

**COUNSELLING SERVICES INFLUENCE ON SOCIAL REFORMATION
AMONG YOUTHS IN UNIVERSITIES OF CALABAR METROPOLIS OF CROSS
RIVER STATE, NIGERIA**

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Abstract: This study examines the influence of counselling services and social reformation among youths in universities of Calabar Metropolis of Cross River State, Nigeria. To achieve the aim of this study, three research questions and three hypotheses were formulated to serve as a guide to this study. The study adopted survey research design with stratified and accidental sampling technique to select a total of 333 youths in the universities (University of Calabar [UNICAL] and Cross River State University of Technology [CRUTECH]) in Calabar Metropolis. A questionnaire titled, counseling service and social reformation scale (CSSRS) was used for data collection. The reliability of the instrument was carried out using Cronbach alpha estimate and the coefficient of the subscale was high to be considered reliable, the data collected were analyzed using simple regression and multiple regression. The three hypothesis showed that there is a significant influence of educational and vocational services on social reformation among the youths. Base on the findings of the study, it was recommended amongst others that educational counseling should be carried out in schools to help the youths acquire adequate knowledge and skills that can help them live meaningfully in the society.

Keywords: Counsellor, Counselling Services, Social reformation, Youths in Universities.

INTRODUCTION

“Youth” is generally perceived as the time of life between childhood and adulthood. The age range that constitutes varies from one society to another because an individual’s actual maturity may not correspond to their chronological age. However, the United Nations define youths as persons between the ages of 15 and 24 (UNESCO, www.unesco.org – 21-5-13). The United Nations recognize the fact that young people are heterogeneous group in constant evolution and that the experience of being young varies across regions and within countries. There are some characteristics of youths that make them most vulnerable for development; the most important of which is their vigor and the spirit to achieve if an enabling environment is created for them. They are young, agile, and virile and are expected to be innovative. However, there the society is faced with a lot of challenges. These challenges are so intense that sometimes one tends to get completely insecure of where they live and country at large. For example, the issues of kidnapping, militancy, rape, prostitution, examination malpractices, ethnocentrism, ethnic chauvinism, political thuggery, armed robbery, assassinations among others are on the increase on daily basis. There is a sense of fear in almost all the sectors of the society. No one knows what would happen the next day or minutes, the country have become less predictable given the fact that there are cases of herdsmen and farmers clashes, communal disputes among others. This state of affairs continually triggers educational stakeholder, parents, community leaders and government over this bad scene. Researchers have tried to find out what would have been the causes of this problem. Key that have been identified include, exuberance, unemployment, poverty, illiteracy rate, poor parental upbringing, lack of access to functional and qualitative education remains a challenge to Nigerian youths, access to Information/Communication Technology (ICT), weak legal system, political ascendancy, peer pressure among others. Effort made to solve this problem still persists. The researcher sorts to find out whether counselling services could influence social reformation among the youths.

Counselling services are those services human oriented programmers, which is based on helping the individual to define and redefined his goals and aspirations in life pursuits for greater productivity. Counselling is a relationship between a concerned person and a person with a need. This relationship is usually person-to-person, although sometime it may involve more than two people. It is designed to help people to understand and clarify their views, and learn how to reach their self-determined goals through meaningful, well-informed choices, and through the

resolution of emotional or interpersonal problems. It can be seen from these definitions that counselling can have different meanings. Apart from controlling deviant behaviour and other delinquencies among youths; guidance and counselling services can be utilized effectively as coping strategy to inculcate the spirit of consciousness that is assist in enhancement of peace, conflict resolution and national security among youths. Nwafor (2013) highlighted that the consciousness of peace, conflict resolution and national security involves the absence of conflict or violence at a particular time and place which evokes the climate of freedom from fear, intimidation and harassment, oppression and brutalization by external forces or agents. These are different types of counselling services which includes; educational services, vocational services, placement, diagnostic, referral services, etc. the researcher is thus asking, could counselling services influence social transformation among the youths? It was in attempt to answer this question that this study was carried out.

