Covid-19 Pandemic Lockdown as Spur of Social Vices In Nigeria: Counselling Therapy As A Panacea Remedies In Nigeria

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Abstract
The paper examined the implication of covid-19 pandemic and how it led to social vices in the society. The first identified amid an outbreak of respiratory illness cases in Wuhan City, Hubei Province, China. It was initially reported to the World Health Organization (WHO) on December 31, 2019. On January 30, 2020, the WHO declared the COVID-19 outbreak a global health emergency. On March 11, 2020, the WHO declared COVID-19 a global pandemic, its first such designation since declaring H1N1 influenza a pandemic in 2009. The coronavirus entered Nigeria through an infected Italian citizen who came in contact with a Nigerian citizen who was subsequently infected with the coronavirus. The social vices include drugs abuse, examination malpractice, domestic violence, child abuse, political thuggery, among others. It is believed that they were caused by unemployment, students' poor reading habits, and persistent strike action by lecturers, peer group influence, poverty, and lack of premarital and marital counselling. The researcher also identified theories and counselling techniques for dealing with those vices. The paper recommended that Vocational/career counselling services should be emphasize as an integral part of educational goals which in return will reduce the tension of unemployment and poverty in order to promote educational, career, personal and socio-personal development, domestic violence, grapple of coping and adjusting with sexual maturity & the like and drug counselling is a preventive measure as such should be giving attention, drug education should be directed towards behavioural change since drug abuse is a behaviour.
Key Words: Covid-19, Pandemic, social vices, lockdown, counselling remedies.

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I.   Introduction

Coronavirus (COVID-19) is defined as illness caused by a novel coronavirus called "severe acute respiratory syndrome coronavirus 2" (SARS-CoV-2; formerly called 2019-nCoV), which was first identified amid an outbreak of respiratory illness cases in Wuhan City, Hubei Province, China. It was initially reported to the World Health Organization (WHO) on December 31, 2019. On January 30, 2020, the WHO declared the COVID-19 outbreak a global health emergency. On March 11, 2020, the WHO declared COVID-19 a global pandemic.

Illness caused by SARS-CoV-2 was termed COVID-19 by the WHO, the acronym derived from "coronavirus disease 2019." The name was chosen to avoid stigmatizing the virus's origins in terms of population, geography, or animal associations.

WHO (2020) Coronaviruses are group of viruses belonging to the family of Coronaviridae, which infect both animals and humans. Human coronaviruses can cause mild disease similar to a common cold, while others cause more severe disease (such as MERS - Middle East Respiratory Syndrome and SARS – Severe Acute Respiratory Syndrome).

A new coronavirus that previously has not been identified in humans emerged in Wuhan, China in December 2019. Signs and symptoms include respiratory symptoms and include fever, cough and shortness of breath. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome and sometimes death. Standard recommendations to prevent the spread of COVID-19 include frequent cleaning of hands using alcohol-based hand rub or soap and water; covering the nose and mouth with a flexed elbow or disposable tissue when coughing and sneezing; and avoiding close contact with anyone that has a fever and cough. Therefore, this paper examines how emergence of covid-19 pandemic causes social vices among the citizenry in Nigeria especially during the lockdown of the country.

The COVID-19 epidemic expanded in early December from Wuhan, China's 7th most populous city, throughout China and was then exported to a growing number of countries. The first confirmed case of COVID-19 outside China was diagnosed on 13th January 2020 in Bangkok (Thailand).

On the 2nd of March 2020, 67 territories outside mainland China had reported 8565 confirmed cases of COVID-19 with 132 deaths, as well as significant community transmission occurring in several countries worldwide, including Iran and Italy and it was declared a global pandemic by the WHO on the 11th of March 2020. The number of confirmed cases is constantly increasing worldwide and after Asian and European regions, a steep increase in cases is currently (31 March 2020) being observed in low-income countries. It is problematic to quantify the exact size of this pandemic as it would necessary to count all cases including not only severe and symptomatic cases but also mild ones.

Unfortunately, even though there are different efforts from scientists, to date, there is not a global and standard response to the pandemic and each country is facing the crisis based on their own possibilities, expertise and hypotheses. Thus, there are different criteria for testing, hospitalisation and estimating of cases making it difficult to calculate the number of people affected by epidemic. Based on the data we have so far, the estimated case fatality ratio among medically attended patients is approximately 2%, but, also in this case, a true ratio may not be known for some time.

