

# INFLUENCE OF COMMUNITY HEALTH EDUCATION ON THE PROMOTION OF SECURITY AND WELLNESS AMONG RESIDENTS OF WARRI METROPOLIS –

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## Abstract

*The level of peace, development and health enjoyed by community members is depended on the awareness, knowledge and consciousness of security maintained by people especially youth in the community. This study was designed to examine the influence of community health education on the promotion of security and wellbeing among residents of Warri Metropolis of Delta State. The study adopted the descriptive survey research designed. The population of the study comprised of male and female residents from the ages of 20years in Warri Metropolis of Delta State. A sample of 150 respondents randomly selected from five areas in Warri Metropolis participated in the study. Structured questionnaire which was contently validated with a reliability coefficient 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 health education have significant influence on food security ( $\chi^2 = 36.56 > 0.05$ ), social security ( $\chi^2 = 15.96 > 0.05$ ); cyber security and well-being ( $\chi^2 = 3.56 > 0.05$ ) and served as significant strategy for promoting security and wellbeing of residents in Warri Metropolis of Delta State ( $\chi^2 = 40.52 > 0.05$ ). Conclusion was drawn and recommendations was made among other that every community should be encouraged to employ the services of health educators to help organized strategic training on the importance's and need for security in homes; neighbourhoods and the community at large since community health education have significant influence on the promotion of security and wellbeing of community members.*

**Key words:** *Community health education, Security, Residents*

## Introduction

Security is a major issue confronting Nigeria socially, mentally; spiritually; economically and politically in recent times. Nigeria has spent billions of naira in tackling security challenges yet the issue continues to be a socio economic and political challenge to every individual, community and the nation at large. There are divergent approaches to conceptualizing security which is the antithesis of insecurity. Security need was the basis of the social contract between the people and the state, in which people willingly surrendered their rights to an organ (government) who oversees the survival of all. In this light, security embodies the mechanism put in place to avoid, prevent, reduce, or resolve violent conflicts, and threats that originate from other states, non-state actors, or structural socio-political and economic conditions (Stan, 2004). For decades, issues relating to security were on the front burner in the development discourse. Several attempts have been made since the cold war ended to redefine the concept of security from

a state centric perspective to a broader view that places premium on individuals, in which human security that embodies elements of national security, human rights and national development remain major barometer for explaining the concept. At the heart of this debate there have been attempts to deepen and widen the concept of security from the level of the states to societies and individuals, and from military to non-military issues (Nwanegbo and Odigbo, 2013; Kruhmann, 2003).

According to Nwanegbo and Odigbo (2013), the divergent approaches to the conceptualization of human security in the theoretical literature can be categorized into two major strands. One is a neo-realist theoretical strand that conceptualizes security as primary responsibilities of the state. The second strand, a postmodernist or plural view, conceptualizes security as the responsibilities of non-state actors and displaces the state as a major provider of security. Proponents of this approach argue that the concept of security goes beyond a military determination of threats. They are of the view that government should be more concern with the economic security of individual than the security of the state because the root causes of insecurity are economic in nature. Some scholars in conceptualizing security placed emphasis on the absence of threats to peace, stability, national cohesion, political and socio-economic objectives of a country (Igbuzor, 2011; Oche, 2001; Nwanegbo and Odigbo, 2013).

Thus, there is a general consensus in the contemporary literature that security is vital for national cohesion, peace and sustainable development. It is therefore apparent that national security is a desideratum, sine qua non for economic growth and development of any country (Oladeji and Folorunso, 2007). In the intelligence community there is a consensus that security is not the absence of threats or security issues, but the existence of a robust mechanism to respond proactively to the challenges posed by these threats with expediency, expertise, and in real time. Omoyibo and Akpomera (2013) defined security is a concept that is prior to the state, and the state exists in order to provide that concept. Security is the prime responsibility of the state (Thomas, 2016). 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, government on this constitutional responsibility has failed to provide a secured and safe environment for lives, properties and the conduct of business and economic activities. 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 the 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 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.

In recent times, studies and observation has shown that the levels of insecurity in most communities in Nigeria including Delta State specifically in Warri Metropolis are becoming unbearable (CDC, 2009, Dilley, 2009). This increase rate is associated with ignorance alongside other factors. Appropriate school and community health interventions through health education 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) 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 (St Leger & Young, 2009) 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).

