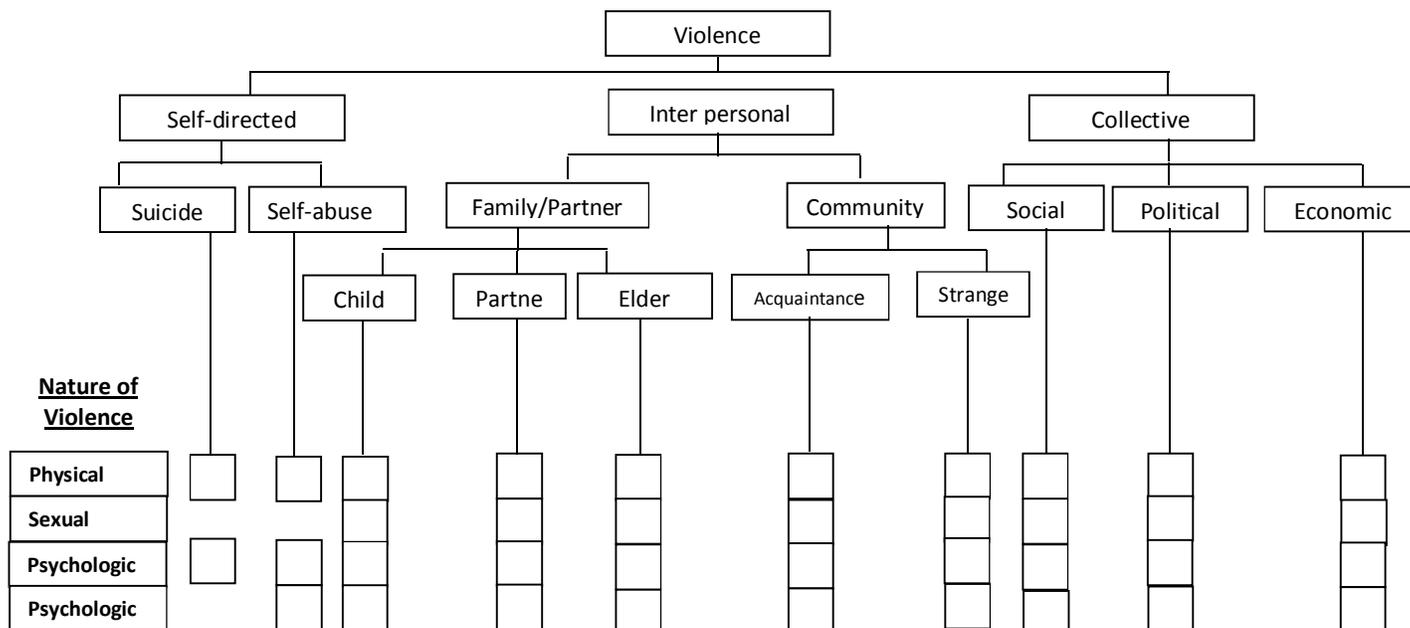
Definition of Violence

According to Oxford Advanced Dictionary (2002). Violence is behaviour that is intended to hurt, or kill somebody (p.1335). Violence is defined by Wikipedia (2012) as the intentional use of physical force or power, threatened, or actual, against a person, or against a group or community, that either results in or has a high livelihood of resulting in injury death, psychological harm, maldevelopment or deprivation. Free Merriam Webster (2012) refers to violence as exertion of physical force so as to injure or abuse. From the above definitions, violence causes physical, mental and psychological negative impacts on victims which deserves to be addressed urgently.

Typology of Violence

In the typology of violence, WHO (2002) divides violence into 3 broad categories according to characteristics of those committing the violent act including self-directed violence, interpersonal violence and collective violence. In the figure below, the horizontal array shows who is affected and vertical array describes how they are affected. The nature of violent acts, on the vertical axis, can be physical, sexual, psychological and the one that involves deprivation or neglect.

Typology of Violence



Source: WHO (2002)

The initial categorization, according to WHO (2009) differentiates between violence a person inflicts upon himself or herself, violence inflicted by another individual or by a small group of individuals, and violence inflicted by larger groups such as states, organized political groups, militia groups and terrorist organizations. These 3 broad categories are each divided further to reflect more specific types of violence. Violence accounts for over 11.5 millions greater than deaths due to tuberculosis (1.34 million), road accidents (1.21 millions), malaria (830,000) but less than people who die from HIV/AIDS 1.77 million.

Self-directed violence: This is subdivided into suicidal behaviour and self-abuse. The former includes attempted suicides called “para-suicide” and completed suicides. Self-abuse, in contrast, refers to self mutilation. This category is 16th leading cause of death worldwide in 2004 and projected to increase to the 12th in 2030.

