

COMMUNITY HEALTH EDUCATION AS A STRATEGY FOR PROMOTING SECURITY AND PSYCHO-SOCIAL WELLBEING OF YOUTHS IN WARRI METROPOLIS, DELTA STATE.

Erumi, B.S.U.* & Ani, N. R.**

**Dept. of Physical and Health Education, College of Education, Warri, Delta State.
sellydoc@gmail.com/rita.ani@esut.edu.ng*

***Dept. of Health and Education Physical,
Enugu State University of Science and Technology (ESUT), Enugu State.*

Abstract

This study was designed to examine how community education promotes security and well-being of youths in Warri South local government area of Delta State. The study adopted the descriptive survey research designed and sample of 150 respondents was randomly selected from five areas. A structured questionnaire validated with a reliability of 0.83 using the test retest method was used for data collection. Data analysis was done through percentage and chi-square test. Results from the study showed that community insecurity are caused by several factors such as poor community response to security matter (49.3%), poor funding of health awareness about security (40.7%), government and community inability to ensure security of lives and property (39.3%), high level of unemployment of youth in the community (62%), multi-ethnic crisis (48%), etc. Security guard was found as the only security system put in place to ensure security among inhabitants in the study area. Part of the recommendations was that every community should be encouraged by health educators to value more the importance and need for security in the community.

Key words: *Security, Promotion and community health education*

Introduction

Security is the prime responsibility of the state and the concept of insecurity connotes different meanings such as: absence of safety; danger; hazard; uncertainty; lack of protection, and lack of safety. According to Beland (2005) insecurity is a state of fear or anxiety due to absence or lack of protection. Community health is focused on promoting, protecting and improving the health of individuals, communities, and organisations. Community Health Education focuses that individuals and groups should better care for themselves (Goodman, 2014). According to Ali (2013) the fear of insecurity in Nigeria is on the increase and this has been compounded by the rising waves of terrorism since the country returned to democratic rule in 1999. *The 1999 Constitution of the Federal Republic of Nigeria* specifically states that “The security and welfare of the people shall be the primary purpose of government”. Unfortunately, the alarming level of insecurity in Nigeria has fuelled the crime rate and terrorists attacks in

different parts of the country, leaving unpalatable consequences for the nation's economy and its growth. To address the threat to national security and combat the increasing waves of crime, the federal government in 2013 budget made a huge allocation to security, and the National Assembly passed the Anti-Terrorism Act in 2011 (Ewetan, 2013). Despite these efforts, the level of insecurity in the country and Delta State is still high, and a confirmation of this is the low ranking of Nigeria in the Global Peace Index (GPI, 2012). Despite the plethora of security measures taken to address the daunting challenges of insecurity in Nigeria, government efforts have not produced the desired positive result. The incursion of the military into governance, and the consequent imposition of military command structure in a federation set the tone for the distortion of Nigeria's federalism.

The level of insecurity assumed dangerous dimensions in the prolonged years of military rule beginning from 1970 during which people procured arms and light weapons for personal defense. These arms and light weapons got into the hands of unemployed youths who now use them for deviant purposes. While some researchers attribute youth violence to peer group influence and other psychological factors associated with growing up, others emphasized the impact of political and economic factors such as ethnic agitation, political agitation, unemployment, Structural Adjustment Programme (SAP) as triggers of violent reaction among the youth. In recent times, studies and observation had shown that the levels of insecurity in most communities are becoming unbearable (CDC, 2009, Dilley, 2009). This increase rate is associated with ignorance alongside other factors. Appropriate school and community health interventions have the ability to promote effective education, prevent destructive behaviour, and cultivate lasting healthy practices among individuals in a community. The practice of promoting health in the community was adopted by the World Health Organization (WHO) 2012 in line with the principles of Ottawa Charter of 1986 with the pronouncement of the "Health Promoting School" concept. A health promoting school is one that constantly strengthens its capacity as a healthy setting for living, learning and working (WHO, 2012). It was this global initiative which is seen as the most promising approach in achieving both better educational and health outcomes that informed and guided the development of the Nigerian National School Health Policy in 2006 which has the community health as part of its components. One of the aims of the policy was to promote the health of individuals both in school and in the community so as to achieve the goals of 'Education for All' (Federal Ministry of Education – FME, 2006). Where healthy relationship exists between the school and the community, the school can utilise the health facilities in the community for healthcare and learning purposes. For example, the school can make use of a nearby health centre in the community if it cannot afford a sick bay; they can invite community

health workers to provide the school with health services such as immunisation, health talks and seminars; influential and wealthy members of the community can be used to attract health and educational facilities and equipment and programmes to the school. On the other hand, the school can play an important role in improving the health and development of the community as a whole through making available the school's resources, both human and material to the service of the community. Ultimately, the success of the school health programme depends on the extent to which community members are sensitised and are willing to support the efforts of the school.

