

**Perceived Causes of Youth Restiveness by Undergraduates of
Usmanu Danfodiyo University in Sokoto State, Nigeria**

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Abstract

This research investigated the perceived causes of youth restiveness in Sokoto State, Nigeria. Youth restiveness refers to a scenario in which young people are unable to remain silent and are difficult to manage, particularly when they are dissatisfied. The descriptive survey method was chosen for the research. Undergraduates of Usmanu Danfodiyo University in Sokoto State were purposively selected for the study. Three hundred undergraduates from the 200, 300 and 400 levels of study were selected as sample for the study. Three research questions were raised and two hypotheses were formulated to guide the study. The study found that irresponsible government, corruption, unemployment, peer pressure, and poor administration are major causes of the cankerworms. It was discovered that youth restlessness could lead to terrorism, political instability, economic stagnation, dread and mistrust, and other negative outcomes. It was recommended that job creation, promoting good leadership by ensuring that decisions are made in a fair and free manner; fostering open authority and administration, and guidance counsellors should assist with intense mass media jingles and programs that will educate undergraduates on the consequences of negative peer pressure.

Keywords: Restiveness, Education, Youth, Challenges, Counselling

Introduction

Youth unrest is a behaviour pattern that has evolved into a current worldwide problem among the young everywhere, including those in Nigeria. According to Ojobah, Chima, & Emina (2020) youth restlessness illustrates the dark side of human social development. Sadly, this undesirable evolution has grown to include one of the numerous security issues that modern man must deal with. Millions of naira worth of precious items and lives have regularly been destroyed, vandalized, or altogether ruined by misbehaving children. Human civilization and the entire cosmos in general, are plainly and unambiguously complex entities, as noted by Everest and Embwa (2022). Individuals and groups have complicated wants, aspirations, dreams, objectives, ideas, beliefs, as well as moral principles that might be societal, monetary, religious, mental in nature or governmental in origin. Tension hence will in general happen among numerous segment gatherings, especially among prime-age youth. Young people are spilling over with energy, and when that power is directed or controlled in a positive manner, they are extraordinarily useful and consequently prone to be helpful to the local area's general advancement. On the other hand, if the energy is diverted in a negative direction, it will probably cause agitation and its effects. According to Eze-Michael (2020) restlessness is the inability to remain still or the refusal to be constrained. This is especially true when a person is bored or dissatisfied with particular judgments, changing regulations, or existing regulations that are viewed as being unfavorable.

Youth restiveness is the end result of youth engaging in harmful and socially unacceptable behaviours, actions, and attitudes. A mob of Muslim college students in Sokoto, Nigeria, murdered second-year Christian college student Deborah Samuel Yakubu on May 12, 2022 after accusing her of blasphemy (Oyero, 2022). In accordance to a report in Saturday Vanguard on June 23, 2012, terrorists brutally murdered a household of six in Sokoto State, comprising a baby who was six months old and a grandma who was in her eighties. The same terrorist organization is said to have been responsible for sixteen explosives, according to Ndahi (2014). There are kidnapping incidents as well, and the victims are mostly family members of prominent figures in the community like commissioners, ministers, and previous governors. The goal is undoubtedly to make life miserable for the victims' relatives by demanding a hefty ransom. Still engaged in violent behavior, cultists now conduct their activities during the daytime rather than at night at educational institutions, and several of their members have died in shoot outs between rival cults (Ayeni, 2021). The issue of covert cults has really posed a significant obstacle for university administrations and other stakeholders in the education sector. In modern culture, the reputation of those who carry out harmful acts that have terrible effects for innocent citizens has grown alarming.

Social unrest poses significant security dangers to this nation since it leads to murders, the damage of public property, chaos, riots, seizing hostages, burning down,

