

Prestige Journal of Counselling Psychology

Vol. 6, No. 2, September 2023

*A publication of the Association for the Promotion of
Innovation in Education (APIE)*

Copyright © Prestige Journal of Counselling Psychology, Vol. 6, No. 2, September, 2023

ISSN: 2651-5687 (Print)
ISSN: 2651-5709 (Online)

Prestige Journal of Counselling Psychology is a publication of the Association for the Promotion of Innovation in Education (APIE).

All Rights Reserved:

No part of this Journal may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without a prior permission in writing from the Association for the Promotion of Innovation in Education (APIE).

Physical address

c/o Dr Mfon Eyo (Managing Editor)
Department of Guidance and Counselling
Faculty of Educational Foundation Studies
University of Calabar, Calabar
Cross River State, Nigeria

Editorial Board

Prof Malami Umar Tambawal
(Professor of Counselling &
Editor In Chief)
Faculty of Education and
Extension Services
Usmanu Danfodiyo University
Sokoto State, Nigeria

Prof Benedicta Nnodum
(Professor of Counselling &
Editor)
Imo State University
Owerri, Imo State, Nigeria

Dr Mfon Eyo
(Managing Editor)
Faculty of Educational
Foundation Studies
University of Calabar, Calabar
Cross River State, Nigeria

Prof Elsie Umeano
(Professor of Educational
Psychology & Editor)
Faculty of Education
University of Nigeria, Nsukka
Enugu State, Nigeria

Prof Mohammed I. Yakasai
(Professor of Counselling &
Editor)
Department of Education
Bayero University, Kano
Kano State, Nigeria

For enquiries: prestigejournalseries@gmail.com
URL: <https://openaccessglobal.com>

Consulting Editors

Prof U. U. Bassey

Faculty of Education
University of Calabar, Calabar
Cross River State, Nigeria

Prof Patrick Eke Eya

National Open University of Nigeria
(NOUN)
Abuja

Prof C. P. Akpan

Faculty of Education
University of Calabar, Calabar
Cross River State, Nigeria

Prof B. A. Bassey

Faculty of Education
University of Calabar, Calabar
Cross River State, Nigeria

Prof Nanram B. Longbap

Faculty of Education
University of Jos, Jos
Plateau state, Nigeria

Prof Elizabeth Egbochuku

Faculty of Education
University of Benin, Benin City
Edo State, Nigeria

Prof A. OmoOgun

Faculty of Education
University of Calabar, Calabar
Cross River State, Nigeria

Prof Awoyemi Adesoji Emmanuel

Faculty of Education
University of Ibadan, Ibadan
Oyo State, Nigeria

Prof J. C. Omeje

Faculty of Education
University of Nigeria, Nsukka
Enugu State, Nigeria

Prof Ngozi Ozarenren

Faculty of Education
University of Lagos
Lagos state, Nigeria

List of Contributors

Ahmad Baba Muhammad, Ph.D

Department of Guidance and Counselling
Taraba State University, Jalingo
Taraba State, Nigeria
yayababba@gmail.com

Alice Abonjia Kulo

Department of Educational Foundations
University of Calabar, Calabar
Cross River State, Nigeria
kuloalice2018@gmail.com

Aminu Abdulfatah Abdullatif

Umaru Musa Yar'adua University,
Katsina
Katsina State, Nigeria
aminu.abdulfatah@umyu.edu.ng

Aminu Sani, Ph.D

Department of Educational Foundations
Taraba State University, Jalingo
Taraba State, Nigeria
alamintsujalingo@gmail.com

Aminu Shantali Shuaibu, Ph.D

Department of Human Kinetics and
Health education
Shehu Shagari University of Education,
Sokoto
Sokoto State, Nigeria
ashantali91@gmail.com

Aminu Tanimu, Ph.D

Department of Educational Psychology
and Counselling
Faculty of Education, Ahmadu Bello
University, Zaria
Kaduna State, Nigeria
aminushika@gmail.com

Aniah Bernard Beshigim

Cross River State College of Health
Technology
Calabar, Cross River State, Nigeria
gracefulben001@gmail.com

Augustine Akomaye Abuokwen

Department of Continuing Education and
Development Studies
University of Calabar, Calabar
Cross River State, Nigeria
augustineabuokwen@gmail.com

