

Counselling Strategies for Reducing Youth Restiveness in Ogidi Education Zone of Anambra State

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Abstract

This study was carried out in Ogidi education zone of Anambra state. The study sought to determine the causes, consequences and counselling strategies to reduce youth restiveness. Descriptive survey design was adopted. Three research questions guided the study. The whole population of 108 guidance counsellors served as sample. The researchers used structured questionnaire titled “Causes, Consequences and Counselling Strategies for Youth Restiveness Questionnaires” (CCCSYRQ) to collect data. The reliability coefficient was 0.74. Face to face method of administration was employed. Response to these questions was analysed using mean scores. Findings showed that poverty, unemployment, deception, among others are the major causes of youth restiveness while therapies like Rational emotive therapy and Aggression replacement therapy have the potentials in reducing youth restiveness. It was recommended that counsellors should be posted to schools and non-school setting to prevent and remediate youth restiveness especially now that Nigeria is facing insecurity challenges.

Keywords: youth, restiveness, counselling, emotive, aggression, therapy

Introduction

Youths are the individuals between childhood and adulthood. Hence they are neither children nor adult. This situation seems to create confusion among the youths and could lead to behavioural problems that need counselling. Youths have been variously defined by different societies and cultures. According to Adedokun and Oluwagbohunmi (2014), the age ranges that constitute youth differs from society to society, as individual's maturity may not likely correspond to their chronological age. United Nations define youths as persons between the ages of 15 and 24 years (UNESCO). While Nigerian National Youth Policy (2019) defines youth as comprising all young person's between 18 to 29 years who are Nigerians. This explains why National Youth Service Corps (NYSC) is limited to graduates under the age of 30 years. This stage of human development includes teenage period and beginning of young adulthood that need to be controlled. Youths therefore are young people who are on transition from dependency to independent life that need to be controlled and supported to realise their potentials. They are characterised with energy, vigour and spirit of development which when guided could bring positive effect on the individuals and the society. Since they occupy larger segment of Nigerian population, they therefore have considerable effect on the society either negatively or positively (National Bureau of Statistics, 2017). This period is characterised with youthful exuberances that prompt the young adults into actions and intentions that may be desirable and/or undesirable. Hence there is need for counselling intervention to actualise youth's potentials for the benefits of the individual and the society for national development. If they are not counselled their undesirable behaviours could become a catalyst for maladaptive behaviours.

Youths are the pillars and foundation of any nation as they possess the skills, ideas and expertise necessary for a nation's advancement in science and technology. With youth's ingenuity, talents, labour and power, a nation achieves a milestone in development especially in socio-economic and political development. However when such energies are channelled into undesirable behaviours, it may likely result to crimes such as hostage taking of prominent citizens and expatriates oil workers, banditry, illegal oil bunkering, arms insurgency among others (Igbo & Ikpa, 2013). Research has shown that unquantifiable lives and property has been wasted in Nigeria as a result of youth restiveness.

As youths are cognitively capable of hypothetical deductions, analysis and synthesis of situations in which they find themselves, they may express dissatisfaction on observation of abnormality they expect the agents of socialization like parents/family, church, government and society to amend. The youths may try to normalize these gaps through high incidence of anti-social behaviours. Some of these youths may notice

that agents of socialization have neglected or deprived them some needs such as basic infrastructure, opportunity for employment, franchise, formal education, infringement on human rights among others. As they are deprived of these needs, these youths may be threatened to react in an unacceptable way (Ejimudo, 2014). Hence they become restive. A good case in point is ‘EndSARS’ of October 20th 2020 where youths protested against the activities of Special Anti Robbery Squads (SARS).