monetary theft from defenseless residents, robberies, raiding etc. (Wapwera; Azim Wazhi; Shehu; Akolo; Ajang & 2023). Those arrested committing these types of offences include the unemployed, police officers, learners, dropouts, and university freshmen and alumni from institutions of higher learning. According to several studies, these thugs are hired by lawmakers, religious extremists, or tribal leaders to commit these horrible acts for pittance (Ajayi & Oyinloye, 2022). Enueme and Onyeme (2010) asserted that over a while now, Nigerian youths exhibit traits such as social susceptibility, self-delusion, together with social isolation. In modern society, restiveness is a resistance to being controlled, especially among youths. The government or people in situations of power have created these measures in an effort to profit on our children's insatiability (Zambwa, 2022). Ogbeni & Ugwu (2021) also noted that a large number of young people worldwide, particularly in Nigeria, had stopped adhering to the directives of higher authorities. This may have happened as a result of societal sophistication, corruption, youthful exuberance, identity formation, home/school context instigation, etc. Youth unrest is defined as when young people engage in generally unhealthy behavior in a community. Such actions typically result in the collapse of law and order, the interruption of productive operations, racial conflicts, and harm to authority as well as publicly owned assets. Otherwise put, juvenile restiveness is a persistent act of defiance against established authority that involves violence and disruption of orderly activity (Ibiteye and Emitha, 2023). According to Maciver & Igbojinwaekwu (2019), religious discrimination, electoral fraud or rigging, ethnocentrism, especially widespread corruption is all key contributors to instability. As usual, an absence of social services, dishonesty, misinformation, a dearth of compassion, as well as impoverishment is the primary causes of today's societal major youthful hazards. The majority of the organizations listed above are incredibly obnoxious regardless of if they are pursuing an objective or create disruption. In actuality, social criminals, racial or ethnic groups, including/or governments pay them to promote their very own goals and wreak havoc on society via acts of terrorism, militancy, kidnapping, killing during voting, burglary, maiming, including ritualistic murders Maciver & Igbojinwaekwu (2019). Consequently, this study was designed so that the teenagers' perspectives on the origins, consequences, and treatments of these problems are understood in order to prevent and/or alleviate the excesses of youth restiveness in Nigeria and elsewhere in the globe. Thus, this study investigated the Perceived Causes of Youth Restiveness by Undergraduates of Usmanu Danfodiyo Universality in Sokoto State.

Objectives of the study

The main purpose of this study was to investigate the Perceived Causes of Youth Restiveness by Undergraduates of Uthmanu Danfodiyo University in Sokoto State. The objectives of this study specifically include the following:

1. To determine the causes of youth restiveness in Sokoto State as perceived by undergraduates of Uthmanu Danfodiyo University in Sokoto State;
2. To determine the negative impacts of youth restiveness in Sokoto State as perceived by undergraduates of Uthmanu Danfodiyo University in Sokoto State;
3. To determine the techniques for curbing or ameliorating youth restiveness in Sokoto State as perceived by Undergraduates of Uthmanu Danfodiyo University in Sokoto State.
4. To investigate differences in the perceived causes of youth restiveness in Sokoto State by undergraduates of Uthmanu Danfodiyo University in Sokoto State based on gender.
5. To investigate difference in the perceived causes of youth restiveness in Sokoto State by undergraduates of Uthmanu Danfodiyo University in Sokoto State based on religion.

Research Questions

The following research questions guided the study:

1. What are the causes of youth restiveness in Sokoto State as perceived by undergraduates of Usmanu Danfodiyo University in Sokoto State?
2. What are the negative impacts of youth restiveness in Sokoto State as perceived by undergraduates of Usmanu Danfodiyo University in Sokoto State?
3. How can youth restiveness be curbed or ameliorated in Sokoto State as perceived by undergraduates of Usmanu Danfodiyo University in Sokoto State?
4. Is there significant difference in the perceived causes of youth restiveness in Sokoto State by undergraduates of Usmanu Danfodiyo University in Sokoto State based on gender?
5. Is there significant difference in the perceived causes of youth restiveness in Sokoto State by undergraduates of Usmanu Danfodiyo University in Sokoto State based on religion?

Research Hypotheses

The following Hypotheses were postulated at 0.05 alpha level of significance.

Ho¹: *There is no significant difference in the perceived causes of youth restiveness in Sokoto State by undergraduates of Usmanu Danfodiyo University in Sokoto State based on gender.*

Ho²: *There is no significant difference in the perceived causes of youth restiveness in Sokoto State by undergraduates of Usmanu Danfodiyo University in Sokoto State based on religion.*

