

## **EFFECT OF REHABILITATION COUNSELLING ON WORK ADJUSTMENT OF INTERNALLY DISPLACED PERSONS IN CENTRAL SENATORIAL DISTRICT OF CROSS RIVER STATE**

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***Abstract:*** *The study was aimed at examining the effect of rehabilitation counseling on work adjustment of internally displaced persons in Central Senatorial District of Cross River State. To achieve this purpose, three research questions were reviewed and three hypotheses were stated. The study adopted a pre –post-test quasi experimental design. A purposive sampling technique was used to select the respondents for the study. The study selected a total of 154 internally displaced persons. Two camps were used for the study. The control group was made up of 74 IDPs while the experimental group was made up 80 persons. A pre-test was first administered to them to determine their basis of comparison. A questionnaire titled Work Adjustment Scale (WAS) was used for data collection. The data were collected by the researcher and was analysed using analysis of covariance (ANCOVA) and the result showed that there is a significant effect of rehabilitation counseling on work adjustment. However, there was no interactive effect of gender and rehabilitation counseling on work adjustment. Based on the conclusion, it was recommended that rehabilitation counseling should be provided to all people in internally displaced areas in Nigeria to offer them the opportunity to adjust appropriately to their work circumstances.*

***Keywords:*** *Rehabilitation Counselling, Work Adjustment, Internally Displaced Persons, Central Senatorial District of Cross River State*

### **INTRODUCTION**

Nigeria as a country has continuously witnessed the issues of forced migration of people from one locality to another. Most people abandon their homes either because of violence, natural disaster among others. According to Mohammed (2017) , Nigeria, particularly, has been finding it increasingly difficult and is almost failing in its task to manage its plethora of IDPs (Olagunju 2006). Obviously, the phenomenon of internal displacement is not new to Nigeria. It is on the increase. It portends different dangers for the citizenry and undermines the actualization of the Sustainable Development Goals (SDGs).

According to the Guiding Principle of the United Nations population, Internally Displaced are often referred to as those who flee their residence as a result of insecurity caused by violence and systematic abuse

of human right. They change their residences, away from such violence and the deprivation. Internally Displaced Persons, upon safe arrival at their new but temporary location, have basic needs such as reasonable shelter, food, potable water, healthcare, education, security, clothing, information, etc. which must be met in order to stay alive and inhibit social-cultural and security consequences both on themselves and host communities alike. Lomo (2000) adds that these include issues of physical security, threats of forcible return to region of origin where conditions are not ripe for return, the right to freedom of movement, IDP status determination, and absence of strong, domestic institutional mechanisms for implementing the (inter)national protection regime. As the displaced persons have lost their source of livelihood, resources and savings to disaster, and suffer great hardship (Crisp 2012, p. 1), the government is responsible for providing them with these basic needs during their stay in camp and adopting/implementing policies and techniques on how to manage them except in situations where the State has violated human rights treaties in its treatment of IDPs (Fitzpatrick 2002,).

In so doing, challenges are encountered and lessons learnt. No doubt, lessons learnt in one State could serve as eye-openers for another if well harnessed. The case for this concern stems from the fact that the IDPs in these countries are more often than not, forgot or left to their fate, and directly or indirectly further deprived of some fundamental human rights, not limited to the deprivation that precipitated their displacement. They are not catered for; neither is the cause of their movement tackled with seriousness, particularly in Nigeria. The after math of the Cameroun and Nigeria Bakassi saga left a lot of them completely abandoned on the street of Ikom, Boki, Ogoja Yala, Calabar Municipality among other areas there they are scattered. It is worthwhile to note that the life pattern of this displaced people will definitely differ from what they used to observe before. The social and psychological adjustment may probably change and most of them may have different taught that may be inimical to their life. Thus there is every need for rehabilitation counseling that can help them. According to Parker (2008), rehabilitation counseling has been described as a process where the counselor works collaboratively with the client to understand existing problems, barriers and potentials in order to facilitate the client's effective use of personal and environmental resources for career, personal, social and community adjustment following disability. The primary goal of rehabilitation counseling is to assist individuals with disabilities gain or regain their independence through employment or some form of meaningful activity. This goal is based on the fundamental assumption that meaningful activity provides one venue to which individuals with disabilities can become productive members of society, establish social networks and interpersonal relations, and ultimately experience a good quality of life. While the goals of rehabilitation counseling are relatively unequivocal, the process by which

rehabilitation counselors work with clients to achieve these goals has become increasingly diverse and complex due to the broadening scope of disability groups served, and the various settings in which rehabilitation counseling services are provided (Rubin, 2001; Jenkins, 2008,). The researcher is asking, could rehabilitation counseling influence work adjustment among internally displaced persons in central senatorial district, Cross River State, Nigeria.