Interpersonal violence: This is divided in to 2 sub-categories:

- a) Family and intimate partner violence (between families and intimate partners.
- b) Community violence – it refers to violence who may or may not know each other.

Collective violence: It is subdivided into social, political and economic violence. This suggests possible motives for violence committed by larger groups, states, terrorists, or mob or which could be a social factor. Political factor may be in form of politics or war while economic violence may be for economic gains. Some times, it may be multiple factors. Each of the above categories has taken place in Nigeria ranging from individual, family and group and this is the reason why this paper is provoked to give necessary panacea for the prohibition of violence in Nigeria (WHO, 2002; WHO, 2009).

Achile’s heel defined

Achile’s heel is a weak point or fault in somebody’s character, which can be attacked by other people. (Oxford Advanced Learners Dictionary 2007). According to Wikipedia (2012) Achile’s is a deadly weakness in spite of overall strength that can actually or potentially lead to downfall.

Origin – the word ‘achiles’ was named after the Greek hero Achilles, when he was a small child, his mother dipped him in to the river Styx, which made him invulnerable. He could not be injured. She held him by his heel, which therefore was not touched by the water. Achilles died after being wounded by an arrow in the heel (Wikipedia, 2012).

From the foregoing, violence has become the Achile’s heel (**weak part**) of the personality of the insurgent youths who are armed and attack the Nigerian citizens which has negative consequences on the citizenry. For instance, Iwuama & Ekwe (2012) revealed that on campuses students began to unionize, campus cultism emerged, organized gang actions, ethnic cliques and cleavages as well as clannish orientation among students and people legitimized restive and militant reactions among the citizens of Nigeria. Outside the campuses are proliferated initiated ethnic militia such as the Odua People’s Congress (OPC) in the Western Nigeria, Movement for the Actualization of the Sovereign State of Biafra (MASSOP) in the Eastern Nigeria, movement for the survival of Ogoni people (MOSOP) and movement for the Emancipation of the Niger Delta (MEND) both in Niger Delta, Arewa Consultative Forum (ACF) in the Northern Nigeria, etc.

Recently, violence, militancy and social restiveness in Nigeria have taken fresh impetus that is almost culminating into terrorism especially with the emergence of the Boko Haram sect in the Northern part of Nigeria. This sect has resorted into suicide bombing and other acts of terrorism.

The various forms of militancy and restiveness in Nigeria could be broadly categorized into four as follow:

Social militancy and restiveness, institutional militancy and restiveness, domestic militancy and restiveness, institutional militancy and restiveness and intellectual militancy and restiveness. When militancy and restiveness are exercised by oppressed or dominated groups in society against the legally established order with the goal of bringing social change and justice, they are termed **social militancy and restiveness**. Example is the Ijaw Youths militancy.

Institutional militancy and restiveness: When restiveness is exercised by dominant groups through government apparatus against subordinate classes in order to maintain the status quo. Examples include most police/military methods of quelling civil unrest and violent demonstrations like the Enugu Coal Mine Workers shooting of 1948 and the Oddi, Rivers State experiences during Rtd General Obasanjo’s regime.

Organized militancy and restiveness refers to those employed by a group, government or institution against individuals or groups. In other words, it involves unilateral decisions and actions without negotiations with the affected individuals, carried out for the exclusive benefit of a social subgroup in general. This type targets political, ethnic or religious groups or those from specific socio-economic sectors.

Domestic militancy/restiveness: This is the intentional and persistent abuse of anyone in the home in a way that causes pain, distress or injury. Examples include battering, sexual abuse, rape and traditional practices that are harmful to women, female genital mutilation, etc (Iwuama & Ekwe 2012).

Specifically militancy and restiveness could also be manifested in the forms of Intellectual **militancy and restiveness** whereby one believes that the people’s struggle should be ideologically driven based on peaceful dialogue. They could manifest in militancy and restiveness mobilization centred on enlightening and conscientising the people on how to respond to the injustice of the Nigeria state. Also they could be as a violent militancy

Causes of violence

Violence cannot be attributed to a single factor. Its causes are complex and occur at different levels. For instance in Nigeria, individuals commit suicide either as a result of frustration, stress, disappointment, economic or social reasons. There are also suicide bombers in Nigeria, particularly now in the northern parts of Nigeria (Boko Haram) whose reasons are ethno-religious and economic and political factors (Adamu, 2012; Bukoye, Adeoye, Usman and Oyinloye, 2012). In youth violence, having friends who engage in or encourage violence can increase youth violence while some other factors such as genetics, brain lesions, personality disorders, substance abuse, and a history of exposure to violence (Patrick 2008). He added that violence occurs also in schools, work places and neighbourhoods. He attributed reasons for this violence as existence of drug trade, absence of social networks and poverty. Other factors include the social acceptability of violence, law lessness, availability of firearms, exposure to violence in mass media, and political instability.