Methodology

A descriptive research design was used for this investigation. Undergraduates of Usmanu Danfodiyo University, Sokoto State were purposively selected for this study. The reasons for the choice of this population are that these undergraduates fall within the age description of 'youth' they are relatively exposed to different forms of social and political engagements, and are literate enough to respond to the instrument meaningfully. The total sum of three (300) undergraduates was sampled for the study, One hundred undergraduates each from 200, 300 and 400 levels of study. However, only 250 questionnaires were retrieved and used for the study. To obtain data from the sampled respondents, the study employed a self- structured questionnaire on youth restiveness. The instruments were structured into four parts: Section A Socio-demographic data of respondents, Section B contains items on reasons for youth's unrest by undergraduates of Usmanu Danfodiyo University in Sokoto State. Section C contain items on effects of youth unrest on the respondents while Section D contains items to measures that can limit or alleviate youth restiveness. The researcher employed the test-retest method of reliability testing by distributing 20 copies of the questionnaires to students who were not part of the sample of the study, and this was repeated later after two weeks. The Pearson Moment Correlation Coefficient yielded a reliability value of 0.77. Three hundred copies of the questionnaires were distributed to the respondents, and 250 copies were completed correctly and returned. This resulted in a retrieval rate of 83.3%, which was appropriate for the research. The questionnaire copies were collected and analyzed using descriptive (frequency and percentage) for the research questions and t-test statistics for the hypotheses.

Results

Answering of Research Question

Research Question 1: What are the perceived causes of youth restiveness by undergraduates of Usmanu Danfodiyo University?

Table 1: Frequency count and percentage of respondents on the perceived causes of youth restiveness in Sokoto State

S/N	Causes of Youth restiveness in Sokoto State	Yes	%	No	%	Undecided	%
1	Insufficient social and family counseling in the nation	140	56.0	60	24.0	50	20.0
2	Government's delayed or caustic response to critical circumstances	150	60.0	60	24.0	40	16.0
3	Dishonesty	190	76.0	40	16.0	20	8.0
4	Peer pressure	190	76.0	60	24.0	0	0.0
5	Residents' devotion to their tribes and Groups	150	60.0	65	26.0	35	14.0
6	The quick-money mentality	160	64.0	56	22.4	34	13.6
7	Insufficient resources and options for schooling	160	64.0	40	16.0	50	20.0
8	Joblessness	190	76.0	50	20.0	10	4.0
9	Certain areas and portions are marginalized and underdeveloped	150	60.0	60	24.0	40	16.0
10	Unfairness in society	160	64.0	50	20.0	40	16.0
11	Environment-related problems in oil-producing towns are not given sufficient focus	150	60.0	60	24.0	40	16.0
12	Substandard counseling facilities for students at public institutions	150	60.0	70	28.0	30	12.0
13	Unfairness in the distribution and shared use of national wealth	170	68.0	65	26.0	15	6.0
14	Naive enthusiasm	170	68.0	58	23.2	22	8.8
15	Lack of tolerance for religion	150	60.0	70	28.0	30	12.0
16	Citizens who lack knowledge	160	64.0	60	24.0	30	12.0
17	Inadequate civics and moral education in schools injustice	162	64.8	54	21.6	34	13.6
18	Injustice in society	160	64.0	60	24.0	30	12.0
19	Poor leadership	180	72.0	60	24.0	10	4.0
20	Media outlets' biased reporting	180	72.0	60	24.0	10	4.0
21	Naive enthusiasm	140	56.0	60	24.0	50	20.0
Total = 250							

Table 1 reveals that entirety of the perceived elements are genuinely accountable causes of respondent's restiveness in Sokoto State. The key reasons of youth restiveness in Sokoto State are peer pressure, joblessness and dishonesty (76.0%); and poor leadership and biased reporting from Media outlets (72%).

Research Question 2: What are the Negative Impacts of Youth Restiveness in Sokoto State as Perceived by Undergraduates of Usmanu Danfodiyo University?

Table 2: Frequency count and percentage of respondent's perceived negative impacts of youth restiveness in Sokoto State.

S/N	Item	Yes	%	No	%	Undecided	%
1	It could stop the country's economy in its tracks	210	84.0	15	6.0	25	1.0
2	Individuals leaving their ethnic/ tribal communities	200	80.0	20	8.0	30	12.0
3	Foreigners leaving the nation in droves	190	76.0	20	8.0	40	16.0
4	Unrest may cause the country to break apart	205	82.0	25	10.0	20	8.0
5	Civil conflict	204	81.6	21	8.4	30	12.0
6	People could always be on edge and suspicious	220	88.0	17	6.8	13	5.2
7	Political turbulence	208	85.8	10	5.3	32	9.5
8	Harassment of sufferers' and families minds and emotions	205	82.0	15	6.0	30	12.0
9	Breakdown or shutdown of businesses or industries	209	83.6	11	4.4	30	12.0
10	Academic Setback	194	77.6	22	8.8	34	13.6
Total = 250							

Table 2 shows the varied frequency counts and percentage of the perception of undergraduates on the negative impacts of youth restiveness in Sokoto state. Respondents strongly perceive (88%) that youth restiveness could make people to always be on edge and gender suspicion among citizens.