RESEARCH QUESTIONS

The following research questions were raised to guide the study

- i. To what extent does an educational counselling service influence social reformation among the youths?
- ii. To what extent do vocational counselling services influence social reformation among the youths?
- iii. What is the composite effect of counseling services on social reformation among the youths

STATEMENT OF HYPOTHESIS

The following hypothesis were stated in their null form

- i. There is no significant influence of educational counselling services on reformation among the youths
- ii. There is no significant of vocational counselling services on social reformation among the youths
- iii. There is no composite influence of counseling services on social reformation among the youths

METHODOLOGY

The study adopted a survey research design with a stratified and accidental sampling technique to select a total of 333 youths in Universities in Calabar Metropolis. A questionnaire titled, 'Counselling Service and Social Reformation Scale (CSSRS)' was used for data collection.

The instrument was validated by experts in Measurement and Evaluation and the reliability of the instrument was carried out using Cronbach alpha estimate and the coefficient of the sub scale was high to be considered reliable. The data collected were analyzed using simple regression and multiple regression analysis and the result is presented below

PRESENTATION OF RESULT

Hypothesis One:

There is no significant influence of educational counselling services on social reformation among the youths. The independent variable is educational counselling services while the dependent variable is social reformation measured continuously. To test this hypothesis, simple regression was used for data analysis and the result showed that coefficient of the variable as .439 which implied that there is a moderate strong relationship between educational counselling and social reformation. More so, the result showed that Adj $R^2 = .190$ which implies that the variation in the dependent variable (social reformation) can be accounted for by 19.0% of educational counselling services. A cursory look at the table also showed and analysis of variance result of ($F=98.90, p<.000$). Since $p (.000)$ is less than $p (.05)$, this implies that even though the percentage contribution is small, the result showed that educational counselling influences social reformation among the youths. Hence the null hypothesis is rejected.

TABLE 1: Simple regression analysis on the influence of educational counselling services on social reformation

Model	R	R ²	Adj R ²	Std. Error of the Estimate	
Variables	.439	.193	.190	6.51148	
Source of Variations	SS	Df	MS	F	Sig
Regression	3345.706	1	3345.706	78.909	.000
Residual	14034.210	331	42.399		
Total	17379.916	332			

Hypothesis Two;

There is no significant influence of vocational counselling services on social reformation among the youths. The independent variable is vocational counselling services while the dependent variable is social reformation measured continuously. To test this hypothesis, simple regression was used for data analysis and the result showed the correlation coefficient of the variable as .660 which implied that there is a strong positive relationship between vocational counseling services and social reformation. More so, the result showed that Adj R² = .435 which implies that the variation in the dependent variable (social reformation) can be accounted for by 43.5% of vocational counseling services. A cursory look at the table also showed an analysis of variance result of (F= 256.90, p<.000). Since p (.000) is less than p (.05), this implies that even though the percentage contribution is moderate, the result showed that vocational counselling services influences social reformation. Hence the null hypothesis is rejected.

TABLE 2: Simple regression analysis on the influence of vocational counselling services on social reformation

Model	R	R ²	Adj. R ²	Std. Error of	
Variables	.660 ^a	.436	.435	5.44078	
Source of Variations	SS	df	MS	F	Sig.
Regression	7581.630	1	7581.630	256.118	.000 ^b
Residual	9798.286	331	29.602		
Total	17379.916	332			

Hypothesis Three:

There is no significant composite influence of counselling services on social reformation among the youths. The independent variable is counselling services with two independent variables such as educational and vocational counselling services while the dependent variable is social reformation measured continuously. To test the hypothesis, multiple regression analysis was used and the result showed that the Adj R² = .654 which implied that the variation in social reformation among the youths could be explained by 65.4% of the contribution of counselling services. More the analysis of variance table showed that (F=9.890, p<.05). Since p (.000) is greater than p (.05), the null hypothesis is rejected. This implies that there is no significant composite influence of counselling services on social reformation among the youths.