In a study carried out by Hilary (2017) on the efficacy of rehabilitation counseling on psychological adjustment of internally displaced persons in Borno State, the study adopted a quasi –experimental design with a purposive sampling technique to select a total of 142 IDPs. Three research questions and hypothesis were stated to guide the study. A questionnaire titled ‘Work Adjustment Scale (WAS)’ was used for data collection. The questionnaire was validated by experts in Measurement and Evaluation and the reliability of the instrument was established using Cronbach alpha reliability technique and the coefficient of the scale was 0.78 which was high enough for the scale to be adjudged reliable. The data collected were analysed using analysis of covariance (ANCOVA) and the result showed that there is a significant main effect of rehabilitation counseling on work adjustment on IDPs. There was no interactive effect of gender and rehabilitation counseling on work adjustment on IDPs.

Similarly, Nelson (2016) carried out a study on the effect of group counseling on social wellbeing of refugees in Cameroun. The study hypothesis was three and three research questions were raised. The study adopted an experimental design with a quasi-design as a type. A total of 45 respondents were selected for the study. The study adopted a questionnaire for data collection. Data were collected by the researcher and were analysed using analysis of covariance. The findings of the study showed that there is a significant effect of group counseling on social wellbeing of refugees

## **I. RESEARCH QUESTIONS**

The following research questions were raised for the study “

- i. What is the main effect of rehabilitation counseling on work adjustment among the internally displaced persons in Cross River State?
- ii. What is the effect of gender on work adjustment among the internally displaced persons in Cross River State?
- iii. What is the interactive effect of rehabilitation counseling and gender on work adjustment among the internally displaced persons in Cross River State?

## **II. STATEMENT OF HYPOTHESIS**

The hypothesis was stated in the null form as followed

- i. There is no significant main effect of rehabilitation counseling on work adjustment among the internally displaced persons in Cross River State
- ii. There is no significant effect of gender on work adjustment among the internally displaced persons in Cross River State
- iii. There is no significant interactive effect of rehabilitation counseling and gender on work adjustment among the internally displaced persons in Cross River State.

## **III. METHODOLOGY**

The study adopted a pre –post-test quasi experimental design. A purposive sampling technique was used to select the respondents for the study. The study selected a total of 154 internally displaced persons. Two camps were used for the study. The control group was made up of 74 IDPs while the experimental group was made up 80 persons. A pre- test was first administered to them to determine their basis of comparison. A questionnaire titled Work Adjustment Scale (WAS) was used for data collection. The data were collected by the researcher and was analysed using analysis of covariance (ANCOVA) and the result is presented below.

## **V. PRESENTATION OF RESULT**

### **Hypothesis one**

There is no significant effect of rehabilitation counseling on work adjustment among internally displaced people in Central senatorial district. The independent variable is rehabilitation counseling while the dependent variable is work adjustment. To test this hypothesis, analysis of covariance (ANCOVA) was used and the result as presented in Table 1 showed that ( $F=550.78$ ,  $p<.05$ ). Since  $p(.000)$  is less than  $p(.05)$ , this implies that there is a significant effect of rehabilitation counseling on work adjustment among internally displaced people in Central senatorial district. Hence, the null hypothesis was rejected. A cursory look at the descriptive statistics result showed that mean gains of those in the experimental group is greater than the mean gain of those in the control group. This implies that those in the experimental group adjusted better than those in the control group after exposed to rehabilitation counseling

**Table 1:** Analysis of covariance (ANCOVA) result on the effect of rehabilitation counseling on work adjustment

Groups	Mean	Std. Dev	N
Control Group	12.8784	1.93564	74
Experimental Group	21.1750	2.76403	80
Total	17.1883	4.65372	154

  

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	2650.003 <sup>a</sup>	2	1325.002	301.529	.000
Intercept	256.854	1	256.854	58.452	.000
Pretest	3.920	1	3.920	.892	.346
Groups	2420.294	1	2420.294	550.783	.000
Error	663.536	151	4.394		
Total	48811.000	154			
Corrected Total	3313.539	153			

a. R Squared = .800 (Adjusted R Squared = .797)

## Hypothesis two

There is no significant effect of gender on work adjustment among internally displaced people in Central senatorial district. The independent variable is gender categorized as male and female while the dependent variable is work adjustment. To test this hypothesis, analysis of covariance (ANCOVA) was used and the result as presented in Table 1 showed that ( $F=.013$ ,  $p>.05$ ). Since  $p(.911)$  is greater than  $p(.05)$ , this implies that there is no significant effect of gender on work adjustment among internally displaced people in Central senatorial district. Hence, the null hypothesis was retained. A cursory look at the descriptive statistics result showed that mean gains of males IDPs is relatively equal with the mean gains of females IDPs. This implies that males IDPs do not adjusted differently from females IDPs after exposed to rehabilitation counseling.