Research question 3: How can youth restiveness be curbed or ameliorated among undergraduates of Usmanu Danfodiyo University in Sokoto State?

Table 3: Frequency count and percentage of perceived techniques for curbing or ameliorating youth restiveness in Sokoto State

S/N	Item	Yes	%	No	%	Undecided	%
1	Transparency in administration and management	211	84.4	25	10.0	14	5.6
2	Government, counsellors, religious organisations, and nongovernmental organisations (NGOs) should all start educating people on peace building	203	81.2	32	12.8	15	6.0
3	Reducing agitation can be achieved by advising Nigerians to think positively and logically	212	84.8	10	4.0	28	11.2
4	Aggressive campaign to eradicate poverty and development of young job possibilities	205	82.0	31	12.4	14	5.6
5	Counselling for families and the community ought to be emphasized	210	84.0	20	8.0	20	8.0
6	Eliminating corruption	215	86.0	25	10.0	10	4.0
7	The outcomes from negotiation and mediation will be more fruitful	195	78.0	35	14.0	20	8.0
8	Promoting religious harmony and preventing radical religious behavior	200	80.0	20	8.0	30	12.0
9	Making an appeal to resentful groups	190	76.0	20	8.0	40	16.0
10	There should be a state police	150	60.0	80	32.0	20	8.0
11	Government should communicate with resentful groups	200	80.0	30	12.0	20	8.0
12	Enhanced policing	205	82.0	30	12.0	15	6.0
13	Governmental force usage	100	40.0	120	48.0	30	12.0
14	Fair and open elections	212	84.8	30	12.0	8	3.2
15	It should be mandatory to teach civics, morality, and peace education across all schools	150	60.0	80	32.0	20	8.0
16	Enhanced standard of life	209	83.6	26	10.4	15	6.0
17	Throughout all schools, counselling services have to be readily accessible	218	87.2	14	5.6	18	7.2
Total =		250					

The findings in Table 3 makes it clear that practically all responses indicate that government can employ all of the table's components to lessen or modify juvenile restiveness, as perceived by the undergraduates. Regardless, "the use of force by government" was an issue that all respondents openly detested. Only 100 out of 250 respondents provided credibility to this issue, which was the lowest of all replies presumably owing to a lack of comprehension.

Testing of Hypothesis

Hypothesis 2: *There is no significant difference in the perceived causes of youth restiveness on the basis of gender by youth of Sokoto state.*

Table 4: The t-test comparison of respondents' assessment of the causes of undergraduates restiveness in Sokoto State

Gender	N	Mean	SD	Df	t-cal	t-crit
Female	100	77.03	12.30	248	1.89	1.96
Male	150	76.91	12.93			

Table 4 showed that the computed t-value of 1.89 is less than the critical t-value of 1.96. This result indicated that the null hypothesis which states that there is no significant difference in the perceived causes of youth restiveness on the basis of gender by youths in Sokoto state is accepted.

Hypothesis 2: *There is no significant difference in the perceived causes of Youth restiveness on the basis of Religion in Sokoto State?*

Table 5: t-test of difference in the perception of Christians and Muslims on the causes of Youth restiveness in Sokoto State

Religion	N	Mean	SD	Df	t-cal	t-crit
Muslims	200	76.95	14.17	248	0.57	1.95
Christians	50	76.37	12.06			

The results in Table 5 showed that the null hypothesis 2 of no significant difference was accepted because the computed t-value of 0.57 was lower than the crucial t-value of 1.95. Which recommends that there is no way to see a distinction in the apparent reasons of youth f restiveness among Muslim and Christian respondents.

Discussion of Findings

This research examined perceived causes of youth restiveness by Undergraduates of Uthmanu Danfodiyo University in Sokoto State. The prevailing challenges in Sokoto State, Nigeria, are as follows: unemployment, poverty, corruption, poor governance, and the government's neglectful or postponed response to sensitive issues. Nevertheless, the government is the principal cause of these ills. Indeed, the research undertaken by Everest & Embwa (2022) provided empirical evidence of the difficulties linked to poverty and unemployment. Moreover, the conclusions drawn from the study conducted by Maciver & Igbojinwaekwu (2019) substantiated and validated the claims that deplorable governance, unemployment, squalor, and poverty are the four most substantial elements that contribute to youth unrest in Nigeria. The study's findings also revealed that several additional factors, including youthful

invigoration, inadequate educational provisions, environmental degradation, ethnic or faction allegiances among Nigerians, insufficient moral education in educational establishments, electoral tampering, religious intolerance, and the pursuit of immediate wealth, contribute to these issues.

