

Towards Addressing Global Security Challenges Through Professional Counselling Frameworks

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Abstract: *This paper sought to discuss the pervading challenges of crises and insecurity on the surface of the globe, the consequences which invariably affect human beings in different parts of the world. Insecurity knows no boundary, hence no country of the world, developed or developing is exonerated or immuned. Measures have been taken at different times by governments of world countries, but all to no avail. Seemingly, the problems of insecurity tend to defy all tried solutions. Resources, energies and times have been expended as well as other strategies adopted. Professional counseling, at both micro and macro levels will go a long way in addressing and assuaging the negative impacts or effects of insecurity. Counselling models, frameworks and specific approaches if applied will help prevent, manage or cope with the devastation of insecurity at the level of individuals, groups or society. Human lives and properties are so precious that conserving and utilizing them will foster development. Negative consequences of insecurity will gradually slide to naught, to guarantee peace, unity, tranquility and well being of the citizenry the world over.*

Keywords: *Global Security, Professional Counselling, Frameworks*

I. Introduction

The universe, which is supposedly, made to support human, animal and plant survival is turning into a place so unbearable for these species to be happy to enjoy peace, security and stability. It is apparently and almost on daily basis becoming saddled with plethora of problems. At different locations on the earth surface, man, especially is engulfed by both natural and man-made disasters, as well as crises of varying degrees. These include earth-quacks, flood, tsunami, bush fire, diseases of various types and forms, on the one hand. On the other, wars, insurgencies, kidnapping, militancy, restiveness, communal and religious crises etc. all leaving behind untold hardships, lost of precious human lives and valuables such as houses, workplaces, places of worship and the like. It leaves humans wherever they live anxious, frustrated and sometimes rather hopeless. Hardly a day passes without having frightening reports on death tolls, destructions of properties and refugees, who eventually come die due to hardships, malnutrition, diseases and other precarious conditions. Pathetically, reports over the media always tend to indicate that no part of the globe is totally immuned; of particular points of reference are the African continent and Middle East. Apparently, Egypt, Libya, Congo, Liberia, Mali, etc. in Africa; and Iraq, Iran, Syria, Afganistan etc. Other bigger countries such as America, Britain, Germany, China, Japan, North and South Korea, Israel, Palestine etc all experience security problems.

The way and manner human lives and properties are destroyed with least consideration and sensitivity leaves one to think seriously about the future of the world. For whatever reason, real or imagined, the sad situation calls for great concern. Measures taken rightly or wrongly by other world countries in the name of bringing sanity and restoring peace will make many to believe that the world knows no peace throughout history and at contemporary times. The challenges of crises and insecurity the world over tend to thwart development, hence aggravating human sufferings and frustrations. In the light of the above, some counseling frameworks if properly considered and carefully worked out will go a long way in assuaging the situation for a better society and enhancing development.

The issues of drug abuse and trafficking, assassinations, cultism, several offences and other forms at crimes and vices are untold. Armed banditries are at their peak which makes many fall unfortunate victims. The efforts made by governments to cleanse the society only end up in chasing the shadow. To affect, the security challenges in developing countries especially are far- fetched. Denga (2012) was able to identify them as:

1. Political Security Challenges
2. Economic Security Challenges
3. Family Security Challenges
4. Nationhood and Ethnic Nationality Challenges
5. Religious Security Challenges

However, he noted that we must first acknowledge the labyrinth of interconnections that exist among these categories of security challenges. He notes that severe political security debacle precipitates or unleashes

economic security challenges that can naturally lead to a fertile ground for criminalities, militancy, and religious extremism to thrive among citizens.

Tor-Anyiin (2012) observed that many nations of the world are still threatened by natural disasters, hunger, poverty, political instability, youth militancy and social restiveness. It was noted that these security concerns and manifestations cause physical and psychological injuries following the destruction of lives and property.

II. Global Security Challenges

The concept security has no universally accepted definition; hence, it is viewed from various angles at different times. The fact remains that it has metamorphosed from being a nation's protection against external aggression, foreign suppression or interests as well as threat from nuclear holocaust and natural disasters to concerns about individual freedom from hunger, threats and fear of any kind (Tor-Anyiin, 2012).

In the light of the above, the issue of security then moved from being a sole national affair to a citizen's affairs. In this vein, human security symbolizes protection from threats of disease, hunger, unemployment, crime, social conflict, political repression and environmental hazards. It could be seen that global security involves threats that undermine and pose challenges to good governance, citizen's security and the rule of law anywhere in the world. Security for the individual makes it a global affair as human security is universal and concerns itself with unemployment, drugs, crime, pollution and human rights violations, which defies national boundaries.

Human security is, therefore, seen as global security. This is because it is people-oriented as all human beings are interested in their well being, freedom of expression, employment as well as ability to live in peace. It is observed that all nations of the world are being challenged daily by security situations which include political crisis, religious crisis, terrorism, armed robbery and kidnapping. More so, infectious diseases, climate change impact, nuclear pollutions, food security and military conflicts are forms of security concerns (Okene, 2010).