Christiana Ukpata Ofie

Department of Human Kinetics and
Health Education
Faculty of Vocational and Science
Education
University of Calabar, Calabar
Cross River State, Nigeria
xydelight@gmail.com

Collins Sunday Etura

Department of Science Education
Faculty of Vocational and Science
Education
University of Calabar, Calabar
Cross River State, Nigeria
collinsetura@gmail.com

David Morison Udobong

Department of Science Education
Faculty of Vocational and Science
Education
University of Calabar, Calabar
Cross River State, Nigeria
udobongdavid08@yahoo.com

Destiny Ebimie Anomietei

Department of Educational Psychology,
Guidance and Counselling
Ignatius Ajuru University of Education
Port Harcourt, Rivers State, Nigeria
destinyanomietei@gmail.com

Dorn Cklaimz Enamhe, Ph.D

Department of Social Works
University of Calabar, Calabar
Cross River State, Nigeria

E. A. Adigeb

Department of Continuing Education and
Development Studies
University of Calabar, Calabar
Cross River State, Nigeria
adigebemmy2017@gmail.com

Ebikabowei Musah, Ph.D

Government Model Secondary School,
Ekeremor
Bayelsa State, Nigeria
mshebikabowei@gmail.com

Egbai Inyang Ekpor

Department of Educational Foundations
University of Calabar, Calabar
Cross River State, Nigeria
ngekpor0302@gmail.com

Ekpenyong Effiong Ibok, Ph.D

Department of Science Education
Faculty of Vocational and Science
Education
University of Calabar, Calabar
Cross River State, Nigeria
ibokekpenyong@yahoo.com

Elizabeth G. Akpama (Prof)

Department of Guidance and Counselling
University of Calabar, Calabar
Cross River State, Nigeria

Emmanuel Bekorfema Ugbe

Department of Educational Foundations
Faculty of Educational Foundation
Studies
University of Calabar, Calabar
Cross River State, Nigeria
beshiunim@gmail.com

Emmanuel Usoudo Umoetuk

Department of Science Education
Akwa Ibom State University, Ikot
Akpaden
Akwa Ibom State, Nigeria
emma_umoetuk@yahoo.com

Eugene Onor Etta

Department of Public Administration
Cross River Institute of Technology and
Management, Ugep
Cross River State, Nigeria
eugeneetta@mail.com

Felicia Agbor-Obun Dan, Ph.D

Department of Human Kinetics and
Health Education
Faculty of Vocational and Science
Education
University of Calabar, Calabar
Cross River State, Nigeria
drmrsfeliciadan@gmail.com

Glory Emmanuel Edoho, Ph.D

Department of Continuing Education and
Development Studies
University of Calabar, Calabar
Cross River State, Nigeria
gloryedoho80@gmail.com

Godwin B. Ushie, Ph.D

Department of Continuing Education and
Development Studies
University of Calabar, Calabar
Cross River State, Nigeria
godwinushie101@gmail.com

Grace Ukpabio Masor

Department of Science Education
Faculty of Vocational and Science
Education
University of Calabar, Calabar
Cross River State, Nigeria
nostruggle4me@gmail.com

Isaiah Iornenge Shamo, Ph.D

Department of Guidance and Counselling
Faculty of Education
University of Abuja, Abuja, Nigeria
shamoisaiah@gmail.com

James Bassey Ejue (Prof)

Department of Guidance and Counselling
University of Calabar, Calabar
Cross River State, Nigeria
basseyejue@ymail.com

Jamestina Adaora Boc-Ifeobu

Department of Business Administration
University of Business and International
Studies
Switzerland
jamestinaadaora@gmail.com

Joseph Effiom-Edet Ntibi, Ph.D

Department of Science Education
Faculty of Vocational and Science
Education
University of Calabar, Calabar
Cross River State, Nigeria
joentibi@yahoo.com

Joseph Odey Ogabor, Ph.D

Department of Human Kinetics and
Health Education
Faculty of Vocational and Science
Education
University of Calabar, Calabar
Cross River State, Nigeria
ogaborjosephodey@yahoo.com