Restiveness can be seen as conduct or behaviours that are socially unacceptable by the youths to forcefully get a desired outcome from constituted authority in an organized form. This act is usually performed in an unlawful means or crooked means. According to Ukwueze (2013), “restiveness is defined as a function of one’s emotional and temperamental reactions to events due to wrong cognitive perception, appraisal and interpretation of such event that result to state of nervousness, restlessness, uneasiness, obstinacy and uncontrollable behaviours.” These activities involve posing threat and disorderliness to peaceful existence with the aim of destroying properties and lives which may finally draw government attention to these restive youth’s desires. Elekwa and Azhekhieme (2015) defined youth restiveness as the natural tendency of the youths to resist by any means whatsoever situations that are not acceptable to them. The goal is to be free from the control of unacceptable situation. Youth restiveness are unacceptable responses by the youths characterized with restlessness, violent demonstration, community disturbances, arson, kidnapping and assassination to draw government attention to provide their desired needs.

Researchers like Nsidibe, Emaimo and Amah (2017) have indicated cases of youth restiveness in different parts of the country. According to researchers (Elegbeleye, 2005; Oyadeyi, 2012), youth restiveness dates back to 1934 when Herbert Macaulay set up a political party without the consent of the educated youths. Since then different regions form youth movement that later metamorphosed into political parties that perpetrate coordinated political protests and unrests in the country. For instance, National Council for Nigerian Citizens (N.C.N.C), The Northern People’s Congress (N.P.C) and the Action Group (A.G).

With time, militia groups were formed by the youths in different regions against the government to agitate against government insensitivity to their various situations that needed government’s attention. A good case in point is Movement for the Emancipation of the Niger Delta (MEND). Other groups in the country are Odua Peoples Congress (O.P.C) in the South West, Movement for Survival of Ogoni People (MOSOP), Movement for the Actualization of Sovereign State of Biafra (MASSOB), and later, the Indigenous People of Biafra (IPOB) that engaged in freedom fighting. There is also Boko Haram, the deadly group that has been harassing the northern states.

Later, these groups have changed into violent groups and sects of criminality causing terror and horror in their areas. The activities of cultism are not left out, in and out of campuses, as well as the menace of area boys and girls in the cities of Lagos, Calabar and Edo amongst others (Agbaji, Akabue, Duruaku, Egor, Ogban & Pepple, 2020).

Restive youths are uncontrollable and aggressive as they are impatient, obstinate and anxious especially when they are deprived or dissatisfied with things around them (Nduka-Ozo & Igba, 2017). Dissatisfaction was the case of Boko Haram sect when they emerged in 2004 at Kanama, Yobe state. When Boko Haram were dispersed, they revolted in 2009 and attacked Maiduguri in Borno state. They agitated against wearing of helmet when riding motorcycles. The members were of the view that wearing of helmet by force was against their right. Hence they become restive. Currently they are attacking the whole nation today subjecting everybody to panic and fear. Many researchers have suggested factors that are likely to cause youth restiveness. Such factors may include bad governance, poverty, unemployment, cultism, deception, idolatory and lack of basic education (Abubakar, Bitrus & Ibrahim, 2015; Nduka-Ozo & Igba, 2017; Agbaji et al, 2020).

Government may fail to implement policies concerning the affairs of the youth. Successive administrations have used these youths to perpetuate themselves to office through electoral malpractices and later dumped these youths to their fate. All the political promises made during electioneering campaign were thrown to the wind by these desperate politicians thus subjecting these youths to a bleak future. The youths are not involved in the governance and are as well disconnected in the affairs of their country. This will later cause the youths to be lawless and creating mayhem in the society (Emerole, Chikwe & Joel, 2018).

The National Bureau of Statistics as cited in Ahium-Young (2016) posited that about 112 million Nigerians (67.1% of the Nigerian population) live below poverty level. Inequality has become the order of the day as wealth is in the hands of a few privileged Nigerians while the majority of people are languishing in poverty. Many people live on less than US one dollar (\$1) a day trying to eke out living. Hence the gap between the poor and rich is out of proportion. The future seems to be bleak for the youths. Only a privileged few that are connected are better off. Those youths that are disconnected from the government are incapacitated and this has created enabling opportunity for the youths to engage in self-help for survival such as civil disobedience that manifests in actions that are detrimental to the society (Emerole, Chikwe & Joel, 2018). This condition predisposes these youths to be vulnerable as they find the situation difficult to be calm. These youths serve as recruits in the hands of greedy politicians and religious demigods (Agbaji et al., 2020). Most of these youths have

dependents looking up to them for survival. Many of these youths are living a life of hopelessness. They may make up through any lawless means as these youths are frustrated, dejected and disillusioned. Hence they involved themselves in any means to express their anger against the society and make a living.