Denga (2012) equally observed that global security concerns in the current millennium are increasingly becoming new vocabularies that have pervaded the political, social and economic lexicon of almost every nation. In his remark, he noted that hardly will a day pass without a disturbing media report about the outbreak war, ethnic conflict, communal feud, civil disturbance and restiveness somewhere on the face of the globe.

Kolo (2012) on his part observed that security in any society or societal setting is the guarantee of peace and tranquility for sustained human co-existence and safety of lives and prosperity. In other words security anywhere is the product of the guarantee of the well-being of the people to their fundamental basic rights, human dignity and access to unfettered justice.

When citizens begin to realize that their rights are being trampled upon and the social contract they expect from their leaders are perpetually taken for granted, discontent, frustrations, and agitations set in to jeopardize social and political climate of society. Attempts to suppress sectarian or popular insurrections and agitations, if not well-managed breed security problems, a situation in which innocent lives are lost and valuable properties are destroyed (Kolo, 2012).

Professional Counselling Frameworks for Addressing Global Security Challenges

Professional counseling is being practiced over the years in different countries of the world. This, however, seem to be limited to educational, vocational as well as personal-social issues of individuals within the content of micro-framework strategies. It is observed that little efforts have been made by professionals of the helping profession in general to evolve counseling practices into a macro-framework, especially with the view to addressing societal problems.

Kolo (2012) observed that the contemporary world is now grappling with many and varied security challenges. These manifest in high level crime involving assassinations, armed robbery, kidnapping, armed rebellion, terrorism, militancy and youth restiveness which affect virtually every country in the world.

Security Counselling Intervention Strategies

A number of models have come on board which inform the relevance of counseling intervention strategies for mitigating insecurity and its effects on individuals and the society.

Among these are:

a. The Equilibrium Model.

The assumption under this is that during crisis situation people within the environment find themselves in a state of psychological and emotional confusion and disorientation. In this, there is fear of uncertainty about the security of their lives and property. Counselling is relevant to give people some level of assurance. This will help in providing social-psychological equilibrium in order to restore calmness and to enable the situation to go back to normalcy

b. Psycho-Social Transition Model

This is aimed at enabling people grow and socialize in their respective environment. They are prepared to accept changes, which make them either to adopt or which invariably pose a serious challenge to their life style or even existence. When crises and insecurity emanates, they either adopt to the situation or seek to challenge the situation by any means necessary.

c. The Cognitive Model

This is based on the premise that crises are rooted in faulty thinking about the events or situations that surround the crises. This is not necessarily in the events themselves or the facts attendant to the events. In other words, crises and insecurity are a matter of perception of individuals, people, citizens and leaders. People's perceptions need to be changed; and in this the counsellor can play a major role.

d. The Eclectic Intervention Model

This is a hybrid of available approaches to crisis situations. It involves the use of valid and utilitarian approaches to preventing, managing or resolving crises with a view to checking the state of insecurity. Elements of equilibrium, cognitive, psychosocial transition or any other nationally conceivable model of crises intervention to mitigate insecurity situations.

Specific Counselling Approaches To Reduce Societal Insecurity

In different parts of the globe, insecurity is at various levels. This situation calls for concerted efforts. Some specific counseling approaches are suggested as follows:

1. Mental Health facilitation
2. Transactional Analysis
3. Conflict Prevention
4. Peace Building
5. Peace Sustenance
6. Conflict Situation Coping
7. Inter and Intra Conflict Mediation

Individual and group counseling would be employed to solve or prevent psychotic, neurotic or perceived trauma which make individuals anxious, frustrated or depressed. Stressed situations will be curbed, or enable them cope and manage life in spite of the vagaries which emanate from such situations.

III. Conclusion

Insecurity and crises pervade the globe making life almost unbearable to humans. This situation adversely affects people in different locations and at different times. Human lives and property are wantonly lost. Peace, tranquility and genuine development merely remain as illusion. Military might and exercise of power tend to aggravate situations, as people live under tension, stress, fear, frustrations, anxiety, helplessness and even hopeless. Yet, other people speak of progress and development. In developed and developing worlds across the world, illiteracy, diseases, poverty, hunger, unemployment, all have their tolls on humanity irrespective of space and time. Professional counsellor, in collaboration with other helping professions the world over, should as a matter of necessity and urgency move beyond micro-frameworks to macro-frameworks to address the global security challenges. It is high time crises and insecurity in the world be concern to international bodies, who paradoxically fuel the embers of these, helping professions should meaningfully demonstrate high level of expertise to transform the world into peaceful and productive place worth living by people wherever they are on the earth's surface. Individuals, families groups and the society all bear the brunt for crises and insecurity, hence thwarting the pace of development.

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