Kebe Ibor Ofem

Department of Curriculum and Teaching
Faculty of Educational Foundation
Studies
University of Calabar, Calabar
Cross River State, Nigeria
Ofemk3@gmail.com

Lengnen Jurmang Jikukka, Ph.D

Department of Special Education and
Rehabilitation Sciences
University of Jos, Jos
Plateau State, Nigeria
lengnenjj@gmail.com

Mamben Zingman

Department of Special Education and
Rehabilitation Sciences
University of Jos, Jos
Plateau State, Nigeria

Martina Ayibeya Apie, Ph.D

Department of Human Kinetics and
Health Education
Faculty of Vocational and Science
Education
University of Calabar, Calabar
Cross River State, Nigeria
martinaapie@gmail.com

Mercy Emmanuel Ugbe

Cross River State College of Health
Technology
Calabar, Cross River State, Nigeria
mercyofgodugbe@gmail.com

Monica Etop John

Department of Science Education
Faculty of Vocational and Science
Education
University of Calabar, Calabar
Cross River State, Nigeria
monicajohn29@yahoo.com

Moses M. Shittu

Otana Hearing and Edu-Health Services,
Jos
Plateau State, Nigeria

Mustapha Halima Lawan

Department of Guidance and Counselling
National Open University of Nigeria

N. P. Ogbuokiri, Ph.D

Department of Psychological
Foundations
Abia State University, Uturu
Abia State, Nigeria
ulonnamogbuokiri14@gmail.com

Otonjo Ibim Emoyon-Iredia, Ph.D

Ignatius Ajuru University of Education
Port Harcourt, Rivers state, Nigeria
majestykidz16@gmail.com

Peter Owogoga Aduma

Department of Human Kinetics and
Health Education
Faculty of Vocational and Science
Education
University of Calabar, Calabar
Cross River State, Nigeria
adumapeter31@gmail.com

Sanusi Mohammed, Ph.D

Nigeria Football Federation
Federal Capital Territory, Abuja
mohaisan62@gmail.com

Scholastica Okon Ebek

Department of Science Education
Faculty of Vocational and Science
Education
University of Calabar, Calabar
Cross River State, Nigeria
schoiasticaebek@gmail.com

Stephen Ushie Akpa

Department of Human Kinetics and
Health Education
Faculty of Vocational and Science
Education
University of Calabar, Calabar
Cross River State, Nigeria
ushiesteven@yahoo.com

U. G. Ogbuokiri

Department of Business Management
Abia State University, Uturu
Abia State, Nigeria

Usman Bakari, Ph.D

Department of Guidance and Counselling
Taraba State University, Jalingo
Taraba State, Nigeria
bakariusman8@gmail.com

Victor Atah Abanyam, Ph.D

Department of Vocational Education
Faculty of Vocational and Science
Education
University of Calabar, Calabar
Cross River State, Nigeria
vabanyam@gmail.com

Victoria Atah Abanyam, Ph.D

Department of Curriculum and Teaching
Faculty of Educational Foundation
Studies
University of Calabar, Calabar
Cross River State, Nigeria
vikkyviktur@gmail.com

Vivian Anaba Osim, Ph.D

Department of Curriculum and Teaching
Faculty of Educational Foundation
Studies
University of Calabar, Calabar
Cross River State, Nigeria
vivianosim@yahoo.com

Yahaya Aliyu Sa'id (Prof)

Umaru Musa Yar'adua University,
Katsina
Katsina State, Nigeria
yahaya.aliyu@umyu.edu.ng

From the Editor

It is with an immense pleasure that I present to the learned community the volume 6, number 2 of the *Prestige Journal of Counselling Psychology* (PJCP). This issue has our usual imprints - promptness and adherence to the schedule of publication, diversity of contents, and wide geographical spread of authorship, amongst others. We at the Editorial Board are pleased that this issue is published in September, 2023, which is the time it was scheduled to be published.