The youths occupied the larger segment of Nigerian population but unfortunately they are unemployed, underemployed and ill equipped for survival. Where they are employed, they are saddled with dependents that look up to them for survival. The National Bureau of Statistics (2017) has shown high rate of youth's unemployment and underemployment at 22.6 million. This ranges between the ages of 15-35 years. Many of the graduates lack the necessary skills and knowledge required by the new economy. The federal government has established such agencies like National Directorate of Employment (NDE), National Poverty Eradication Programme (NAPEP), yet many youths are still unemployed as they lack what it takes to start on their own. These youths are disillusioned and vulnerable to manipulations by politicians and religious demagogues.

False information can destroy a nation, group and any society. Many youths are misinformed to engage in actions that have led to destruction of lives and property. For instance, the information given to Boko Haram youths has led them to cause havoc against themselves and the society. Curas (1987) posited that information could be likened to stimulus that can condition a person to certain behaviours. Therefore, false information can trigger youths to engage in negative behaviours that can destroy lives and property. A good example is the promises given to suicide bombers that they will inherit paradise when they kill people in the course of "holy war." Idolatry simply means worshiping of idols. Today in various parts of Nigeria; some youths organized themselves into cult groups which they claim is all about cultural heritage, revival and entertainment. What these groups do underground is still questionable. Majority of these cult groups are vulnerable youths with their patrons and patronesses bullying others and competing among themselves for supremacy. Such groups can cause restiveness when they are provoked within themselves or with other cult groups or rise against constituted authority. A good case in point is campus cults of different universities and tertiary institutions that have permeated into villages involving teenagers that cause havoc against one another that may lead to destruction of lives and property.

This restiveness caused by these youths has escalated to the extent that lives and property are being wasted. Hence, there is need for helping professionals who could proffer professional help in reducing youth restiveness from the root causes. Counselling is the process of helping an individual to discover their educational,

vocational and personal social potentialities and thereby achieve optimal level of personal happiness and social usefulness. Defining the term counselling, Okeke cited by Ewudo (2015) sees counselling as “the process whereby the counsellor uses his professional training and relevant psychological skills to help the counsellee solve his problem”. Also Schimidt (1993) cited in Ewudo (2015) defines counselling as the process of establishing relationship to identify people’s needs, design strategies and services to satisfy these needs and actively assist in carrying out plans and actions to help make informed decision, solve problems, develop awareness and live healthier lives. From these definitions, one can see that it is the responsibility of the counsellor to help the clients mirror themselves and identify strength and weakness as well as proffer solutions to their problems through counselling strategies that help both the counsellor and clients to effect positive change in behaviour. These techniques include guidance and counselling services such as information services, and counselling techniques like cognitive behaviour therapy, Aggression replacement therapy and Assertive techniques.

The main goal of school counselling is to change undesirable behaviour to desirable behaviour. According to Akindele (2002), the school counselling goal is to enhance normal development, redirect the youth and prevent stress, anxiety and frustration. In other words, school counselling is to ensure normal development of the students and offer remedial strategies where there is need. To achieve the above mentioned goal, the counsellor should be both proactive and reactive in providing guidance services oriented approach such as information services. The counsellor should provide educational, vocational and personal social information for all round development of the students.

Information is said to be empowerment. It is a viable resource for individuals and collective liberation and uplift. With information, humans are refined, emancipated and positioned to benefit from his environment. According to Igbo and Ikpa (2014), information could save the youths from falsehood and misconceptions being provided by peers and adults who manipulate them to achieve their selfish purposes and later dump these youths to their fate. Youths need information that could empower them to be economically independent and contribute to national development. In other words, Counsellors should provide information about entrepreneurial services and information that will help the youths to develop skills that can sustain youths economically. Such information will liberate youths from psychological and mental torture they pass through from the acts of restiveness and help them to live a happy life. Majority of youths who engaged in restiveness are uninformed as they are ignorant of the motives of the manipulators who use them to achieve their selfish aims and dump them to their fate. Education has a consequential effect on national prestige,

greatness and cohesion. Education enlightens the individuals, and saves the individuals from shackles of ignorance. The knowledge and skills young people acquire from education determine the extent of patriotism and their contribution to national integration and progress. The knowledge they acquire may trigger the youths to embrace peace and shun violence. The skills youths have may help in developing the nation and raise the standard of living rather than retarding development of the society that subject the youth to lawlessness.