To collaborate the above factors which cause violence, Iwuama & Ekwe (2012) lament over the Niger Delta region when they stated that the dilemma of the region was that its wealth and riches (for the nation) had become a source of poverty, squalor and curse to the oil bearing communities with its concomitant environmental degradation. Running a thread through the factors that cause violence in Nigeria, they tend to fall into any of the following propounded theory as presented by Osarenre (2000) in Iwuana and Ekire (2012) viz a viz:

- a. Psycho-dynamic theory: This refers to defects manifested in character of individuals who have severe stress and who later become temperamental, militant and revolutionary.
- b. Observational learning theory: This type of militant behavior is learnt through training, observation or experience.
- c. Frustration-Aggression theory: People who are frustrated and experience more stress resolve to violent acts and dam consequences.
- d. Sociological theory: When individuals are distressed with hunger, poverty, social amenities etc, they resolve to revolutionary actions.
- e. Family organization theory: If the climate of the family is not favourable, individuals resolve into aggressive restive and militant behaviours.

However, the intervention of professional counselors who use their skills and techniques to address each of the above psycho-social problems will serve as a catalyst and panacea to maladaptive behaviours among the citizens.

Accorrding to Victor (2012), the recent unprovoked and unwarranted attacks on security personnel, helpless and innocent Nigerians especially of Christian extraction at places of worships in core northern and north-central Nigeria (Middle Belt) which claimed hundreds of lives, maimed others and destroyed properties valued at billions of naira has attracted condemnation locally and internationally. Victor (2012) continues that, these VERY unpopular trends of ghastly events perpetrated by sanguinary persons with religious agenda cleverly disguised as 'Boko Haram', whose stock in trade is prosecuting a HOLY WAR (Jihad) against 'infidels' on behalf of their 'God' has brought disrepute to our security personnel who have won laurels as accolades are endlessly showered upon them for their professional participation in several foreign peace keeping missions. Although the elusive radical Islamic sect seems to adapt and re-strategize quickly in the face of an attack however, the flummoxed various security outfits are devising various means on a daily basis of effectively combating the menace posed by them.

For instance Plateau State, the heart beat of the Middle Belt (north-central) geo-political divide of the country, which has been subjected to series of avoidable ethno-religious crises recently, experienced separate bomb attacks on Christians at their places of worships which killed scores of innocent worshippers wounding hundreds of others. Again in their usual mannerism, the sanguinary Islamic sect- Boko Haram was quick to claim responsibilities for the dastard acts. Recall the 2010 Christmas Eve multiple bomb blasts which ended lives of hundreds of innocent citizens.

As proactive measures towards curbing the menace of this diseased sect, security operatives have put in place strategies where Churches are barricaded from traffic hundreds of meters away in addition to armed eagle-eyed security personnel deployed to various churches on Sundays seems to be yielding result. Also internal security personnel of various Churches who often thoroughly frisk worshippers with electronic metal detectors before they are allowed into the church is complementary even as vehicle owners are advised to park all vehicles outside church premises. This move has further ensured the return of momentary peace in the troubled city as praises are showered on the security outfits for such proactive step.

The recent Easter multiple car bombings in the city of Kaduna in 2012, would have been more devastating on Christians as they observed the resurrection of Christ in Churches had it not been for the proactive measure by the security personnel which saw to the prompt diversion of motorists including the suicide bomber. Despite the 2012 bomb blast during the Easter festive period which did not claim any life in the crowded neighbourhood of Tudun Wada, Jos North residents of Jos showered praises on the police and officers and men of the Special Task Force (STF) for the earlier temporary ban on the activities of commercial motorcycle operators popularly known as ‘going/okada’ and the rigorous stop-and-search exercise on both commercial and private vehicles.

McCulley (2012), the U.S ambassador to Nigeria during his interview with Assistant Editor of the Nation newspaper, Olukorede Yishau, lamented that there has being security challenges, previously restricted to Bornu but now extended to Bauchi, Niger, Kano, Kaduna and Plateau. The entry suggested the creation of a Ministry of Northern Affairs or a development commission similar to that of Niger Delta, so as to serve as indemnity.

