



# Assessment of Psychosocial Effects of Insurgency Among Internally Displaced Persons (IDPS) in Wulari Camp, Maiduguri

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**Abstract:** This study was carried out to assess the psychosocial effects of insurgency among internally displaced persons in Wulari camp, Maiduguri. The objectives of the study were to determine the psychological effects of insurgency among internally displaced persons, to determine the social effects of insurgency among internally displaced persons, to identify perceived factors responsible for insurgency. The research design used for this study was a non-experimental descriptive study design. A simple random sampling technique was used to select 345 respondents using Yamane's formula. A questionnaire method was used to collect data from the respondents and SPSS descriptive statistical tool was used to analyse the data. The result showed 62.7% still isolated in the camp, 59.5% lost a family member during the attack which is a psychological effect of insurgency, 85.5% of the respondents think insurgency has brought poverty, with 73.1% not having all their food needs met which is a social effect of insurgency, a majority of the respondents 57.7% strongly agreed that poverty is the factor responsible for insurgency. It is recommended that a critical assessment of the living conditions of the IDPs be done, also improved upon and the factors responsible for insurgency be tackled to help control the situation and also prevent aggravation of the current situation.

**Keywords:** Assessment, Psychosocial, Effects, Insurgency, Internally, Displaced, Persons, Maiduguri

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## 1. Introduction

The definition of Internally Displaced Persons (IDPs) most commonly used comes from the United Nations (UN) guiding principles on internal displacement. The guiding principles define IDPs as "persons or group of persons who have been forced or obligated to flee or leave their homes or places of habitual residence, in particular as a situation of generalized violence, violation of human rights, or natural or man-made disasters and who have not crossed an internationally recognized state border. They are often referred to as "refugees" although they do not fall within the current legal definition of refugees [1]. Internal displacement affecting about 25 million people worldwide has become

increasingly recognized as one of the most tragic phenomena of the contemporary world. Hundreds of thousands of people are displaced due to conflict every year globally [2]. Forced to flee from their homes in search of protection, some are able to find refuge with families and friends, but some are crowded into camps where they become further violent, mental stress and disease [3].

The Norwegian refugee council (NRC) describes the ripple effect of Boko Haram's violence in a recent briefing in which it has identified three emerging patterns of displacement. The first is of internally displaced (IDPs) fleeing to the south of the country in the footsteps of economic migrants, the second

is of people fleeing from rural to urban areas within their states and the third if of secondary displacement of both IDPs and host communities who move once again when their resources have been depleted [4].

Since 2011, the population of the north eastern Nigerian states have been affected by the insurgency between Boko Haram and governmental forces. The government declared a state of emergency (SOE) on 14<sup>th</sup> may, 2013 in three north eastern states of Borno, Yobe and Adamawa [5]. Insurgent attacks by Islamic Boko Haram militants increased dramatically from mid-2014 [6]. Boko Haram, founded in 2002, official name: Jama'atu Ahlissunnalidda 'awatiwal-jihad which means people committed to the propagation of the prophet's teachings and jihad, launched military operations in 2009 to create an Islamic state and designated a terrorist group by US (United States) in 2013 [7]. After its founding in 2002, Boko Haram's increasing radicalization led to violent uprising in July 2009 in which its leader Mohammed Yusuf was summarily executed. Its expected resurgence, following a mass prison break in September, 2010 was accompanied by increasingly sophisticated attacks. Since the current insurgency started in 2009, it has killed 20,000 and displaced 2.3 million from their homes [8]. This had resulted in to serious psychosocial problem for IDPs.

Psychosocial issues, is the interrelation between psychology (individual thinking, emotion, feeling and behaviour) and the social world or environment in which we evolve, culture, tradition, spirituality, interpersonal relationship in the family, or community and life tasks, such as school or work [9]. Psychological assessment is an evaluation of a person's mental health, social status and functional capacity within the community, generally conducted by psychiatric social workers. Being displaced can have several adverse effects on the physical, social, emotional and spiritual wellbeing of a person. Exposure to violence or disaster, loss or separation from family members and friends, deterioration in living conditions, the inability to provide for one's self and family and lack of access to service, can all have immediate and long term consequence on individuals, families and communities, including post-traumatic stress disorders, psychosomatic illness, depression, anxiety and even violence.