TABLE 3: Multiple regression analysis on the influence of counselling services on social reformation

Model	R	R ²	Adjusted R Square	Std. Error of the Estimate
1	.218 ^a	.652	.654	5.05102

Source of Variation	SS	Df	MS	F	Sig.
Regression	504.629 2		252.315 9.890		.000 ^b
Residual	10128.568	397	25.513		
Total	10633.198	399			

Model	Unstandardized Coefficients	Standardized Coefficients	t	Sig.
	B	Std. Error	Beta	
(Constant)	35.023	1.869		18.737 .000
Educational Counselling Services	.166	.128	.367	3.294 .000
Vocational Counselling Services	-.427	.118	-.187	2.612 .000

DISCUSSION OF FINDINGS

Educational Counselling Services and Social Reformation

Hypothesis one stated that there is no significant influence of education counselling services on social reformation was rejected. This implies that there is significant influence of education counselling services on social reformation. This could be due to the fact that educational counselling services provides the students with the necessary information about life and value of education that can help ameliorate their involvement in social vices that often heat up the social network. Where the youths are provided with relevant information about the rationale for education, knowledge of life among others, it helps them to be more focused, disciplined and goal oriented rather than get involved in all forms of activities that would trigger social insecurity and conflict which have found expression over recent times. The findings of the study were in line with that of Oguzie (2016) that carried out a study a study on guidance and counselling services as a coping strategy for inculcating the consciousness of peace, conflict resolution and National Security among Secondary School Youths in Anambra State, Nigeria. The study employed the descriptive survey research design. Three research questions were formulated to guide the study. The proportionate random sampling technique was used in selection of 50% of 127 counsellors, out of 254 guidance counsellors in the 254 public secondary schools within the six education zones in the Anambra State. A questionnaire designed on a likert type scale was used in the study. Data was analyzed using frequency distribution; mean score (MS) grand mean and standard deviation (SD). Among the findings and the results revealed that effective utilization of G/C services inculcated in the youths' the spirit of consciousness that promoted peace, conflict resolutions and national security owing to the fact that there are challenges to effective utilization of G/C services in the school as highlighted in the study.

Vocational Counselling Services and Social Reformation

Hypothesis two that stated that there is no significant influence of education counselling services on social reformation was rejected. This implies that there is significant influence of education services on social reformation. This could be due to the fact that vocational counselling is poised to help the students to understand the world of work as well as requirements for the achievement of a choice career. Where students are exposed to the different world of works and are possibly told the requirement, conditions and the benefits of such profession, there is every tendency that it might change their orientation about life and inculcate in them the spirit of hard work that may inversely deter them from being idle which for a long time have been proven to be responsible for social vices. The findings of the study was in line with that of Oyieyo (2015) that carried out a study on influence of guidance and counselling on students' discipline in public secondary schools in Kabondo Division, Kenya. The researcher set objectives, which sought to determine the extent to which provision of guidance and counselling materials, teacher counselors' exposure, peer training, guest speakers and the time allocated to students counselling influenced students' discipline in Kabondo Division, Kenya. The researcher used the descriptive survey design to carry out the research. The respondents for this study were 20 secondary school principals, 20 teacher counsellors and 144 form 4 students. The study findings revealed that guidance and counselling services were offered in the schools and 82.4% of the principals considered it important but lacked the necessary material and literature support. From the literature review it is found that character formation is achieved through guidance and counselling that students remain disciplined and focused in life. Collins (2002) collaborated with the findings when he noted that through guidance and counselling students are assisted to be disciplined and become able to deal challenges and realities they face in their academic, social and physical environment.

CONCLUSION AND RECCOMENDATION

Based on the findings of the study, it was concluded that counselling services influences social reformation among the youths. Based on the conclusion, it was recommended that educational counselling should be carried out in schools to help the youths acquire adequate knowledge and skills that can help them live meaningfully in the society. That vocational counselling service should be provided in order to help them understand the requirement of certain jobs as well as prepare them adequately rather than using their productive time for unprofitable activities.

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