One of the pillars of guidance and counselling services is information giving. The counsellors disseminate valuable information in both school and non-school setting with regards to educational, vocational and persona-social aspects of human endeavours. Information enables the youths to come out of ignorance, deceptions, chaos, instability and conspiracy that may likely cause restiveness and lawlessness. The counsellors ensure that youths in school and non-school setting have access to information that will guide their actions and behaviours. The counsellors provide information to youths about business and economic opportunities they can access for employment opportunities (Anasi, 2010). Access to entrepreneurial information may prevent youths from being accessible to those who want to recruit them for anti-social actions as they are preoccupied with various positive endeavours. This necessary information could be based on the following. The counsellor should strive to:

- Create awareness that future belongs to them and therefore youths should not try to endanger their future.
- Channel their energy and ideas to something positive that will benefit the main society.
- Remind the youths that their future rests on the choice and decision they make in their youthful age.
- Inform the youths that the rule of law and democracy prevails and not restiveness.

Counsellors have different therapies and techniques that could be used to modify undesirable behaviours such as Rational emotive therapy, Aggression Replacement Training (ART), Transactional Analysis among others. Rational emotive therapy is based on the assertion that the way we act is as a result of our thinking about an event. This may lead to emotional and behavioural upset such as anxiety, restiveness, anger and depression. Rational emotive therapy maintains that what people believe about situations they face determines how they feel and not the situation itself (Ellis, 1973). Albert Ellis who propounded this theory believed that people are not disturbed by the events that happened to them but rather their views on the situations. He observed that people tend to get better when they change their (views) ways of thinking about themselves, their problems and the world. Rational emotive therapy helps individuals

to develop alternative ways of thinking, and exhibit behaviours that may decrease their depression, anxiety, restiveness, irrational beliefs and suicide. Womiloju (2016) reported that adolescents acting irrationally, act out of their irrational interpretations in the socially disapproved manner through resistance to authority. Ellis believed that cognitive schema presents general statements that sum up assumptions that individuals hold about the world. These schemas are the core beliefs that bias the way individuals perceive and interpret their experience. For instance, “This land belongs to us. We must get all the money that comes out of it” “Even if we have no skills to work in oil company, we must be employed in the oil company.” “Our own religion is supreme over other people’s religion”. “We are born to rule in this country”. These beliefs may lead to faulty thinking patterns resulting to frustration, depression and anxiety as these youths may not have their way as they expected. Hence they may resort to restiveness. Ellis (1973) developed the principles of ABC model.

A = The activating event.

B = Belief system or attitude of an individuals.

C = Consequences of the belief system.

D = Disputing the irrational belief.

E = Effect of disputing the irrational belief.

The first step is that the counsellor/therapist should help the clients (youths) to judge if his thinking meets objective reality. This involves the clients re-evaluating their thinking about their restiveness (unemployment, poverty, bad government etc) as regards to the cause of conflict or antisocial behaviours. The role of the counsellor is to use Rational emotive therapy to assist the restive youths to readjust their thought patterns about unemployment, poverty and bad governance. The goal of counselling is to demonstrate to the clients (restive youths) that the way they perceived their situation is their source of emotional disturbance and also to bring into focus the illogical and emotive feelings so as to help the clients (restive youths) re-adjust their thinking to a rational and logical one. The restive youths may decide to think in other ways that they can help their situation. The counsellor provides youths with information about entrepreneurial skills and knowledge they can acquire to get employed and stay out of poverty and unemployment. The insinuation that restiveness is the only option to express their views and demand could be turned into a more rational or reasonable ways of expressing their demand, if appropriate information is given to the youths by counsellors.