## 2. Statement of the Problem

Since the beginning of 2014, the increase in violence caused by Boko Haram has triggered a massive wave of displacement in the north eastern part of Nigeria [10]. Boko Haram violence is said to have affected over 15 million and displaced close to 2 million people to contiguous countries – Cameroon, Chad, Niger [11]. In recent years, the international community has become increasingly aware of the plight of the internally displaced and is taking steps to address their needs. The [4] noted that the level of destruction undermining physical security and livelihoods has instilled deep fears in the affected population significantly reducing the possibilities of returns. Also,

contributing to the problems is the fact that the host communities were poor to begin with, the arrival and stay of IDPs is further straining their scarce resources [2].

Psychosocial challenges peculiar to displacement for which Wulari camp is one, includes family break up, loss of contact with friends, loss of jobs, insecurity, and loss of rights e.g. territorial and political [12]. The internally displaced persons, the vast majority of whom are women and children, face a range of threat to their physical safety and restrictions on the freedom of movements. Many are traumatized by the violence that prompted them to flee and are afraid to return, those whose homes who have been damaged or destroyed have nowhere to go back to. Efforts by national and state governments to address their needs are inconsistent, and poor access means support from international agencies and Nigerian civil society is also limited. People who live in or near camps receive some assistance, but often not enough to meet their basic needs. They also tend to live in cramped and unhygienic conditions. The most vulnerable IDPs- the young, the old people and those with disabilities- are most at risk [6]. In light of the above, this study intends to assess the psychological effects of insurgency among the internally displaced persons (IDPs) living in camps (Wulari camp) due to the Boko Haram crisis.

## 3. Objectives of the Study

- (1) To determine the psychological effect of insurgency among internally displaced persons (IDPs)
- (2) To determine the social effect of insurgency among the internally displaced persons (IDPs)
- (3) To identify perceived factors responsible for insurgency

## 4. Significance of the Study

This study is expected to reveal the psychosocial effects of insurgency on IDPs and findings from this study will help in providing information to both governmental and non-governmental agencies that come to help these IDPs with relief materials and relief programmes. The psychosocial status of these IDPs can be properly managed if good insight into their problem is established as a basis for intervention, for which this study intends to achieve. It will also provide a kind of a guide to concerned agencies on how to provide both relief and rehabilitation to the IDPs.

## 5. Research Hypotheses

- (1) There is no significant difference between gender and psychological effect among IDPs
- (2) There is no significant relationship between age and social effects of insurgency among IDPs.
- (3) There is no significant difference between gender and social effects of insurgency among IDPs.

## 6. Methodology

### 6.1. Research Design

The researcher used non-experimental, descriptive survey design to assess the psychosocial effects of insurgency on internally displaced persons living in Wulari camp, Maiduguri.

### 6.2. Target Population

In this study, the target population were the internally displaced persons (IDPs) living in Wulari camp, Maiduguri and they consist of 2,525 numbers of persons. The number of people in the camp was given to the researchers by the camp coordinator.

### 6.3. Sample and Sampling Technique

A simple random sampling was used as a technique for selecting the respondents. The IDPs were gathered together and ballot method with replacement was used to give all an equal chance of being selected. Here, "yes" or "no" will be written on papers and be folded, then every member of the camp will be allowed to pick. Those with a "yes" and obliged to participate in the study were selected as samples while those with "no" and those with "yes" and not obliged were not selected as a sample.

The sample size for this was determined using the Yamene's formular

$$n = \frac{N}{1 + N(e)^2}$$

$$n = \frac{2,525}{1 + 2,525(0.05)^2}$$

$$n = \frac{2,525}{1 + 2,525(0.05)^2}$$

$$n = \frac{2,525}{1 + 2,525 (0.0025)}$$

$$n = \frac{2,525}{1 + 6.3125}$$

$$n = \frac{2,525}{7.3125}$$

$$n = 345.299$$

$$n = 345$$

where n = sample size

N = total number of internally displaced persons

e = level of significance (0.05)

### 6.4. Instrument for Data Collection

The researchers used a self-structured questionnaire to collect data directly from the respondents. The questionnaire was designed in line with the research objectives and will elicit information about the research questions. The

questionnaire comprised of 4 sections:

Section A: socio demographic data of the respondents

Section B: psychological effect of insurgency

Section C: social effects of insurgency

Section D: factors responsible for insurgency

### 6.5. Method of Data Collection

A letter of introduction was collected from the department of Nursing Science and was given to the coordinator of the camp for approval and consideration for the research to be conducted in the camp, where he directed the researcher to office of State Emergency Management Agency (SEMA) for permission. An approval letter was given by SEMA to the researcher to carry out the research in the camp.

The data collected was obtained through administration of self-structured questionnaire to research respondents on face to face basis. The questionnaires were collected after completion and information provided on it was treated with highest level of confidentiality. The period of distribution and collection of the questionnaire was two weeks.