A drive around the city of Jos reveals that apart from the ubiquitous presence of security check points, most Churches, Banks, Police Stations and major public establishments have some form of security barriers/barricades ranging from low walls of bags of sand, stumps of metal beams, heavy concrete barriers etc. in front or round about them. All these further attest to the rate of security awareness and proactive steps towards curbing any surprise and unprovoked attacks. (Victor, 2012).

However, until all peace loving citizens of this great nation join the campaign against terrorism irrespective of tribe, religion or political affiliation, all efforts may end in a fiasco. It is indeed true that ‘evil will continue to thrive when good men just sit and do nothing’.

Nigerian security challenges

After the smooth transition from military rulership to the present democratic dispensation, Nigeria has witnessed over ninety (90) violent ethno-religious and communal political conflicts of varying degrees of intensities and magnitudes (Elaiwu, 2005 in Adamu 2012). It has also become clear that criminal acts of kidnapping, hostage taking, bomb blasts and various crises in different locations in Nigeria is a clear indication of insecurity in the country.

Abu (2011) has documented that between January to August 2011, over 50 co-coordinated and uncoordinated attacks have been launched on the police, military, para-military and individuals, some of which were claimed by the sect known as '*Jama'atu ahlis-sunah lidda'awati wal jihad*' otherwise known as '*Boko haram*'. Suicide bomb attack was also launched on the Nigeria's highest security institution (The Nigerian police headquarters, Abuja) this was followed by series of attacks in various states of the country which defined the Nigerian security situation that need to be addressed.

Concept of National security

National security is seen as not only an issue that attracts and concern government but the concern of all Nigerians. The question raised here is what then is security?

Literally, security entails the activities involved in protecting persons, buildings or country against attack, aggression or danger. The Merriam-website dictionary (2012) viewed security as the quality or state of being secured as a freedom from danger; safety freedom from fear or anxiety; freedom from the prospect of being laid off; something that secure protection or measures taking to guard against espionage or sabotage, crime attack or escape. In the words of Imobigbe (2002) as in Adamu (2012) internal security is viewed as:

Freedom from or the absence of those tendencies which could attenuate internal cohesion and the corporate existence of the nation and its ability to maintain its vital institutions for the promotion of its core values, socio-political and economic objectives as well as meet the legitimate aspiration of the people.

This definition provides a concrete support for the argument of the paper, as it incorporates socio-political, economic and other vital institutions in achieving national security. In the words of Nierop (2001) in Adamu (2012).

'If the world community can eliminate potential conflict, or turn large-scale conflict into minor ones, or turn minor conflict into nothing, the world will be safer and more stable'

Consequences and Costs of Violence

Beyond deaths and injuries, highly prevalent forms of violence have serious lifelong non-injury health consequences. Victims may engage in high-risk behaviours such as alcohol and substance misuse, smoking, and unsafe sex, which in turn can contribute to cardiovascular disorders, cancers, depression, diabetes and HIV/AIDS, resulting in premature death. (C.D.C.P, 2012).

In countries with high levels of violence, economic growth can be slowed down, personal and collective security eroded, and social development impeded, families schools and organizations can be ruined because of disability or death of breadwinners, communities can be caught in poverty traps for societies meeting the direct costs of health, criminal justice, and social welfare responses to violence diverts many billions of dollars which brings about loss of productivity and investment slows economic development, increase socio-economic inequality and erode human and social capital.

Iwuama and Ekwe (2012) noted that the consequences of violence and social restiveness in Nigeria are better imagined than told. They observed that the result have kept many Nigerians on their toes as well as sleeping with one eye open, portraying Nigeria in a bad image in the eyes of the international communities. Erinze and Elaigwu (2009) reported that a part from the death toll caused by violence many have been maimed for life, properties worth millions of naira have been vandalized and razed down by

restive militants. Iwuama and Ekwe (above) maintained that academic calendar and programmes have been interrupted or disjointed, many citizens in Nigeria are afraid to attend mosques or churches for service because of Boko Haram. Iwuama and Ekwe (2012) added that politically, the stability, unity and trust among the citizens are being threatened, while security of lives and property are no longer guaranteed. Iwuama and Ekwe (above) went further to say that some multi-national companies like the Shell and Chevron are no longer operating at full capacities as to absorb or retain more staff in the Niger Delta. However, the Niger Delta Development Corporation (NDDC) was established and has since embarked on provision, of electricity, jobs, roads, water, health facilities, schools, environmental restoration, yet cases of violence have continued unabated. This paper is prompted to advance counselling strategies to avert the minds of perpetrators of violence in Nigeria.