According to WHO report of 4th June 2021, there are altogether 222 countries with Covid-19 cases. The current statistics of cases was 172,963,233 reported cases, 3,718,849 death and 155,691,082 recovered cases. USA had the highest number of 34,174,752 cases, 611,611 death and 28,025, 575 recovered cases, followed by Brazil, France, Turkey, Russia, UK, Italy, among others. Countries with lowest cases of Covid-19 cases were Micronesia (1), Saint Helena (2), Samoa (3), Marshal Islands (4) cases, among others.

Covid-19 Pandemic in Nigeria

The coronavirus entered Nigeria through an infected Italian citizen who came in contact with a Nigerian citizen who was subsequently infected with the coronavirus. The coronavirus then spread to other citizens in Lagos and to other parts of the country. NCDC (2021) As of 7th June 2021, Nigeria reported 166,767 confirmed cases of COVID-19 and 2,111related deaths. The first COVID-19 case was announced on 27 February in Lagos. Since then, thousands of samples have been tested. Currently, all the 36 states have reported COVID-19 cases. Lower cases were reported in Kogi, Zamfara and Cross River. World Health Organization stated on 18 March that the number of cases in Africa was likely higher than reported, due to limited testing and deficiencies in emergency preparedness. The Nigerian Centre for Disease Control is the government agency in charge of COVID-19 preparedness and response activities. A Coronavirus Preparedness Group was established at the end of January 2020 by the Nigerian government following the development of the epidemic in China. National NGOs, civil society organizations, international NGOs and UN agencies are also engaged in responding to the pandemic and the effects of COVID-19 containment measures.

Social Vices: An Overview

Social vices are practices, behaviours or habits generally considered immoral, sinful, rude, taboo, criminal or degrading in the associated society. The etymology of the two words **social** an English word which means **relating to the society** and **vice** is a Latin word which was translated to mean **defect** or **failing.**Social vices are extremely bad immoral behaviours that constitute a nuisance to the society. (Ariyo, 2017).

According to Jointheir (2016) social vices are forms of evil, criminal and wicked actions or behaviour in the society. These are social problems and have been thought of as social institutions that a large number of observers feel are inappropriate and need remedy. Social vices are those acts and conditions that violate societal norms and values.

- ***Drug abuse:*** Otherwise called substance abuse or chemical abuse. This is the continued misuse of drugs. It is disorder that is characterized by a destructive pattern of using a substance that leads to significant problems or distress. National institution on drugs abuse (2003) define drug abuse "as the use of illicit drugs and inappropriate use of licit drugs" this drug are abuse for the purpose of recreation, perceive necessity or convenience. Drug abuse and addiction have negative consequence for individuals and for society. Drug abuse although regarded as a personality disorder, may also have been seen as a world-wide epidemic with evolutionary genetic, physiological and environmental influence controlling and affecting human behaviour. Anti-social behaviour occurs when an individual in under the influence of a drug and long term personality changes in individual. Globally, the use has reached all-time high to the point of addiction. In addition to physical, social and psychological harm, use of some drugs may also lead to criminal penalties. Substances mostly abused include alcohol. Cannabis. Barbiturates. Cocaine, methaqualone, opioids and some substituted amphetamines.

- ***Examination malpractice:*** examination malpractice is anything done by the stakeholders, such as examination invigilators, teachers, parents or students that is likely to render the assessment or examination ineffective or useless, for Umaru (2005), it is any form of fraudulent activity that aims at a better result than the candidate's actual intelligence and performance. Hiko (2008) refers to examination malpractice as any illegal or unacceptable behaviour by anybody against examination rules and regulation at the time knowledge or ability is being tested. Oluyoba and Daramola in Mahmud (2009) also define exam malpractice as any form irregularity behaviour exhibited by candidate or anybody charged with the conduct of examination in or outside the exam hall, before, during or after such examination, examination malpractice is one of the greatest menace and social vice, confronting not only the educational sector but the entire nation because of its multiplier effect to various sectors of the economy.