The world today is full of threat as a result of insecurity. On daily basis, there are always cases and issues of insecurity in different parts of the country. At-risk health practices problem, in addition to the security challenge have also contributed to the increase rate of health and death people are facing in most community in Nigeria. Compounding the problem of insecurity in the country is the current trend of misuse of search engine yahoo, commonly refers to as G-boys. Many lives are lost to this current trend of money making. Hacking of innocent people's mail account is not left behind. These and more compound individuals problems and well-being physically, socially, psychologically and emotionally in the society. Observation and studies have shown that the above stated negative social and health practices is increasing day by day due to ignorance of young people in Nigeria despite the fact that there is community health education which ought to enhanced people's knowledge and alert them of the implication of such practices. It was on this basis that this study sought how community health education can serve as a strategy for promoting security and psycho-social well being of youths in Warri Metropolis Delta State.

Methodology

This study employed the descriptive survey research approach. The sample for this study consisted of one hundred and fifty youths ranging from age 18-45 years randomly selected from five areas in Warri Metropolis. A self- structured questionnaire was used as research instrument. The reliability of the instrument was established. The data collected from the respondents were analysed using percentage and chi-square. The percentage method was used to analyse the research questions while the chi-square was used to test the hypotheses stated at 0.05 level of significant. 30.7% (46) of them were youth within 20-30years, 45.3% (68) were within 31-40 years, 14.7% (22) were within 41-50 years while 9.3 (14) were 51 years above.

Research Questions: The following research questions were answered.

1. What are the causes of insecurity in Warri Metropolis of Delta State?
2. What are the physical strategies for promoting security in community in Warri metropolis?

Hypotheses: The following null hypotheses were tested in this study.

1. There will be no significant causes of insecurity in Warri metropolis of Delta State.
2. Security system in operation in community will not significantly promote security among youths in Warri Metropolis of Delta State.
3. There will be no psycho-social strategies put in place to significantly promote security among youths in Warri metropolis of Delta State.
4. Community health education will not be significantly relevant as a strategy for promoting security among youths in Warri Metropolis of Delta State.

Results

Research Question 1: What are the causes of insecurity in Warri Metropolis of Delta State?

Table 1: Analysis of the causes of insecurity among youths

Causes of insecurity	Agreed (%)	Disagreed (%)	Undecided (%)	Total
Lack of awareness leads to insecurity	52 (34.6%)	44 (29.3%)	54 (36%)	150
Lack of youth empowerment leads to high rate of insecurity.	48 (32%)	65 (43.3%)	37 (24%)	150
Poor community response to security matter leads to more exposure to insecurity.	74 (49.3%)	38 (25.3%)	38 (25.3%)	150
The fund for health awareness about security is more compare to the damages insecurity caused.	61 (40.7%)	58 (38.7%)	31 (20.7%)	150
It is more expensive to prevent insecurity.	20 (13.3)	78 (52%)	52 (34.7%)	150
Government and community inability to ensure security lead to high exposure to violence damage as a result of insecurity.	59 (39.3%)	53 (35.3%)	38 (25.3%)	150
High level of unemployment among youth causes insecurity.	93 (62%)	48 (32%)	9 (6%)	150
The multi ethnic crisis among youths of suspicious, fear and violence leads to insecurity.	72 (48%)	48 (32%)	30 (20%)	150
Poor governance, programmes and services to youths can promotes insecurity in Warri Metropolis	81 (54%)	44 (29.3%)	25 (16.7%)	150
Corruption among government officials lead to insecurity	72 (48%)	58 (38.7%)	20 (13.3%)	150
Corruption among community members promotes insecurity	68 (45.3)	52 (34.7%)	30 (20%)	150
High rate of poverty has led to insecurity	96 (64%)	42 (28%)	12 (8%)	150
Socio cultural challenges have led to unimproved security.	33 (22%)	49 (32.7%)	68 (45.3%)	150