### 6.6. Method of Data Analysis

The information obtained which shows the responses from the respondents was analyzed in line with the research objectives using frequency and percentages presented on tables. Chi square and correlation index was used to test the hypothesis.

### 6.7. Ethical Consideration

A letter of introduction was collected from the department of Nursing Science and was given to the coordinator of the camp for approval and consideration for the research to be conducted in the camp, where he directed the researcher to office of State Emergency Management Agency (SEMA) for permission. An approval letter was given by SEMA to the researcher to carry out the research in the camp.

The researcher ensured that respondents understood the nature and purpose of the research and informed consent was established before they were included in the study. Absolute confidentiality of the entire information that was collected from the respondents was maintained. Plagiarism was avoided and the information was used for academic purposes only.

## 7. Data Analysis and Presentation

The analysis was done using statistics of frequency and percentages. The data obtained from the respondents were first grouped according to their response of various items in the questionnaire and results were presented in tables.

Out of the 345 questionnaires distributed, the researchers were able to retrieve 338, which were used for the analysis. This translates to a retrieval rate of 97.8%.

Table 1 shows the socio demographic data of 338 respondents. Majority of the respondents 52.9% (180) are female and male 46.7% (158). 35.8% (121) between the age

of 18-28, 33.1% (112) between the age of 29-39, 16.9% (57) between the age of 40-50, and 14.2% (48) are 50 and above. 24.3% (82) don't have any form of formal education, 25.4% (86) went to primary school, 28.1% (95) went to a secondary school, 22.2% (75) went to a tertiary institution. 37.2% (111) had a household size of between 1-4 persons, 48.5% (164)

respondents had a household size of between 5-10, 18.6% (63) respondents had a household size of 11-15. All the respondents were formerly employed before the displacement out of which 37.2% (126) were farmers, 32.2% (109) were either business men or women, 16.3% (55) were civil servants and 14.2% (48) fell into the others category.

*Table 1. Socio-demographic data.*

VARIABLES	FREQUENCY	PERCENTAGES
Gender		
Male	158	46.7
Female	180	53.3
Total	338	100
Age		
18-28	121	35.8
29-39	112	33.1
40-50	57	16.9
50 and above	48	14.2
Total	338	100
Level of education		
No formal education	82	24.3
Primary	86	25.4
Secondary	95	28.1
Tertiary	75	22.2
Total	338	100
Household size		
1-4	111	32.8
5-10	164	48.5
11-15	63	18.6
Total	338	100
Occupation before displacement		
Farmer	126	37.2
Business man/woman	109	32.2
Civil servant	55	16.3
Others	48	14.2
Total	338	100

*Table 2. Psychosocial effects of insurgency.*

VARIABLES	YES		NO		TOTAL	
	F	P	F	P	F	P
Death of family member during the attack	201	59.5	137	40.5	338	100
Separated from family member during the attack	221	65.4	117	34.6	338	100
Feeling of isolation in the camp	212	62.7	126	37.3	338	100
Feeling of security in the camp	143	42.3	195	57.7	338	100
Exposure to any form of danger in the camp	143	42.3	195	57.7	338	100

KEY:

F-Frequency

P-Percentages

Table 2 shows the psychological effects of insurgency. The results shows that 59.5% (201) respondents had a family member that died during the Boko Haram attack while 40.5% (137) had no family member that died. 65.4% (221) were separated from a family member during the attack while 34.6% (117) were not. 62.7% (212) have feeling of isolation in the camp while 37.3% (126) do not feel isolated. 42.3% (143) respondents feel secured in the camp and also have not been exposed to any dangers in the camp while 57.7% (195) do not feel secured and have been exposed to dangers in the camp.

Table 3 above shows the social effect of insurgency. Here

the result shows that 38.8% (131) respondents do not access to safe drinking water or good refuse disposal while 61.2% (207) respondents have access to safe drinking water and good refuse disposal. 76.9% (260) were either in school or had their children in school while 23.1% (78) respondents were not in school or had their children in school. Out of the 260 respondents that were either in school or had their children in school, only 47.3% (123) were able to successfully go back to school or enrol their children in school while 52.7% (137) were not able to. 26.9% (91) have all their food needs met while 73.1% (247) responded that they have not all of their food needs met. All the 338

respondents had an occupation and out of this number only 57.7% (195) can successfully go back to their former occupation, while 42.3% (143) responded they cannot. A majority of the respondents 85.5% (289) think that this

insurgency has brought poverty while only 14.5% (49) think it didn't. A majority 76.9% (260) have been able to interact with others in the camp while 23.1% (78) have been able to interact with others.