- ***Domestic Violence:*** Domestic violence otherwise called domestic abuse is a form of abuse by one person against another in a domestic setting, such as in marriage or cohabitation. The overwhelming burden of domestic violence is borne by women with serious health and social implication. It may be termed intimate partner violence when committed by spouse or partner and can take place in heterosexuals' relationship against the other spouse or partner finely (2013). Domestic violence is an abusive behaviour in a relationship which takes a number forms of physical, sexual, verbal, and emotional abuse which can range from subtle, coercive to violence physical forms such as choking, battering, female genital mutilation, acid throwing that result in disfigurement or death. Roberts (2007) domestic violence can also involve violence against children, parents or the elderly and be done for self-defence. Domestic violence is one of the serious contemporary social vices that know as no religious, racial, cultural, or economical boundaries and has literally taken a residence in Nigeria with endless stories of pain and sorrow following it.

- ***Child Abuse:*** Child abuse is "any recent act or failure on the part of parent or caretaker which results in death. Serious physical or emotional herm, sexual abuse or expositional; or an act or failure to act which represents an imminent risk of serious herm" federal child Abuse prevention and treatment act (2003). Any form of exploitation that can inflict herm physically. Emotionally, socially and psychologically is what is refred to as child abuse forms of child abuse include battering, child trafficking, sexual molestation and rape, neglate, emotional abuse and abandonment. Nigeria violence against children (2014) with support from national population commission (NPC) and united nation international children's fund (UNICEF) has revealed that out of 10 Nigeria children experience at least one form of violence before they areb18 years old. Similarly, the latest public opinion poll conduct by NgoziOkwonjoIweala opinion polls (NOLPOLLS) in partnership with protection hub Nigeria (CPHUB) in 2017 has revealed a high prevalence 92% of child abuse in Nigeria corroborating a report by UNICEF which also revealed a high prevalent rate of child abuse in Nigeria specifying that millions of children in Nigeria suffer form of physical emotional or sexual abuse.

- ***Political Thuggery:*** political thuggery is one of the contemporary social ills as seen by several scholars as an organized and formidable arm of Nigerian polities. Ortest (2004) describes political thuggery as an "organized act of violence, intimidation and blackmail, directed against a political opponent to achieve a selfish political objective". He remarks that political thuggery is an instrument of terrorism organised against political opponent. The use of thuggery since independence has spread recently; it appears to be the only means of gaining political power without any consideration for meritocracy and popular opinion of masses. Samson and Saawuan (2013) viewed political thuggery as "an act of aggression aimed at coercing political opponent into surrendering their political will. They added that, 'it is equally a weapon in the hands of politicians to outwit their opponents through intimidation, violent attack, arson, assassinations, blackmail and public insult'. Membership of thugs are predominantly youths (males and females). If youths who are the leaders of tomorrow are deeply entrenched in violence and intimidation by unpopular and selfish politician to gain access in to power, political insecurity and instability may become the order of the day which creates fear among people. Ndibe (2007) lamented that "there is no greater anarchy than to make police officers and soldiers malleable instrument in the hand of any ruling party, violence spawn violence". He made this remark because the 2007 national elections witnessed the killing of 13 police officers in kano; 5 police officers in port Harcourt and the burning of several police across the country (Ndibe 2007).

Causes and Effects of Social Vices

Recently, there has been a lot of discussion aimed at pinpointing the causes of social vices in our modern society which if not addressed with dispatch will deteriorate the society. It was revealed by the writer that, among the causes and then the secondary causes which occur as a result of the primary causes. Below are the causes of the aforementioned social vices in our modern day society as opined by Ariyo (2017) and Ukwu (2016)

1. ***Unemployment:*** This is a situation whereby a person of workable age, willing and able to do work in unable to secure a paid employment (Riyo, 2017). It is not surprising that unemployment is mentioned as cause of social vice, considering the large population of youth roaming the streets because they are jobless despite

being academically and physical fit. According to the adage "An idle mind is a devil's workshop". If individuals who could have been fully engage and busy contributing to the development of a nation in various sectors, found themselves being idle they cannot but start to think of any means of survival even if it means resorting to crimes. Unemployed youths now engage is in crimes such as robbery, fraud, kidnapping, violence association, violence demonstration for pecuniary gains from unscrupulous, politicians engage them to the dirty jobs which has drastically increased terrorism and other social vices in our society. Foreign investors do fall victims of robbery which may cause a serious diplomatic conflict among the trading countries. Unemployment and general welfare also has made some youths very bitter and angry while the society is usually the recipient of their transferred aggression, whereby public peace is being disturbed as there are cases of public violence in our motor parks, urchins in the streets and market places. Depression also leads them to substance abuse and use of narcotic drugs for false sensation and recreation. It is apparent that unemployment causes depression and aggression which lead to drug abuse and other forms of social vices.