**Table 2:** Analysis of covariance (ANCOVA) result on the effect of gender on work adjustment

Gender	Mean	Std. Dev	N
Male	17.1053	4.54776	76
Female	17.2692	4.78274	78
Total	17.1883	4.65372	154

  

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	229.967 <sup>a</sup>	2	114.984	5.631	.004
Intercept	13.689	1	13.689	.670	.414
Pretest	228.932	1	228.932	11.211	.001
gender	.258	1	.258	.013	.911
Error	3083.572	151	20.421		
Total	48811.000	154			
Corrected Total	3313.539	153			

a. R Squared = .069 (Adjusted R Squared = .057)

### Hypothesis three

There is no significant interactive effect of rehabilitation counseling and gender on work adjustment among internally displaced people in Central senatorial district. The independent variable is rehabilitation counseling and gender while the dependent variable is work adjustment. To test this hypothesis, analysis of covariance (ANCOVA) was used and the result as presented in Table 1 showed that ( $F=.382, p>.05$ ). Since  $p(.537)$  is greater than  $p(.05)$ , this implies that there is no significant interactive effect of rehabilitation counseling and gender on work adjustment among internally displaced people in Central senatorial district. Hence, the null hypothesis was retained.

**Table 3:** Analysis of covariance (ANCOVA) result on the effect of rehabilitation counseling and gender on work adjustment

Groups	Gender	Mean	Std. Dev	N
Control Group	Male	12.8333	.87831	36
	Female	12.9211	.99679	38
	Total	12.8784	.93564	74
Experimental Group	Male	20.9500	2.65977	40
	Female	21.4000	2.88053	40
	Total	21.1750	2.76403	80
Total	Male	17.1053	4.54776	76
	Female	17.2692	4.78274	78
	Total	17.1883	4.65372	154

  

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	2654.375 <sup>a</sup>	4	663.594	150.001	.000
Intercept	252.767	1	252.767	57.136	.000
Pretest	4.099	1	4.099	.927	.337
Groups	2414.706	1	2414.706	545.829	.000
Gender	2.497	1	2.497	.564	.454
Groups * gender	1.691	1	1.691	.382	.537
Error	659.164	149	4.424		
Total	48811.000	154			
Corrected Total	3313.539	153			

a. R Squared = .801 (Adjusted R Squared = .796)

## **VI. DISCUSSION OF FINDINGS**

Hypothesis one that stated that there is no significant effect of rehabilitation counseling on work adjustment was rejected. This implies that there is a significant effect of rehabilitation counseling on work adjustment. This could be due to the fact that rehabilitation counseling provided opportunity for the people to get professional helps in areas that probably may have been assumed insurmountable. The clients get help and reassured of his/her ability to function well in the society. the findings of the study were in line with that of Hilary (2017) on the efficacy of rehabilitation counseling on psychological adjustment of internally displaced persons in Borno State, the study adopted a quasi –experimental design with a purposive sampling technique to select a total of 142 IDPs. Three research questions and hypothesis were stated to guide the study. A questionnaire titled ‘Work Adjustment Scale (WAS)’ was used for data collection. The questionnaire was validated by experts in Measurement and Evaluation and the reliability of the instrument was established using Cranach alpha reliability technique and the coefficient of the scale was 0.78 which was high enough for the scale to be adjudged reliable. The data collected were analysed using analysis of covariance (ANCOVA) and the result showed that there is a significant main effect of rehabilitation counseling on work adjustment on IDPs. There was no interactive effect of gender and rehabilitation counseling on work adjustment on IDPs.

## **VII. CONCLUSIONS**

Based on the findings of the study, it was concluded that there is a significant effect of rehabilitation counseling on work adjustment. However, there was no interactive effect of gender and rehabilitation counseling on work adjustment. Based on the conclusion, it was recommended that rehabilitation counseling should be provided to all people in internally displaced areas in Nigeria to offer them the opportunity to adjust appropriately to their work circumstances.

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