**Table 3.** Social effects of insurgency.

VARIABLE	YES		NO		TOTAL	
	F	P	F	P	F	P
Access to safe drinking water and good refuse disposal	131	38.8	207	61.2	338	100
You or your child in school before the attack	260	76.9	78	23.1	338	100
Been able to continue with schooling	123	47.3	137	52.7	260	100
All food needs met in the camp	91	26.9	247	73.1	338	100
Formerly employed	338	100	0	0	338	100
Can you successfully go back to your former occupation	195	57.7	143	42.3	338	100
You think insurgency and displacement has brought poverty	289	85.5	49	14.5	338	100
Been able to interact with other people in the camp	260	76.9	78	23.1	338	100

KEY:

F-Frequency

P-Percentages

**Table 4.** Perceived factors that caused insurgency.

VARIABLES	SA		A		D		SD		TOTAL	
	F	P	F	P	F	P	F	P	F	P
Poverty	195	57.7	89	26.3	45	13.3	9	2.7	338	100
Unemployment	154	45.6	119	35.2	40	11.8	25	7.4	338	100
Growing wave of Jihadist in the world	140	41.4	68	20.1	77	22.8	53	15.7	338	100
Manipulation and distortion of religious teachings	135	40.0	112	33.1	51	15.1	40	11.8	338	100
Vacuum between the leader and the led	114	33.7	121	35.8	69	20.4	34	10.1	338	100
Prevalence of social and economic injustice	129	38.2	137	40.5	49	14.5	23	6.8	338	100

KEY: SA-STRONGLY AGREED

A-AGREED

D-DISAGREED

SD-STRONGLY DISAGREED

F-FREQUENCY

P-PERCENTAGES

Table 4 shows the perceived factors that cause insurgency. 57.7% (195) strongly agreed with poverty as a factor, 26.3% (89) agreed, 13.3% (45) disagreed and 2.7% (9) respondents strongly disagreed. 45.6% (154) respondents strongly agreed with unemployment as a factor, 35.2% (119) agreed, 11.8% (40) respondents disagreed, and 7.4% (25) respondents strongly disagreed. 41.4% (140) of the respondents strongly agreed that growing wave of Jihadists in the world is the cause of insurgency, 20.1% (68) agreed, 22.8% (77) disagreed and 15.7% (53) strongly disagreed. 39.9% (135) of the respondents strongly agreed that manipulation and distortion of religious teachings is the cause of insurgency, 33.1% (112) agreed, 15.1% (51) disagreed and 11.8% (40) strongly disagreed. 33.7% (114) strongly agreed that vacuum between the leader and the led is the factor that causes insurgency, 35.8% (121) agreed, 20.4% (69) disagreed, and 10.1% (34) strongly disagreed. 38.2% (129) respondents strongly agreed that prevalence of social and economic injustice is the factor that causes insurgency, 40.4% (137) agreed, 14.5% (49) disagreed and 6.8% (23) strongly disagreed.

#### TESTING OF HYPOTHESES

Hypothesis One:  $H_{01}$ - There is no significant difference between gender and psychological effect among IDPs

**Table 5.** Chi-Square Test on Difference Between Gender And Psychological Effect Among IDPs.

N = 338			
Variable	df	Chi ( $\chi^2$ )	P-value
Gender			
1	56.9	0.003	Psychological Effect

The result in table 5 indicates a significant difference between gender and psychological effect among IDPs in the study area. This is because the probability value ( $P = 0.003$ ) is less than alpha ( $\alpha = 0.05$ )  $P > \alpha$ . Hence, the null hypothesis which states that there is no significant difference between gender and psychological effect among IDPs is hereby rejected at 0.05 level of significance.

Hypothesis Two:  $H_{02}$ - There is no significant relationship between age and social effects of insurgency among IDPs

The result in table 6 indicates a significant relationship between age and social effects of insurgency among IDPs. This is because the probability value ( $P = 0.004$ ) is greater than alpha ( $\alpha = 0.05$ )  $P > \alpha$  level of significance at a correlation index  $r = (0.800)$  at sample size of ( $N = 388$ ). Hence, the null hypothesis which states that there is no significant relationship between age and social effects of insurgency among IDPs is hereby rejected at 0.05 level of

significance.