One way towards achieving this goal is taking health education to the community level. This involves creating, transmission or passing of healthful knowledge, skills and practices to community members using various channel of communications. Through the community health education, current happenings, trends and threats relating to health and welling of community members are disseminated to community members with the aims of promoting safe and healthy life. Insecurity and other life threat and wellbeing information are among the common issues discussed in community health education.

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. In recent times, the rate at which people are dying is increasing day in and out due to one human, social and political problems or the other. 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 Yahoo, which commonly refers to as G-boys. Many lives are being lost to this current trend of money making. Hacking of innocent people's account is not left behind. These and more compound individual's problems and well-being physically, socially, psychologically and emotionally in the society. People are dying of hypertension when they become victim of any of the above stated health

and social problem in the society. Observation and studies have shown that the above stated negative social and health practices are increasing day by day due to ignorance of people in Nigeria despite the fact that there is community health education which ought to enhance people's knowledge and alert them of the implication of such practices. It was on this basis that this study sought to find out whether or not community health education can help to promote security and well-being of residents of Warri metropolis of Delta State.

### **Research Hypotheses**

The following null hypotheses were generated for the purpose of this study.

- Ho1: Community health education will not have any significant impact on the promotion of food security and wellbeing among youth in Warri Metropolis.
- Ho2: Community health education will not have any significant impact on the promotion of social security and wellbeing among youth in Warri Metropolis.
- Ho3: Community health education will have no significant impact on the promotion of cyber security among youth in Warri Metropolis
- Ho4: Community health education will not significantly serve as strategy for promoting security and wellbeing among youth in Warri metropolis of Delta State.

### **Methodology**

This study employed the descriptive survey research designed to find out influence of community health education on the promotion of security and well-being among residents of Warri metropolis of Delta State. The population of this study comprised of residents of 20 years and above in Warri Metropolis of Delta State. The sample for this study consisted of one hundred and fifty residents starting from 20 years randomly selected from five areas in Warri Metropolis. The five areas selected in the study were Edjeba; Okumagba Layout; Refinery Road; Okere and Essi layout.

The sampling technique used for the study was the simple random sampling technique. This was done through the use of the ballot method without replacement as the names of all the areas (communities) in the metropolis were written down on pieces of paper folded in containers. Five research assistants were asked to pick one each at random from the containers. The ones they picked were automatically serve as the selected areas stated above. In each of the selected areas, a total of 30 residents (male and females) were randomly selected with the use of the first contact method of simple random sampling. The validity of the instrument was done through the content validity method. The reliability of the instrument was established at 0.83 coefficient using Pearson Product Moment

Correlation Coefficient with test-retest method. The data were analyzed with percentage and chi-square test at 0.05 level of significant.

## Results

**Table 1: Percentage analysis of respondents demographic**

Variable	Response	Frequency	Percentage	Total
Age	20-30year	46	30.7	150
	31-40years	68	45.3	
	41-50years	22	14.7	
	51years above	14	9.3	
Marital Status	Married	68	45.3	150
	Single	80	53.3	
	Divorce	2	1.3	
Level of Education	SSCE	40	26.7	150
	NCE/OND	48	32	
	HND/ B.Sc.	44	29.3	
	Other	18	12	

The data presented in the table 1 above showed the analysis of the respondents' demographic data. From the data analysis in the table above, it was found that out of the total 150 respondents who participated in the study, 30.7% (46) of them were 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. On marital status, it was found that 45.3% (68) were married, 53.3% (80) were single while 1.3% (2) had divorce. 26.7% (40) of the respondents had SSCE certificate, 32% (48) were NCE/OND holders, 29.3% (44) had HND/B.Sc. while 12% (18) had other certificates such as Masters and professional certificates which were not specified.

## Hypothesis One

Ho1: Community health education will not have any significant impact on the promotion of food security and wellbeing among residents in Warri Metropolis.