The Editorial Board is also enchanted that this issue of the journal, just like previous issues of the journal, serves a rich intellectual buffet. In addition to the assortment occasioned by multiplicity of academic issues, tinted by differing background and viewpoints of the authors, the issue also has a very good geographical coverage. This issue of the journal hosts articles from five of the six geopolitical zones of Nigeria, including South South, South East, North Central, North East and North West geopolitical zones. We are also thrilled to note that we are expanding our reach beyond the shores of Nigeria. We note with a deep sense of delight that volume 5 number 2 of the *Prestige Journal of Counselling Psychology* had an article from the Republic of Niger, and the current issue has an article from Switzerland. These indicate that the base of our authorship is extending to the international firmament. We are excited by this wide geographical spread because, in addition to enhancing our presenting the reading public with multifarious contents, it conveys to us the acceptability of our journal by the academic world.

May I extend my very sincere thanks to all the stakeholders that contribute to our attaining and sustaining the enviable feats that we have recorded. These stakeholders include the authors, consulting editors/peer reviewers, and members of the Editorial Board. May I also congratulate the authors whose articles are featured in the current issue of our journal, while also encouraging those whose articles could not make it this time to be steadfast and learn from the detailed comments from our peer reviewers.

Lastly, it is a known fact that we publish both online and print versions; this current issue of the journal is not an exception to this well-known tradition of ours. The online version can be accessed at <https://openaccessglobal.com>. We can be reached via prestigejournalseries@gmail.com. I welcome you all to volume 6 number 2 of the *Prestige Journal of Counselling Psychology*. Happy reading!

Prof Malami Umar Tambawal
Editor-in-Chief
Prestige Journal of Counselling Psychology

Call for Papers/Information for authors

Prestige Journal Series – print and online versions

Authors are hereby invited to submit quality articles in areas of counselling/psychology and education generally for consideration for publication in any of our peer reviewed quality journals - **Prestige Journal of Counselling Psychology (PJCP)** and **Prestige Journal of Education (PJE)**. The **PJCP** is published in March and September, while the **PJE** is published in June and December. Articles are therefore welcomed at all times.

Both journals are official publications of the **Association for the Promotion of Innovation in Education (APIE)**. The journals have both print and online versions, and both have been indexed in Google Scholar. It is important to note that APIE gives maximum visibility to your article, when published, as your article will also benefit from exposure to global audience. Contributors will also benefit from real-time access we will provide for the published articles, as our online platform is open access and entirely free for users. The Editorial Boards of both journals are seasoned and experienced professionals in the relevant fields. In addition to the print version, accepted articles will be published online at <https://openaccessglobal.com>

Guidelines to authors

Authors are encouraged to adhere to these guidelines as articles that do not meet these stipulations might be ignored or sent back to authors for compliance.

- ❖ The first page of the article should carry the contact details of the author(s) including functional phone number, email address and affiliation while the abstract/main article should begin from the second page.
- ❖ Surname of author(s) should be in bold font.
- ❖ The latest APA referencing style should be used.
- ❖ The abstract should not be more than 200 words in single line spacing, and five keywords should be provided below the abstract.
- ❖ The main article, including the abstract, **should not be more than 15 pages**. Please note that there are extra publication charges for extra pages beyond the recommended maximum of 15pages.
- ❖ Articles should be prepared using Times New Roman font, 12 points and double line spacing.
- ❖ Authors should use block paragraphing style, with double spacing between paragraphs.
- ❖ Empirical articles should be presented under the following headings: Introduction, Research Questions, Hypotheses, Methodology, Presentation of results, Discussion of the findings, Conclusion, Recommendations and References.
- ❖ Position papers should be presented under appropriate and relevant subheadings but with no numbering of the headings/subheadings.

Submission of manuscript: Articles for both journals can be sent at any time of the year as a Microsoft Word attachment to prestigejournalseries@gmail.com. Such article will be processed for the relevant volume/issue depending on the month of the year that the article is sent. We welcome articles all year round.

Additional Information: For more information, please contact us on prestigejournalseries@gmail.com or call the Managing Editor on 234 802 222 7311.