2.   ***Student poor reading habits and persistent strike action by lecturers:*** Lackadaisical attitudes of parent and students in the modern society has contributed immensely to laziness and 'I don't care 'attitude of students toward academic activities which lead to examination malpractice. The students pay no or less attention to academic activities, thus poor reading habits. As such they engage in examination malpractice to aim for better result better than the candidate's actual intelligence and perfoemance. Persistent unnecessary strike action where lecturers under association embark on definite and indefinite sstrike actions which results to underutilization of the academic calender. With this, curriculum is under covered, students are being rushed on crash program which lead to students poor concentration and preparation for exams. Examination malpractice is one of the greatest social vice today because the issue is rampant in all school levels. The most disturbing aspect of it all is that the people who are supposed to be actively involved in fight against this evil act are instead aiding and abetting it in one way or the other. (Hiko, 2008).

3.   ***Peer influence or peer pressure:*** The problem of cultism, prostitution and drug abuse are mainly as a result of peer influence and pressure. Drug abuse although regarded as a personality disorder may also be seen as an epidemic in the society. According to the writer peer pressure and curiosity can greatly influence the occurrence of drug abuse and the escalation to addition in a person's life. Peer pressure is major cause of youth involvement in social vices. Students spend more time with their friends in school or at home. Due to their weak nature and tender age, they can easily be influence. So also children have a high level of curiosity to learn, to have fun and practice new thing thus making them smoke, drink and have sexual intercourse (Ariyo, 2017) it has been observed that young people are highly influence by their peers and mimic their behaviours by experimenting with cigarettes, alcohol and other harmful substances in many instance (National Health Family Survey. 2005). Association with drugs abusing peers is often the most immediate risk for exposing adolescents to drugs abuse and delinquent behaviour. Research has shown that, however, that addressing such behaviour in intervention can be challenging (Dishion et al., 2002). Factors which make adolescents vulnerable to drug and substance abuse are poor self-esteem, family history, low academic achievement, lack of basic knowledge about the effect and danger of consuming substances and peer pressure. Experimenting with drug even once may lead addiction. Drug abuse has both short-term and negative effect. Drugs induce dullness and impairs both physical and mental functioning of body and mind leading to compromising quality of life (Falco in Sambo 2009). Abusing drugs weakens the immune system which will make an individual vulnerable to acquire infections.

4.   ***Poverty:*** Poverty is one of the causes of contemporary social vices affecting Nigeria as a third world country. It is a state of complete lack of livelihood. Judging by the American standard, about eight-five percent (85%) of Nigerians are poor. This gives birth to incidence of high involvement of her citizens in criminal activities such as corruption, political thuggery, kidnapping, bribery and all type of immoral conducts. Poverty as a concept may not be new in the world's history book but the consciousness of it, is relatively new as a result of the sudden economic meltdown, civil unrest, ethnic and tribal crisis etc. (Ibia, 1999). The poor lacks the means to satisfy the basic needs of life. They do not have personal assets necessary to produce income and wealth (Famoyin, 2007). An average Nigerian family may be unable to afford (3) three square meals a day. In many parts of the world, poor people are regarded as those as those people who cannot for one reason or the other have economically productive role by economic standards to provide adequate income for themselves. poor people are not only depurative not only depurative of most material comfort of life but also cannot attain their maximum emotional and social development (Thompson, 2008). It is not difficult to differentiate between a poor person from his reach counterpart using the yardstick stated above. Firstly, there is psychological standard of poverty which measures a poor person's income as falling behind his basic need capacity. Secondly, a poor person can always be identified by lack of emergency medical care and the kind of shelter and clothing that protect his life (Hanson, 2010).

5.   ***Lack of pre-marital Counselling and marital counselling:*** lack of pre-marital counselling and marital counselling has causes couples to find themselves unprepared for problem that arise after marriage, hence they fail to master each new situation, therefore, resort to violence behaviour as means of resolving conflicts and