**Table 2:  $\chi^2$  analysis for impact of community health education on promotion of food security**

S/N	Response	Agree (Exp.)	Disagree (Exp.)	Undecided (Exp.)	Total	$\chi^2$ cal.	$\chi^2$ crit.
1.	Health educating residents in a community about food contamination will prevent them from consuming contaminated food.	76 (57.5)	50 (61)	24 (31.5)	150	36.56	12.59

2.	Publicly enlightening community members on where and how to obtain and consume food will help the residents to avoid wrong food choices that will affect their health.	66 (57.5)	56 (61)	28 (31.5)	150
3.	Through community health education on food availability and preservation, the rate of food borne diseases can be minimized community members.	56 (57.5)	53 (61)	41 (31.5)	150
4.	The member knowledge of food preparation and intake disseminated through community health education to community members behaviours towards food preparation can be changed positively.	32 (57.5)	85 (61)	33 (31.5)	150
<b>Total</b>		<b>230</b>	<b>244</b>	126	600

*df = 6; Sig. 0.05; Decision = Rejected ( $\chi^2 > 0.05$ )*

From the chi-square ( $\chi^2$ ) analysis in the table above, it was found that the  $\chi^2$  calculated value (36.56) is greater than the  $\chi^2$  critical value (12.59) under degree of freedom (df) 6 at 0.05 significant level. Hence, the null hypothesis stated is rejected as the  $\chi^2$  calculated value is higher. This means that community health education have significant impact on the promotion of food security and wellbeing among residents of Warri Metropolis.

### **Hypothesis Two:**

Ho2: Community health education will not have any significant impact of the promotion of social security and wellbeing among residents of Warri Metropolis.

**Table 3: Community health education and promotion of social security in Warri Metropolis**

S/ N	Response	Agree (Exp.)	Disagree (Exp.)	Undecided (Exp.)	Total	$\chi^2$ cal.	$\chi^2$ crit.
1.	Community health education help to guide residents on healthy social lifestyle such as avoidance of smoking and excess intake of alcohol.	76 (74.8)	68 (62.4)	6 (12.8)	150		
2.	The rate of sexual harassment in a community can be minimized through community health education	87 (74.8)	54 (62.4)	9 (12.8)	150	15.96	15.51
3.	Through community health education on security of life and wellbeing, the rate of kidnapping can be minimized among residents	72 (74.8)	57 (62.4)	21 (12.8)	150		
4.	With community health education, youth can be inculcated with the strategies to avoid rape and social harassment	70 (74.8)	65 (62.4)	15 (12.8)	150		
5.	Through community health education, residents can be exposed to the tactics of rapists and kidnappers and avoid them	69 (74.8)	68 (62.4)	13 (12.8)	150		
<b>Total</b>		<b>374</b>	<b>312</b>	<b>64</b>	<b>750</b>		

*df = 8; Sig. = 0.05; Decision = Rejected ( $\chi^2 > 0.05$ )*

From the chi-square ( $\chi^2$ ) analysis in the table above, it was found that the  $\chi^2$  calculated value (15.96) is greater than the  $\chi^2$  critical value (15.51) under degree of freedom (df) 8 at 0.05 significant level. Thus, the null hypothesis stated was rejected since the  $\chi^2$  calculated is higher. This means that community health education have significant impact of the promotion of social security and wellbeing among residents in Warri Metropolis.

### **Hypothesis Three:**

Ho3: Community health education will have no significant impact on the promotion of cyber security among youth in Warri Metropolis

**Table 4:  $\chi^2$  analysis of community health education impact on cyber security among residents in Warri Metropolis**

S/ N	Response	Agree (Exp.)	Disagree (Exp.)	Undecide d (Exp.)	Total	$\chi^2$ cal.	$\chi^2$ crit.
1.	Through community health education, awareness of cyber threat and how to avoid them are exposed to residents	77 (69)	71 (61.75)	2 (19.25)	150	31.58	12.59
2.	Strategy for enhancing cyber health and safety are communicated to residents through community health education.	68 (69)	63 (61.75)	19 (19.25)	150		
3.	The rate of cybercrime were reduced through dissemination of information on cyber safety and security to community members via different health communication channels.	60 (69)	57 (61.75)	33 (19.25)	150		
4	Cyber deceit tactics used by kidnappers and hoodlums are exposed to community members through community health education	71 (69)	56 (61.75)	23 (19.25)	150		
<b>Total</b>		<b>276</b>	<b>247</b>	<b>77</b>	<b>600</b>		

**$df = 6; sig. = 0.05; Decision = Rejected (\chi^2 > 0.05)$**

From the chi-square ( $\chi^2$ ) analysis in the table above, it was found that the  $\chi^2$  calculated value (31.58) is greater than the  $\chi^2$  critical value (12.59) under degree of freedom (df) 6 at 0.05 significant level. Thus, the null hypothesis stated was rejected as the  $\chi^2$  calculated is higher. This means that community health education have significant impact on the promotion of cyber security among residents in Warri Metropolis of Delta State.