Another counselling technique is Aggression Replacement Training (ART). It is a psycho-educational intervention designed to change anti-social behaviours, to improve social skills, competence, and moral reasoning. It is also used to manage anger, decrease aggression and restive behaviours. According to Torubeli (2015), aggression replacement training consists of structure learning/training that teaches the clients

social skills needed for inter personal relationship. For instance, ability to express emotions in acceptable ways and take responsibilities for action. The counsellor will teach the client (youths) various ways they can use to control and manage their anger and restiveness. Thirdly, the counsellor exposes the clients to moral education that will enable the youths develop a higher level of moral reasoning that will facilitate the use of social skills learnt for them to control their restiveness. The procedure involves the following:

The counsellor exposes the restive youths to what subject them to feel and act restively. The counsellors/therapist will teach the clients (restive youths) the techniques they can employ to manage their aggression. The counsellor model how to control restiveness while the clients role play, and feedback will be evaluated for remediation by the clients and the counsellor for better future performance. According to Torubeli (2015), ART procedure involves the following:

A = is the trigger (what caused the problem).

B = is the behavioural response (what one did in response to A)

C = Is the consequences (to oneself and to the other person). The counsellor or therapist use the clients' reactions to teach them about triggers including external and internal cues that show anger and anger reducing strategies such as deep breathing, and pleasant imagery (Glick, 1996).

There are different assertive training skills or techniques the counsellor can use to help assertive youths to desist from restiveness and express their needs, wishes, desires and feelings in a way that causes others to take them in account (Amede, 2016). Assertiveness training technique is a behaviour modification therapy developed by Joseph Wolpe in 1958 to help individuals to openly express their thought and feelings. The major assertive techniques are broken record, fogging, negative assertion and transactional analysis.

Broken record is the act of consistency of the individuals in making requests without shivering or wavering until the expected outcome is realized by the clients. The clients then resist any manipulation by the individuals to compromise his/her request. The assertive youths can meet the government through the appropriate channels to make their demands known to the government rather than drawing government attention through restiveness. Fogging is the act of being stable when provoked and stand to what may be fair. This will reduce the destructive power of the critics. Negative assertion is where by an individual own up mistakes one committed before others make a case out of it. This may soothes others around to stop them from criticizing the individual concerned.

Transactional analysis theory of Berne (1961) maintained that individuals are made up of three ego states namely parent, adult and child ego states. The life scripts individuals learnt in early childhood can lead to dysfunctional or anti-social behaviours if not properly handled. Transactional analysis could help to replace anti-social behaviours where necessary with something more conducive and enhance interpersonal relationship among individuals. In other words, these dysfunctional life scripts are learnt during child ego state and showcased in adult stage. Then parent ego state can expedite correctional measures through counselling process to correct undesirable behaviours.

In Nigerian situation most restive youths are non-assertive. They cannot express their opinions, feelings, and desires in socially acceptable means. Hence they resort to frustration and aggression. The case of Boko-Haram is the effect of non-assertiveness as they are unable to discuss their agitations with the federal Government hence they resort to violence. Assertive people detest aggression and exhibit tolerance, communicate clearly and do not intimidate other people (Amede, 2016). However, there is a need to entrench counselling process to remediate these ugly behaviours through cognitive behaviour therapy, assertive techniques and transactional analysis.

Statement of problem

Youth restiveness has been a problem challenging nations in terms of growth and development. Cases of youth restiveness abound in Nigeria. Lives and property have been wasted by these youths. They occupy major segment of Nigerian population and therefore have considerable effect on the Nigerian nation. They have expertise, ideas, knowledge and skills that could catapult the nation to greater heights in terms of national development if they are properly handled. If not they become a problem to the nation. The federal government has established various schemes to engage these youths in productivity, although in Ogidi zone, none is in existence. Some of these youths go on to destroy themselves and the society. If these youths are left on their own, acts of violence and lawlessness will become the order of the day enhancing waste of lives and properties. The need arose to control this situation. Counselling as a helping profession needs to embark on this noble task through the use of psychological therapies and techniques in modifying human behaviours. It is against this backdrop that the researchers seek to determine the causes and counselling strategies needed to reduce youth restiveness in Ogidi Education zone of Anambra state.