problems in family which at the end leads to divorce and broken homes. And this violence is one of most destructive forms of interaction in the family. Prospective couples are not helped to anticipate some common problems of marriage couple. When such problem arises, they are taken by surprise and their reactions to those problems differ. It has, however been noticed that are taken a number of them react violently to each other; hence domestic violence is so rife (Ndolovu. 2000). Domestic violence renders the family unable to fulfil some of its key function in the society, (lessing in Ndolovu 2000). Given that the wellbeing of society is equated with the wellbeing of family, it is not surprising that there is periodic concern that this social institution is failing in its duties. (Dallan&Mchaughin in Ndolovun 2000). Many attempts have been made by social workers and their professional association to fight against this menace, but very little has been achieve because domestic violence is still increasing day by day. Domestic violence has a negative impact which leads to broken homes, single parenthood as a result of divorce. The writer is of the opinion that domestic violence can best be combated by the use of pre-marital and marital counselling. It is through marital counselling that partner will be exposed to realities of marital needs and the role of pre-marital counselling cannot be undermined because it serves as a preventive measure of family dysfunction. The writer concluded that pre-marital counselling may reduce the prevalence of domestic violence, because as a primary prevention, it serves to prevent marital problems from coming into existence.

Counselling Remedies to Social Vices
Collins in Egbule (2009) indicates that through guidance and counselling, individual and/or group of individuals are assisted to be disciplined and become able to deal with challenges and realities they face in their academic, social and physical environment, realise their potentials, as well as identify opportunities in a world where chance for further training, employment and advancement continue to dwindle.

Counselling remedies are therapies carried out by a counsellor in resolving crisis or concern. There are treatment package used to alter any maladjusted behaviour. They can be seen as approaches that guide a counsellor to bring about therapeutic change (Richard, 2012). Similarly, there are those techniques a counsellor employ to help a client or group of clients to overcome challenges which may be personal, inter-personal or socio-personal. The field of counselling and psychotherapy today is dominated by three major theoretical orientations. Psychoanalytic, cognitive behaviour and humanistic theories. A fourth force, a transpersonal is also beginning to make its presence felt, and despite its lack of historical development, it is attractive a significant followership. Most of all the various counselling therapies emanate from one or more of these perspectives, each perspective differs significantly in terms of its human nature, the process of human development, the nature of maladaptive behaviour depending on client characteristic, the role of counsellor, the technique used in counselling, (sambo. 2016).

a)   **Gestalt therapy:**
This is an approach that has holistic view of the clients` thoughts, behavior and feelings. This therapy views of the clients` thoughts, and body are in harmony with each other: awareness leads to growth. Responsibility and maturity.Sdorow in egbule (2009) says that gestalt therapy is a type of therapy that encourages the client to became aware of their true feelings and to take responsibility of their own actions. It tries to increase the client`s emotional expressiveness. Tries to bring unconscious feelings into conscious awareness and the clients to change maladaptive ways, thinking and behaving. It insists that clients take responsibility for their action instead of blaming other people or events for their problems. Those clients to change maladaptive ways, thinking and behaving. It insists that clients take responsibility for their actions instead of blaming other people or events for their distant past or in the future or in some other places or times. That people who are aware of their feeling can control the treatment of drug abuse. Alcoholism's, and political thuggery which do all negative impact on the client and larger society.

b)   **Client Centred Therapy.**
This is the most commonly practiced of all humanistic therapies. Today is the most called person-centered therapy. It was developed by Carl Roger (1902-1981) the goal of the therapy is for client to become more self-directed, increase positive self-regarded: the clients choose goals. Smith in Egbule (2009) says that Carl roger has been the most influential of all contemporary psychotherapists. This type therapy is anon directive counseling therapy as its help clients to find their own answers to their problems. There by go toward the way of self-actualization this mode of traffic gives no advice but help to enhance client's ability for self-actualization. it is believed that a problems arise because of the complicit between a person's public life and image and his actual self-causing incongruence. It is the duty of the therapists or counselor to make the clients think more realistically about himself, his ability and his goal. The client is helping toward making unconditional positive regard of him. Carl roger said that the person-centered therapy is a therapy in which the goal is to reach the one's potential for him self-actualization. Here, the therapy will help curd the menace of

examination malpractice which normally results from personality career mismatch. Poor redeemed habit, irrational emulation due to excessive interest for quick success syndrome e.t.c. so also it can serve as a good therapy to assist drugs abuses.

c)   Group Therapy

The group therapy become popular during second world war when the therapies discovered that the clients they needed to attain to ware more than they could cope with. The devised a means by putting them in to groups. This was the beginning of groups therapy. The advantage of this therapy is that the therapies could attempt to more clients within a short period of time and at a limited cost. The client come across role models, shared in order clients experienced had feedback about their behavior, assure that they are not alone in their problems and these provide emotional relief in the case of child abuse clients. So also this therapy can be helpful in counseling political thugs. It allows people with unrelated issues and background to come together and share experience. A group is made of six to fourteen clients. Here a case may be taken, like alcoholisms and drugs addiction. People who may or may not be alcoholic or addicts will share in the discussion each providing their type of therapeutic model to be used which will depend on the therapists and the goals to be set will be done by the whole group. Sdorow in Egbule (2009) has reported two types of groups therapies. These two types of group have been found to be effective.