#### **Hypothesis Four:**

Ho4: Community health education will not significantly serve as strategy for promoting security and wellbeing among residents in Warri metropolis of Delta State.

**Table 5:  $\chi^2$  analysis of community health education and promotion of security and wellbeing of residents in Warri Metropolis.**

S/ N	Response	Agree (Exp.)	Disagree (Exp.)	Undecided (Exp.)	Total	$\chi^2$ cal.	$\chi^2$ crit.
1.	Awareness of security can be best taught by community efforts.	50 (54)	72 (65))	28 (31)	150		
2.	Community health education is a way of promoting wellness of residents.	66 (54)	56 (65)	28 (31)	150	40.52	18.31
3.	Promoting security through community health education may serve as preventive measure to health hazards.	56 (54)	53 (65)	41 (31)	150		
4	Community lack of health consciousness can improve security.	32 (54)	85 (65)	33 (31)	150		
5	Enhancing security awareness through community health education promotes individual wellness.	45 (54)	69 (65)	36 (31)	150		
6	Community health education can promote individual wellbeing and work efficiency.	74 (54)	53 (65)	23 (31)	150		
<b>Total</b>		<b>323</b>	<b>388</b>	<b>188</b>	<b>900</b>		

**Sig = 0.05; Df = 10; Decision = Decision = Rejected ( $\chi^2 > 0.05$ )**

From the chi-square ( $\chi^2$ ) analysis in the table 5, it was found that  $\chi^2$  calculated value (40.52) is greater than the  $\chi^2$  critical value was 18.31 under degree of freedom (df) 10 at 0.05 significant level. Thus, the null hypothesis stated was rejected since the  $\chi^2$  calculated is higher. This means that community health education significantly serve as strategy for promoting security and wellbeing among youth in Warri metropolis of Delta State.

### Discussion of Findings

This study examined the influence of community health education on the promotion of security and well-being among residents in Warri metropolis of Delta State. From findings of the study, community health education have significant influence on the food insecurity and well-being of residents in in Warri metropolis.

Health education and enlightenment of residents in a community on food contamination, food availability and preservation, dissemination of information

and knowledge relating to food preparation and intake to community members. This help to change their behaviours towards food preparation, preservation and consumption positively. Findings in the study are in line with the finding of Eweta (2014) who found that the health of community members are jeopardized specifically with food consumption due to ignorance and poor health knowledge among other factors in Nigeria.

Result from the study showed that community health education impact significantly on the promotion of social security among residents in Warri Metropolis. Many social at-risk behaviours and threat such as rape, sexual harassment, kidnapping among others are abated through dissemination of security and health information to community members. This result corroborated the Eweta (2014), Achumba et al (2013) and Olonisakin (2008) who asserted that weak security system put in place and installed in home gives room for high level of insecurity in Nigeria but with the acquisition of relevant knowledge concerning those social threat and health risk behaviours, most of this threat to health and wellbeing in a community are reduced to the barest minimum.

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. Community health education promoted security awareness and well-being of residents in Warri Metropolis of Delta State. This result is in support of Onyezere and Ayoade (2010), Oviahon, (2010), Owie (2005) and Tones (2002) who said 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 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 residents 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 is so because insecurity hinders development as well as threatens lives and wellbeing of individuals in a community. Based on this perception, it was therefore stated that security is everyone's responsibility. The extent to which security is guaranteed in a community is depended on the knowledge and attitude of the people towards security and its consciousness. Based on this ground, community health education becomes paramount. 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 residents to improve the security situation in a community. Community health education is necessary for promoting security knowledge, residents awareness and consciousness in a community. Based on the findings and conclusion drawn, the following recommendations were made:

1. Residents in Warri 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 provided security alarm system in communities in the metropolis 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. More security personnel should be trained and equipped with better and updated security enhancement facilities and materials to ensure better security in the communities.
5. 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.

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