Counselling strategies refers to an interaction between the client and the counsellor where the counsellor assumes the position of assisting, directing, guiding, helping or mentoring the client in solving the client's personal, interpersonal, educational, vocational problems. Counselling may involve individual or group, depending on situations and circumstances prevailing. (Iwuama and Ekwe, 2012). Since violence irrespective of its typology, adversely affects socio-economic, religious, moral, and political lives of citizens, counselling strategies (skills and techniques) are therefore important instruments to be adopted to avert the act of violence indulged by youths. Some of the counselling strategies include:

Attitude Change: Attitude, according to Mukharjee (2002), refers to one's feelings, thoughts, and predisposition to behave in some particular manner towards some aspects of one's environment. (Mukharjee (2002) suggested that for one to change others attitude, four factors must come in to play including, (a) credibility of the resource person or counsellor (b) nature of appeals or message (preaching or counselling) (c) organization of the messages to be delivered to people involved in violent acts (this needs competent and professional counsellor's intervention who can use techniques and skills in counselling. (d) Relative commitment in one's attitude in terms of religious sacrifice or financial inducement or motivation for the act.

Behaviour Modification/Shaping/Modelling: The learning of Skinner shows how positive reinforcement increases the probability of an operant, and how extinctions can be introduced for the adoption of withdrawal of positive reinforcement. This strategy is used to change behaviour or attitude. Others include, modeling, imitation, aversion therapy, self control etc.

Rewards/Reinforcement: This strategy is adopted to militants as rewards or amnesty will be accorded to those of them who surrender themselves or weapons and be promised rewards that are impressive.

Individual/Group Counselling: Professional counsellors are to counsel the teens in schools, inmates in prisons and also to embark on community based counseling in communities.

Orientation: Youths should be given orientation in schools, clubs and organizations by de-emphasizing the dangers of violence in society.

Entrepreneurial Counselling: This is to afford the youths with vocational skills in schools and in communities so as to be self-employed and self-reliant. Loans can be given for investment.

Sensitization: This is to create awareness to the youths, religious leaders, politicians etc by emphasizing on spirit of effective and good citizenship and de-emphasizing various vices of violence. This could be done through advocacy campaigns by the use of mass media.

WHO (2009) presented a rigorous review of the literature on prevention strategies of violence and came up with the following strategies:

1. **Developing safe, stable nurturing relationships between children and their parents/caregivers:** This refers to the Nurse Family Partnership home-visiting programme which involves health or social workers, inter-family visits and counsellors intervention which reduces childhood aggression, convictions and violence.
2. **Developing life skills in children and adolescents:** This improves social skills, boost educational achievement and job prospects.
3. **Reducing the availability and harmful use of alcohol:** This is by reducing or restricting availability of alcohol, hard drugs raising its prices and restricting the sales and advertisement
4. **Reducing access to guns:** To limit access to firearms and to place legislation against its illegal possession.
5. **Promoting gender equality:** This to create gender equality in education, human right, woman's rights and opportunities. Women can equally impact knowledge to their children on social vices.
6. **Changing cultural and social norms that support violence:** This is for authority to prevent or challenge any culture and norms that support violence.
7. **Victim identification:** Interventions to identify victims should be embarked upon such as psychosocial intervention, trauma-focused cognitive behavioural therapy.
8. **Feed-back:** Response to individuals media and security agents reports on hints and glimpse.

Conclusion

Violence in any form, militancy or social restiveness are vices be-delving Nigerians in recent times. Some schools of thought say that the tormental act is because of unemployment trend while some say it is being sponsored by a handful of resentful politicians nursing the wounds from the last election. To fix this upheaval, and maintain peace, the government should develop an economic recovery strategies to complement resources for jobless youths to use counsellors to adopt multi-faceted approach through dialogue, negotiation and reconciliation between the government and the perpetrators.

Recommendations

In view of the highlighted discourse on violence and its consequences, the following recommendations are advanced as panacea to social restiveness in Nigeria.

1. Qualified counsellors should be encouraged to counsel youths in various institutions on the vices of violence in the society, (to catch them young), organize community based counselling to sensitize the entire community on the dangers of violence and the role of parents in character moulding of their children.
2. The government should consider creating a Ministry of Northern Affairs or a development commission similar to what it did in response to the Niger Delta crisis.
3. The traditional rulers, local government councils, state and federal government agents should encourage youth social organizations in various communities where burning issues among youths could be discussed and ion out.
4. Youths should be encouraged to undergo vocational skill acquisition and be supported and empowered by government by giving loan so as to encourage self-reliance, sustenance and entrepreneurship, to intensify individual and national development.
5. Individual citizen should report any suspect to law enforcement agents for intensive investigation and follow-up. Reward should earmarked for such report of insurgents.
6. News media should report all issues of insurgency or violent act so as to alert the public for precautionary measures.

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