Table 1 above, on item 1, 34.6% (52) of the respondents agreed that lack of awareness leads to insecurity while 29.3 (44) disagreed and 36% (54) respondents were undecided. On item 2, 32% (48) respondents agreed that lack of youth empowerment leads to high rate of insecurity while 43.3% (65) respondents disagreed and 24% (37) were undecided. On item 3, 49.3% (74) respondents agreed that poor community response to security matter leads to more exposure to insecurity while 25.3% (38) disagreed and 25.3% (38) undecided respectively. On item 4, 40.7% (61) respondents agreed that the fund for health awareness about security is more compare to the damages insecurity caused while 38.7% (58) respondents disagreed and 20.7% (31) were undecided. On item 5, 13.3% (20) respondents agreed that it is more expensive to prevent insecurity than to fix its damages while 52% (78) respondents disagreed and 34.7 (52) were undecided respectively. On item 6, 39.3% (59) of the respondents agreed that government and community inability to ensure security lead to high

exposure to violence damage as a result of insecurity while 35.3% (53) disagreed and 25.3% (38) were undecided. On item 7, it was found that high level of unemployment among youth is a cause of insecurity as 62% (93) which was higher agreed and 32% (48) disagreed and 6% (9) were undecided. On item 8, 48% (72) respondents agreed that multi ethnic crisis among youths of suspicious, fear and violence leads to insecurity, 32% (48) disagreed and 20% (30) respondents were undecided. On item 9, it was also found that poor governance, programmes and services to youths can promotes insecurity in Warri Metropolis was a cause of insecurity as 54% (81) respondents agreed, while 29.3% (44) respondents disagreed and 16.7% (25) were undecided respectively. On item 10, it was found that corruption among government officials leads to insecurity as higher percentage of the respondents (48%) agreed against 38.7% and 13.3% of the respondents who disagreed and undecided respectively. On item 11, it was revealed that corruption among community members promotes insecurity as indicated by higher percentage of the respondents (45.3%) while 34.7% and 20% of the respondents disagreed and undecided respectively. On item 12, it was found that high rate of poverty lead to insecurity as indicated by higher percentage of the respondents (64%) as against 28% disagreed and 8% undecided. Lastly on item 13, 22% (33) respondents agreed that socio cultural challenges have led to unimproved security while 32.7 (49) respondents disagreed with the view and 45.3% (68) respondents were undecided. This means that socio cultural challenges were not a cause of insecurity in Warri metropolis of Delta State.

Research Question 2: What are the physical strategies for promoting security and well being of youths in Warri metropolis?

Table 2: Analysis of physical strategies for promoting security and well-being of youth in Warri metropolis

Physical Strategies of Promoting Security in a Community.	Agreed (%)	Disagreed (%)	Undecided(%)	Total
Installation of computer based closed circuits television camera is one way to promote security.	49 (32.7%)	39 (26%)	62 (41.3%)	150
Training of youth through community health education can lead to security promotion.	87 (58%)	49 (32.7%)	14 (9.3%)	150
Proper use of weapon by authorized personnel vigilante can lead to improve security.	75 (50%)	45 (30%)	30 (20%)	150
Joblessness and illiteracy of youth can bring about high security level.	42 (28%)	98 (65.3%)	10 (6.7%)	150
Strengthening of security facilities can improve insecurity.	21 (14%)	92 (61.3%)	37 (24.7%)	150
Development and broadcasting of security tips by mass media can promote security.	63 (42%)	58 (38.7%)	29 (19.3%)	150
Neglecting the significant of security in a community can improve security.	12 (8%)	124 (82.7%)	14 (9.3%)	150

Table Two above shows the analysis of the physical strategies adopted for Promoting security and well-being of youths in Warri Metropolis. From the data analysis in the table, 32.7% (49) agreed, 26% (39) disagreed and 41.3% (62) which was higher remain undecided to the statement in item 1. On item 2, 58% (87) respondents which was higher agreed, 32.7% (49) disagreed while 9.3% (14) were undecided respectively. On item 3 which is concern with proper use of weapons by authorized personnel, 50% (75) which was higher agreed, 39% (45) disagreed while 20% (30) were undecided. On jobless and illiteracy of youth as physical strategies for promoting security, majority of the respondents (61.3% (92) disagreed with it that it cannot be about high security level. Item 5 indicated that strengthening of security facilities cannot improve insecurity as majority of the respondents 61.3% (92) which was higher disagreed with the statement. 42% (63) respondents which were higher supported the statement in item 6 while 38.7% (58) and 19.3% (14) of the respondents disagreed and undecided respectively. It was found that neglecting the significance of security in a community cannot improve security as indicated by majority of the respondents (82.7%) who disagreed with the statement 8% and 9.3% respondents who agreed and undecided respectively. From the above data analysis, it was found that the physical strategies believed for promoting security among youth in Warri Metropolis are training of youth on security measures through health education, proper use of weapons by authorised personnel, provision of jobs for youth, strengthening of security facilities, broadcasting of security tips by mass media and appreciating the significant of security.