**Table 6.** Relationship Between Age and Social Effects of Insurgency among IDPs.

N = 388			
Variable	R	P-value	Age
Social Effects			
Age	0.500**	0.004	

Social Effects

Hypothesis Three: H<sub>03</sub>- There is no significant difference between gender and social effects of insurgency among IDPs

**Table 7.** Chi-Square Test on Difference Between Gender And Psychological Effect Among IDPs N = 338.

Variable	df	Chi (x <sup>2</sup> )	P-value
Gender			
1	67.9	0.004	Psychological Effect

The result in table 7 indicates a significant difference between gender and social effect among IDPs in the study area. This is because the probability value (P = 0.004) is less than alpha (α = 0.05) P > α. Hence, the null hypothesis which states that there is no significant difference between gender and social effect among IDPs is hereby rejected at 0.05 level of significance.

### 8. Discussion of Findings

Psychological effects of insurgency

The findings revealed that 59.5% lost at least a family member during the attack, 65.4% were separated from any family member during the attack and displacement, 62.7% feel isolated in the camp, 42.3% feel secured in the camp, 42.3% were exposed to dangers in the camp. This agrees with the study conducted by [12] titled Psychosocial Challenges of Disaster-Induced Internally Displaced Women in Lagos State which revealed that the psychosocial problems of Displaced persons based on hierarchy in rank order is family disintegration, isolation, sexual harassment, psychological trauma, separation from loved ones, threat to life etc.

Social effects of insurgency

The findings revealed that 61.2% have no access to safe drinking water and good refuse disposal, 47.3% have not been able to continue with schooling, 73.1% do not have all their food needs met, 85.5% think that displacement and insurgency has brought poverty. This results is in line with the report published by [14] that talked about the food insecurity in camps, the psychosocial needs of the IDPs, the problem IDPs have in getting children back to school.

Perceived factors that cause insurgency

The findings revealed that 57.7% strongly agreed that poverty is the cause of insurgency, 26.3 agreed to it, 45.6% strongly agreed that unemployment is the cause, 35.2% agreed to it. 41.4% strongly agreed that growing wave of Jihadist is the cause of insurgency, 20.1% agreed to it. A previous study by [13] revealed that poverty, unemployment

and growing wave of Jihadists were the origin and cause of insurgency. he stated that the growing poverty in Nigeria in spite of the fact Nigeria is blessed with abundant human and natural resources with the existence of wide gap between the rich and poor, will cause a breaking point where the bound to be class conflict that may materialises in various forms of revolution. He also stated that the unemployment rate among youths is quite alarming, and the Jihadist group find the unemployed youths as fertile grounds to indoctrinate their misguided ideology. The growing wave of radical Jihadist fundamentalist groups around the world contributed to Boko Haram insurgency. Most times it is the allure and glamorization of terrorism in the media that pushes to the radical Jihadists.

The findings revealed that 39.9% strongly agreed that manipulation and distortion of religious teachings is the cause of insurgency which is line with the study of [7] which revealed that promoting religious differences among the people of Nigeria by the liberalization of religious activities and the proliferation of different religious groups and sects with strange and conflicting doctrines and its practice and the inability of the Federal and State governments to censor these religious activities have rendered the authority ineffective to combat the rising wave of terrorism. Most religious teachings in Nigeria are all about hatred, in most places of worship today.

### 9. Implication for Nursing

From the result of the study, it shows that there are many psychological and social effect insurgency has on Internally Displaced Persons (IDPs). This study will help nurses in insurgency high risk areas to effectively assess clients or patients holistically, help them to recover psychologically and be able to adapt to their new environment and successfully

### 10. Conclusion

Based on the findings in the study, it was concluded that the IDPs living in Wulari camp, Maiduguri suffer from psychological and social effects of insurgency. Also, the perceived factors identified in the study are confirmed to be part of the causes of insurgency in the North Eastern region especially Borno state where the study was conducted.

### Recommendations

There is a need to critically assess the living conditions of the IDPs.

- (1) There is a need to improve on the quality of life the IDPs face by the state government, National Emergency Management Agency (NEMA), State Emergency Management Agency (SEMA), and other international and non-governmental organizations.
- (2) There is a need to tackle the security situations effectively in the former places of residence of these

IDPs so that they can go back to their towns and villages to fully recover in a place where they are familiar with.

- (3) There is high need to counselling to the IDPs.
- (4) Government should try and tackle the factors that were perceived to cause insurgency to help prevent and control further outbreak of such insurgency. There should be creation of employment for youths as this will help fight poverty and help cover the vacuum created between the leader and led, there should be a call to all religious leaders to reassess teachings and manipulation of religious teachings should be checked.

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