(1.)   Psychodrama: Here drama is organized with characters showing traits of the problems under treatments while clients watch, insight to behavioral changes are provided and clients learn from such insight.

(2.)   Transactional Analysis: this is type of group therapy that help clients change their immunity immature or inappropriate ways of relating to other people, relating or reaching to situations. It involved the display of roles of Id, Ego, Super ego.

d)   Family Therapy

This is a type of therapy where one, two or more members of the families is involved. A concern can be treated may with one, two or more of the family members. The logic of this therapy is that sometimes problem with a member of the family may have relationship with other members of the family.

In his therapeutic approach, Ackerman was open, honest, and direct, encouraging family to share their own though and feelings as he did, in his work with families, he become emotionally involved with the family while at the same time looking for unconscious themes (Nichols,2008). Many family therapists were drawn to his engaging style and his active approach to therapy. Minachin in Egbule (2009) says that in most family, members play rigid role. This contributes to conflicts. One member may always have last say with oilier roles permanently scapegoats, bully and so on. A family therapy is a type of therapy that encouragesthe constructive expression of feelings and establishment of rules and family member agree to follow. (Feldman in Egbule 2009). The duty of therapists is to assist the duty each members and to see there are some structural malformation, or one person is over playing his role bringing about problem in that family or that such a problem of malformation or over action of a member is advisedly affecting the other or others. Family therapy enhances the inter-member relationship of the family and their wellbeing. According to the writer, this therapy will be appropriate for the treatments of domestic violence and its forms by a counselor.

II.   Conclusion

Social vices are seen as bad traits, unhealthy and negative behavior that are against morality of a society and frowned at by members of the society. The problem of social vices is a symptom of society which embroiled in moral decadence. Some contemporary social vices have been discussed in light of their causes, consequences and possible counseling remedies. Examination malpractice, drugs abuse, child abuse, domestics violence and political thuggery among others contemporary social vices were discusses in the paper which have created havoc and have contributed greatly to the slow pace in Nigeria. The major causes which include unemployment, poverty, peer influence, student's poor reading habit, quick success syndrome and lack of material counseling and their effects were also discussed. Realizing the havoc which social vices have wrecked on individuals and the society at large it has been established in the course of this study possible counseling remedies like rational emotive therapy, clients-centered therapy, Gestalt therapy. Group therapy and family therapy were proffered to serve as a panacea which will stem the tide of social vices and foster rapid development. It is noteworthy that, research has shown that there are little differences in the effectiveness of the types of therapeutic styles. Although the rate of improvement of clients may vary, there are usually appreciative improvements that are notice. A therapist can adopt a technique suitable for any particular concern or a combination of techniques as the therapist may deem it wise. That is to say. Different type of therapies can be combined to solve a particular problem. For effectiveness of a particular type of therapeutic approach, the characteristic of the therapist, the therapy and the client need to be considered.

III.   Recommendation

Based on the finding and discussions from this paper, the following recommendations are proffered:

1.   Vocational/career counselling services should be emphasizing as integral part of educational goals which in return will reduce the tension of unemployment and poverty in order to promote educational, career, personal and socio-personal development.

2.   There is need for pre-marital, marital and post-marital counselling among people to help address issues for pre-marital sexual activities, domestic violence, grapple of coping and adjusting with sexual maturity and the like. To produce beneficial changes in disturbed matrimony or families as cases like these will not happen in the near future.

3.   Drug counselling is a preventive measure as such should be giving attention, drug education should be directed towards behavioural change since drug abuse is behaviour.

4.   Broad based programme of pre-marital counselling coupled with adequate sex education is crucial and should be inculcate in couples. Adolescent and youths in developing countries like Nigeria many parents, teaches, pastors and others feel that adolescents should not be exposed to sex education.

5.   Professional education guidance and counselling should direct attention for effective realization of the education aims and objectives as put forward in Nigeria national on education.

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