Purpose of the study

The main purpose of the study is to determine the causes and counselling strategies in reducing youth restiveness among youths. Specifically, the study sought to determine:

1. The causes of youth restiveness.
2. The consequences of youth restiveness.
3. The counselling strategies in reducing youth restiveness.

Research questions

1. What are the causes of youth restiveness?
2. What are the consequences of youth restiveness?
3. What are the counselling strategies in reducing youth restiveness?

Methodology

The design for this study is a descriptive survey type in which a group of people/items is studied by collecting and analyzing data from few people/items considered to be representative of the entire group. The population of the study comprised 108 counsellors from public secondary schools in Anambra state (P.P.S.S.C, Awka, 2021). Since the population is few, there is no need for sampling. All the counsellors were used in carrying out the research. The instrument used for data collection is a structured questionnaire titled "Causes, Consequences and Counselling Strategies in Reducing Youth Restiveness Questionnaire" (CCCSRYQ).

The questionnaire, which had 25 items, is designed to elicit and extract information from the respondents. A four point scale format was used namely; strongly agree (SA), agree (A), disagree (D) and strongly disagree (SD). On the spot administration was embarked upon whereby the researchers visited the counsellors during their monthly meeting and administered the questionnaire which was collected at the end of the meeting. 100 out of 108 copies of the questionnaire were returned. The instrument was subjected to face and content validity by two experts from Department of Guidance and Counselling and Measurement and Evaluation of Nnamdi Azikiwe University, Awka. They pointed out corrections and researchers used these in adjusting the instrument accordingly. The reliability coefficient was determined by subjecting the instrument to trial testing and internal consistency was determined using Cronbach Alpha. The reliability coefficient was 0.86.

The data obtained were analysed using mean. The critical point was calculated as 2.50; the decision rule, therefore, is that any of the items for which the mean score is above 2.50 was taken to mean that the respondents agreed, while any item for which the mean score is below 2.50 was taken as disagreed.

Presentation of results

Research question one: What are the causes of youth restiveness?

Table1: Responses on causes of youth restiveness

S/N	Items	Mean	Decision
1	Government lack of concern can cause youths to be violent	3.20	Agree
2	Poverty can lead youths to be angry and engage in destruction of things	3.35	Agree
3	Unemployment can cause one to engage in an stealing, fighting etc	3.30	Agree
4	Deception (false information) can cause one to destroy lives and properties	3.26	Agree
5	Cult youths can be engaged in destruction of lives and property	3.05	Agree
6	Lack of infrastructures can cause youths to be antisocial	3.01	Agree
7	Promises and prophesy by the politicians not fulfilled can cause youths to misbehave	3.02	Agree
8	Youths can use period of idolatrous ceremony to engage on anti social behaviours	2.90	Agree
9	Youths who are employed engage in causing trouble	1.08	Disagree
10	Well informed youths are always involved in causing trouble	1.09	Disagree

From table one, it shows that respondents agreed that poverty (3.35), Unemployment (3.30), Government lack of concern (Neglect) (3.20), Deception (3.26), Cultism (3.05), Failure to fulfil government promises (3.02), Lack of infrastructures (3.01) and Idolatrous ceremony (2.90) can cause youths to engage in restiveness whereas youths who are gainfully employed (1.08) and well informed and educated (1.09) cannot engage in youth restiveness easily.

Research question two: What are the consequences of youth restiveness?

Table 2: Consequences of youth restiveness

S/N	Items	Mean	Decision
1	Waste of lives and properties	3.50	Agree
2	Political Instability	3.50	Agree
3	Increase in unemployment	3.00	Agree
4	Poor national development	2.70	Agree
5	Insecurity	2.70	Agree
6	Rise in immorality	2.50	Agree
7	Civil unrest	2.50	Agree
8	Scaring away foreign investors	2.50	Agree
9	Closure of public and private investment	2.50	Agree
10	High standard of living	2.20	Disagree

Table 2 indicated that youth restiveness results to waste of life and property (3.50), political instability (3.50), poor national development (3.00), insecurity (2.70), rise in immorality (2.50), civil unrest (2.5), scaring away foreign investors (2.50) and closure of public and private investment (2.50) are the consequences of youth restiveness whereas high standard of living (2.20) was rejected as one of the consequences.