TABLE CONTENTS

Moderating Variables as Predictors of Teachers' Job Satisfaction and Performance in Government Secondary Schools in North-Central Geopolitical Zone of Nigeria Dr Isaiah Iornenge Shamo	1-9
Effects of Systematic Phonics Therapy on Spelling Ability and Word Recognition of Students with Psychogenic Hearing Impairment Dr Lengnen Jurmang Jikukka, Mamben Zingman & Moses M. Shittu	10-19
Teacher Instructional Behaviour as a Predictor of Students' Academic Performance in Mathematics in Calabar Education Zone of Cross River State, Nigeria Grace Ukpabio Masor, Dr Ekpenyong Effiong Ibok & Collins Sunday Etura	20-29
Exercise Participation and Perceived Health Status of Academic Staff in Tertiary Institutions in Calabar Metropolis, Cross River State, Nigeria Dr Joseph Odey Ogabor, Dr Sanusi Mohammed, Dr Martina Ayibeya Apie, Christiana Ofie Ukpata, Peter Owogoga Aduma & Dr Felicia Agbor-Obun Dan	30-37
Effect of Solution Focused Brief Technique on Depression among Student-Victims of Armed Banditry in Secondary Schools in Kaduna State, Nigeria Dr Aminu Tanimu	38-46
Curtailling Behavioural Disorders of Nigerian Youths through Counselling Dr Ebikabowei Musah	47-55
COVID-19 Induced Anxiety and Stress as Correlates of Mental Disposition among Frontline Health Workers in Calabar Metropolis, Cross River State, Nigeria Stephen Ushie Akpa, Christiana Ukpata Ofie, Dr Felicia Agbor-Obun Dan, Dr Martina Ayibeya Apie, Dr Joseph Odey Ogabor, Peter Owogoga Aduma & Dr Aminu Shantali Shuaibu	56-63
Science Teachers' Technological Pedagogical Content Knowledge Acquisition in Calabar Education Zone of Cross River State, Nigeria Scholastica Okon Ebek, Dr Ekpenyong Effiong Ibok, Dr Joseph Effiom-Edet Ntibi, Monica Etop John & David Morison Udobong	64-72

Analysis of Principals' Leadership Styles in Public and Private Secondary Schools in Yenagoa, Bayelsa State: Implications for Counselling Destiny Ebimie Anomietei	73-81
Principals' Communication Gap involving School Facilities, School Records and Administrative Effectiveness in Public Secondary Schools in Uyo Local Government Area of Akwa Ibom State, Nigeria Emmanuel Usoudo Umoetuk, Jamestina Adaora Boc-Ifeobu, Alice Abonjia Kulo & Egbai Inyang Ekpor	82-90
Effect of Cognitive Restructuring Techniques on Attitude towards Substance Abuse among Secondary School Students Dr Usman Bakari, Dr Aminu Sani, Dr Ahmad Baba Muhammad & Mustapha Halima Lawan	91-104
Personal Variables and perception on Entrepreneurship Education among Undergraduates in Nigeria Kebe Ibor Ofem, Dr Victoria Atah Abanyam, Dr Victor Atah Abanyam & Dr Vivian Anaba Osim	105-117
Motivation Strategies and Workers' Job Performance in Selected Companies in Calabar Municipality of Cross River State, Nigeria Dr Godwin B. Ushie, Dr Glory Emmanuel Edoho, Augustine Akomaye Abuokwen & E. A. Adigeb	118-123
Students' Characteristics and their Information Seeking Behaviours in the University of Calabar, Nigeria Mercy Emmanuel Ugbe, Emmanuel Bekorfema Ugbe & Aniah Bernard Beshigim	124-131
Assessment of Staff Perceived Effectiveness of Mathematics as a Tool for Entrepreneurial Skills Acquisition among Students in Public Tertiary Institutions in Cross River State Eugene Onor Etta	132-139
Antisocial Behaviour among Adolescence: Counselling Implications Dr Otonjo Ibim Emoyon-Iredia	140-148
Climate Change, Conflicts and Emotion Change in Nigeria: Drive towards Counselling and Social Intervention Prof James Bassey Ejue, Dr Dorn Kklaimz Enamhe & Prof Elizabeth G. Akpama	149-156

- Counsellors' Role in Exploring Gender Gap in Leadership Administration among Principals in Ohafia Education Zone of Abia State 157-165
Dr N. P. Ogbuokiri & U. G. Ogbuokiri
- Appraisal of Educational Donor Organizations' Activities and their Impact on Development of Primary Education in Katsina Education Zone, Katsina State, Nigeria 166-175
Aminu Abdulfatah Abdullatif & Prof Yahaya Aliyu Sa'id