Once more, it was glaringly evident that there was little variation in the viewpoints of male and female participants with regard to the elements that contribute to the restlessness of youthful individuals. Based on the respondents' knowledge of the multitude of incidents and contributing factors that influenced the malevolence exhibited by these youths, it is conceivable that this incident transpired. Likewise, participants who self-identified as Christians or Muslims concurred with the rationales underlying the involvement of these young individuals in these immoral behaviours. The results indicated that the primary ramifications of these three calamities are the migration of individuals from abroad, the forced reunification of citizens with their ancestral or ethnic communities, political unrest, public disintegration, economic downturn, and armed conflict. In addition to emphasizing the need to maintain an optimistic outlook, the survey reveals that providing instruction that is urban, moral, and composed; ensuring that decisions are made in a free and fair manner; fostering open authority and administration; and so forth, are potential solutions to the three primary areas of contention among these young people. Zambwa et al, (2023) posit that additional prospective remedies for these malignant phenomena encompass the eradication of corrupt methodologies, the mitigation of destitution, and the enhancement of quality of life.

Moreover, the aforementioned risk could be substantially reduced through the implementation of negotiation, communication, and persuasion among the involved parties. Furthermore, the implementation of enhanced policing practices or the formation of a state police force would contribute to the amelioration of the situation. However, the results of the research did not offer any evidence to substantiate the notion that resorting to force is the best course of action to resolve the issues.

Implications of the Study for Counselling

This has the connotation that educational advancement has been severely hindered, and the worst is predicted unless efforts are focused on reducing young restlessness in the region. As important as educational growth may appear, it is impossible for educational activities and initiatives to flourish in areas where there is unrest. There will be a regression in schooling rather than a progression in growth if there is not a supporting environment and the young are involved in restless activities. As a result, everyone involved in the issue, including the government, must work together to address it. There are several methods for doing this:

1. Through the implementation of education and empowerment programmes, such as offering monthly stipends, training, and procurement courses to unemployed youth, especially in relatively tranquil and stable regions, with the intention of

- enabling them to disseminate information while pursuing their education.
2. Initiating media and informational campaigns targeting young people, emphasizing the advantages and disadvantages of youth unrest in an effort to dissuade them from engaging in particular behaviours.
 3. By means of mentoring and counselling sessions conducted in collaboration with governmental and non-profit entities.
 4. Providing support to religious and traditional leaders in their efforts to engage with young individuals with the intention of fostering their spiritual and social growth, this may ultimately lead to a paradigm shift. Young individuals in particular can develop a fear of God through religious influence.
 5. By focusing on youth, specifically those engaged in disruptive behaviours, this initiative has the potential to be extended to rural areas, which encompass the study region as well.

Conclusion

This study uncovered the reasons of youth restiveness by respondents based on their perception. The conduct and failures of governments, people, and organizations engaged in governance were responsible for all of these. The inevitable breakdown of Nigeria's political system, economy, and social fabric represents the impending apocalypse. The causes of juvenile restlessness have been connected to a range of issues. The rest may be psychological (instability/frustration, illiteracy, drug abuse) and brought on by youths (peer/cult group influence) or their parents (poor child upbringing, poverty), depending on the circumstances. Some may be institutional, such as corruption, bad leadership, and unequal distribution of resources, unemployment, and ineffective communication from political leaders. It is possible to say that mixtures of these elements are what caused the research area.

The only means of getting out is to really plead with all well-meaning Nigerians (youths and government) to promote unity and tranquility, while those in posts of authority should right away take the necessary actions recommended in the study.

Recommendations

1. The university management should provide appropriate counselling strategies to help undergraduates overcome negative peer pressure.
2. Guidance counsellors should assist with intense mass media jingles and programs that will help in the early education of undergraduates on the consequences of negative peer pressure.
3. Prioritizing employment growth by government for the millions of young people who are roaming around is necessary for Nigeria to experience stability and security.
4. The leaders must show good examples by ensuring that decisions are made in fair and free manner; fostering open authority and administration.

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