Research question three: What are the counselling strategies to reduce youth restiveness?

Table 3: Counselling strategies in reducing youth restiveness

S/N	Items	Mean	Decision
The counsellors should			
1	Carry out guidance services to control restive behaviours in school assemblies, moral instruction seminar, talk show, conferences etc	3.15	Agree
2	Organize group guidance services in non-school setting such as Youth seminar, conferences, talk show, etc	3.00	Agree
3	Use of cognitive behaviour therapy to reduce restive behaviours in counselling, both individual and group	3.00	Agree
4	Use of Assertive techniques in reducing restiveness in both individual and group counselling	3.00	Agree
5	Use of modelling and role playing to reduce restiveness in individual and group counselling	2.70	Agree

The table 3 indicated that all the counselling strategies enumerated have the capacity to reduce youth restiveness with particular reference to guidance services and individual techniques.

Discussion of the findings

The major findings of the study revealed that poverty and unemployment mainly predispose youths to engage in restiveness; thus confirming the adage that says that a hungry man is an angry man. Youths who are engaged in one occupation or the other are not likely to engage in violence. Only those unemployed and underemployed are predisposed to be used by agents or merchants of violence to engage in violence as indicated by the findings of Elegbeleye (2005) and Ukwueze (2013). The findings also revealed that waste of lives and properties, political instability, poor national development, insecurity, rise in immorality, civil unrest, scaring away foreign investors and closing of public and private establishment are the consequences of youth restiveness. This confirms the findings of other researchers like Emerole, Chikwe and Joel (2018), Akpokighe and Ejoyi (2020) who maintained that youth restiveness has adverse effect on the society. Therefore there is need for counselling to guide these youths towards understanding themselves and contribute to national development. The counselling services should begin with information services whereby the youths are equipped with knowledge and skills that could enable them to be integrated into the society to avoid acts of undesirable behaviours such as restiveness by the youths.

The results of the findings also show that cognitive behaviour therapy (CBT) and aggression replacement therapy (ART) have the potential to reduce youth restiveness as opined by the counsellors. This is in agreement with the findings of the previous studies by Torubeli (2015) and Glick (1996).

Conclusion

Youth restiveness has been a danger to national growth and development since independence. Cases of youth restiveness abound. Reference points are the dreaded Boko Haram and herders and farmers clashes and the End SARS demonstration. Lives and property worth billions of naira have been wasted. Potentialities of the youths who would have used their gifts and talents in developing Nigeria have been left untapped and channelled into acts of restiveness. Hence there is need to proffer solutions to youth restiveness through professional counselling techniques. These techniques have been found to reduce antisocial behaviours such as anxiety, anger, depression and restiveness.

Recommendations

Based on the conclusion reached, the following recommendations were made:

- 1) Professional counsellors should be trained, employed and posted to schools and non-school settings to offer guidance and counselling services to these youths in and outside the school setting.
- 2) The professional counsellors should disseminate valuable information to these youths in youth organizations, conferences, religious centres, seminars, workshops among others.
- 3) Government and non-government organizations should provide skills acquisition centres where youths upon graduation should be provided with soft loans to kick start their own small scale business that will keep them away from violent acts.
- 4) Youths should be involved in policy making and implementation. The government should endeavour to actualize all the policies concerning the youths so as not to create avenue for the youths to demonstrate violently.
- 5) Leaders should be sensitive to non-violent protests, tolerate them and respond quickly to peaceful demonstration of youths. They should be sincere in preventing and reducing the prevalence of conflict caused by Nigerian youths.
- 6) Finally the federal Government should prioritize education as illiterates are more vulnerable to anti-social behaviours of wasting lives and properties.

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