Hypothesis1: There will be no significant causes of insecurity in Warri metropolis of Delta State.

Table 3: χ^2 Analysis of significant causes of insecurity in Warri metropolis

Response	Observed	Expected	χ^2 Cal	χ^2 Crit	Df	Sig.	Decision
Agreed	64	50					
Disagreed	52	50	9.12	5.99	2	0.05	Rejected
Undecided	34	50					
Total	150	150					

From the chi-square (χ^2) analysis in the table above, it was found that χ^2 calculated value was 9.12 while the χ^2 critical value was 5.99 under degree of freedom (df) 2 at 0.05 significant level. Thus, the null hypothesis stated was rejected since the χ^2 calculated was higher. This means that there were significant factors causing insecurity in communities in Warri Metropolis.

Hypothesis 2: There is no security system significantly in place in Communities to promote security in Warri Metropolis

Table 4: χ^2 Analysis of security system in place in Warri metropolis

Response	Observed	Expected	χ^2 Cal	χ^2 Crit	df	Sig.	Decision
Agreed	30	50					
Disagreed	84	50	35.04	5.99	2	0.05	Rejected
Undecided	36	50					
Total	150	150					

From the chi-square (χ^2) analysis in the table above, it was found that χ^2 calculated value was 35.04 while the χ^2 critical value was 5.99 under degree of freedom (df) 2 at 0.05 significant level. Thus, the null hypothesis stated was rejected since the χ^2 calculated was higher. This means that there was a security system in place to promote security among youth in communities in Warri Metropolis.

Hypothesis 3: There are no psychosocial strategies put in place to significantly improves security among youth in Warri Metropolis

Table 5: Analysis of psychosocial strategies put in place to improve security in Warri metropolis

Response	Observed	Expected	X ² Cal	X ² Crit	df	Sig.	Decision
Agreed	79	50					
Disagreed	42	50					
Undecided	29	50	26.92	5.99	2	0.05	Rejected
Total	150	150					

From the chi-square (x^2) analysis in the table 3, it was found that x^2 calculated value was 26.92 while the x^2 critical value was 5.99 under degree of freedom (df) 2 at 0.05 significant level. Thus, the null hypothesis stated was rejected since the x^2 calculated was higher. This means that there were psychosocial strategies put in place to significantly improve security of lives and properties in communities in Warri Metropolis.

Hypothesis 4: Community health education will not be significantly relevant as a strategy for promoting security among youths in Warri metropolis.

Table 6: x^2 analysis of the relevance of community health education as a strategies for promoting security in Warri metropolis

Response	Observed	Expected	X ² Cal	X ² Crit	df	Sig.	Decision
Agreed	64	50					
Disagreed	60	50					
Undecided	26	50	17.44	5.99	2	0.05	Rejected
Total	150	150					

From the chi-square (x^2) analysis in the table above, it was found that x^2 calculated value was 17.44 while the x^2 critical value was 5.99 under degree of freedom (df) 2 at 0.05 significant level. Thus, the null hypothesis stated was rejected since the x^2 calculated was higher. This means that community health education was significantly relevant as strategy for promoting security among youth communities in Warri Metropolis.

Discussion of Findings

The study examined how community health education promotes security and well-being among youths in Warri metropolis of Delta State. From the study, it was found that there were factors that caused insecurity among youths in communities in Warri metropolis. These included poor community response to

security matter, poor funding of health awareness about security, government and community inability to ensure security, high level of unemployment of youths, multi-ethnic crisis of fear and suspicious and violence society, poor governance, programme and services to youth, corruption among government officials and community leaders, and high rate of poverty in Warri metropolis. These findings are in line with the finding of Eweta (2014) that poverty, political corruption, and weak security system among other factors as causes of insecurity in Nigeria.

Result from the study showed that there were no adequate security systems put in place in homes/community to improve security in Warri Metropolis. This result corroborated the Eweta (2014), Achumba et al (2013) and Olonisakin (2008) that weak security system put in place and installed in home gives room for high level of insecurity in Nigeria. Finding from the study further showed that there is relationship between health education and promotion of security and well-being among youth in Warri Metropolis. This study revealed that community health education promotes security awareness and well-being of youth in Warri Metropolis of Delta State. This result is in support of Onyezere and Ayoade (2010), Oviahon, (2010), Owie (2005) and Tones (2002) that health education which include community health education as an instrument of values transmission, conscious and unconscious effort at behaviour modification to the end that individuals or group understand, accept and adjust to healthful living standards. They stated further that health education is any intentional activity that is designed to achieve health and illness related learning that is intended to bring some relatively permanent change in an individual's capability or disposition. Health education among other things may influence or clarify values and facilitate the acquisition of skills that may affect changes in behaviour or lifestyle (Owie, 2005; Oviahon, 2010) this in turn enhanced security of life and well-being among residence in a community.

Conclusion

Security of lives and properties is the desire of every nation and community that desire to achieve laudable progress and development. This study has shown that insecurity in a community is caused by government, community and individual factors. The level of awareness of security and security education is poor. This poor level of awareness has contributed to the poor rate of installation of security system expected to improve security in homes and community. There are physical as well as psychosocial strategies of promoting security which can be adopted by community youth to improve the security situation in a community. It can be concluded that Community health education is a necessary parameter for

promoting security knowledge, awareness and consciousness on youth in a community.

Based on the findings and conclusion drawn, the following recommendations were made:

1. Every community should be encouraged to employ the services of health educators to help educate them on the importance and need for security in home and the community at large since community health education play significant role in creating awareness on security issues.
2. Government should help to provide security alarm system in community and ensure community members install them in their homes and community.
3. Churches and other non-governmental organization such as the Red Cross Society, Man-O-War, civil defense, etc should help to teach community members on security and ensure security promotion in every community.
4. Every individual should be enlightened on the causes, effects and prevention of insecurity. This can be done through community health education.
5. More security personnel should be trained and equipped with better and updated security enhancement facilities and materials to ensure better security in the communities.
6. There should be training and retraining of community health educators to provide them with necessary skills and strategies necessary to communicate security information better to community members in the community.
7. Community youth should set a day aside on weekly or monthly basis to when and where they can receive health education with emphasis on security and well-being in the community.

References

- Achumba, I. C., Ighomereho, O. S., & Akpan-Robaro, M. O. M. (2013). Security challenges in Nigeria and the implications for business activities and sustainable development. *Journal of Economics and Sustainable Development*, 4(2), 79-99.
- Ali, A. D. (2013). Security and economic development in Nigeria since 1960. *Kuwait Chapter of Arabian Journal of Business and Management Review*, 2(6), 1-7.
- Beland, D. (2005). The political construction of collective insecurity: From moral panic to blame avoidance and organized irresponsibility. *Center for European Studies, Working Paper Series 126*.
- Center for Disease Control (2017). Chronic disease overview / publications / chronic disease prevention and health promotion. CDC".gov. 2017-10-02. Retrieved 2018-03-14.

- Dilley, J. (2009). *Research review: School-based health interventions and academic achievement*. Washington D.C.: Washington State Department of Health.
- Ewetan, O. O. (2013). *Insecurity and socio-economic development: Perspectives on the Nigerian experience*. A lecture Delivered St. Timothy Anglican Church, Sango-Ota, Ogun State.
- Federal Ministry of Education (2006). *The National School Health Policy*. Abuja: Federal Ministry of Education.
- Goodman RA, Bunnell R, Posner SF (October 2014). What is community health? Examining the meaning of an evolving field in public health" *Preventive Medicine*. 67 Suppl 1:63
- Global Peace Index (GPI, 2012). Global peace ranking. Institute for economic and peace, Retrieved From Wikipedia, the free encyclopedia. *Journal of Sustainable Development Studies* 62
- Onyezere, J. O. & Ayoade, T. O. (2010). Repositioning health education in primary schools for the promotion of community health. *Nigerian Journal of Health Education*. 14 (1): 88-94
- Oviahon, C.O.(2010). Contradictory health practices. The theories of reasoned action and planned behaviour. *Nigeria Journal of Health Education*. 14 (1): 39-48
- Owie, I. (2003). *Adding years to your life: An invitation from Queen Hyena* . Inaugural Lecture Series 68, University of Benin, August, 28
- Owie, I. (2005). *Health education curriculum and instruction*. Benin City: Mindex Press.
- Tones, K. (2002). Reveille for radicals: The paramount purpose of health education. *Health Education Research*: 17(1): 1-5
- World Health Organization (2012). *What is a health promoting school?* www.who.geneva.com