

Influence of Anxiety Disorder on Emotional and Social Adjustment of Internally Displaced Persons in Durumi-1 Camp Abuja Nigeria

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Abstract

This study investigated the influence of Anxiety on Emotional and Social Adjustment of Internally Displaced Persons in Durumi Camp Abuja Nigeria. Ex-post Facto research design was used for the study. Population of the study comprises of male and female late adolescent and adult IDPs. 380 IDPs were sampled out of 1,260 IDPs in Durumi Camp using simple random sampling technique. The two Instruments used for the study are Harvard Trauma questionnaire (HTQ) with focus on anxiety symptoms and Psychological Adjustment Scale (PAS) with emotional and social adjustment as sub scales. Two research questions were formulated with their corresponding null hypotheses. Pearson Product Moment Correlation was used to test the hypotheses at 0.05 level of significant. The results show that anxiety has a significant negative relationship on emotional adjustment of IDPs ($r = -0.758, p = 0.004$). Anxiety has a significant negative relationship on social adjustment of IDPs ($r = -0.744, p = 0.001$). Based on the findings of this study, it was recommended that the affected IDPs should be given immediate attention in form of psychological treatment or intervention so as to live a meaningful life.

Key Word: Anxiety Disorder, Emotional Adjustment, Social Adjustment

Introduction

For a decade or more, Nigeria has witness unprecedented security challenges arising from multi-dimension phenomena. This insecurity situation in Nigeria ranges from the activities of militants in south-south, kidnapers across the country, extrajudicial activities, Fulani herdsman and Boko Haram terrorism operating mostly in the North-east Nigeria. This security challenges Nigeria has caused internal displacement of people most especially in the North-east zone of Nigeria which has become a global phenomenon.

Displacement has emerged as one of the greatest human tragedies of the 21st century. As of July 2015, an estimate of 55,440,648 Internally Displaced Persons were found across the countries of the world. (International Displacement Monitoring Centre's Global Overview, 2015). According to the United Nation Guiding Principles on Internal Displacement (1998), Internally Displaced Person are persons or group of persons who have been forced or obliged to flee or to leave their homes or places of habitual residence, in particular, as a result of or in order to avoid the effects of armed conflicts, situations of generalised violence, violation of human rights or natural or human made disasters and who have not crossed an internationally recognised border.

The displacement situation in Nigeria started in 1999. Boko Haram terrorism operating in the North is the major cause of the internally displaced persons in Nigeria. The International Organisation of Migration (IOM) set up a Displacement Tracking Matrix (DTM) in July 2014 to support the government in collecting and disseminating data on IDPs. As of April 2015, DTM assessment identified 1,491, 706 IDPs in state of Adamawa, Bauchi, Gombe, Taraba and Yobe (IOM/NEMA, April 2015).

The violence attack of Boko Haram in Borno State of Nigeria in form of killings and bombing of houses have forced victims to flee or leave places where they are born, bred, lived, worked and socialized to flee literally to no man's land or to a temporally available shelter established by Government to house the IDPs. Durumi 1 IDP Camp, Abuja is one of such temporally established camp to house the victims of Gwoza and Boma IDPs from Borno state of Nigeria. This displacement experience is a tragedy which is capable of causing psychological trauma. Common disorder found among the IDPs is depression and anxiety. However, in this study, the researcher's focus is anxiety disorder.

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry. They may also have physical symptoms such as sweating, trembling, dizziness or a rapid heartbeat. (American Psychology Association, 2017)

Loss of loved ones, home, properties, means of livelihood are likely to have impact on the psychological adjustment of the IDPs, especially when the thought of plight of the family members come to mind. How the IDPs adjust from this ordeal is very relevant in this study.

In psychological research, adjustment refers both to an achievement or outcome as well as a process. As an achievement, psychological adjustment is a phrase used to denote positive mental health.

According to Colman, (2003), Adjustment is a behavioural adaptation to a particular environment or set of circumstances. Adjustment is the relationship, which comes to be established between the individual and the environment. It is referring to the extent to which an individual personality functions effectively in the world of people. It means harmonious relationship between the persons and the environment. In other words, the relationship comes among the organisms, the environment and the personality. A well-adjusted personality is well prepared to play the role, which are given in the environment. His needs will be satisfied in accordance with the social needs. Types of psychological Adjustment considered in this study are emotional social adjustment.

Emotional adjustment (also referred to as personal adjustment or psychological adjustment) is the maintenance of emotional equilibrium in the face of internal and external stressors. This is facilitated by cognitive processes of acceptance and adaptation. An example would be maintaining emotional control and coping behaviour in the face of an identity crisis. (Encyclopædia Britannica (2017)

According to Nwoke (2004), social adjustment is an innate psychological disposition to cope with standard, values and needs of a society in order to be acceptable. It involves coping with new standards of individual value, it refers to coping with social challenges confronting one in any given situation or environment and the innate strength to accommodate any possible outcome or change.

The traumatic event coupled with the hard condition of their camp such as dilapidated buildings, inadequate water supply, poor health services, poor electricity, congestions and poor nutrition is stressful and can be described as pathetic and also a thing of concern for all.

The plight of IDPs can only be imaginable. What influence does anxiety disorder have on the psychological adjustment of IDPs in Durumi Camp? Answer to this question is the focus of this study. From the view of the empirical study, Noor, Gul, Saleem, and Shahzad, (2017) carried out an investigation to find out the relationship of stress, anxiety and psychological adjustment among parents of intellectually disabled and cerebral palsy children. The findings indicated that psychological adjustment was significantly negative correlation between parental anxiety ($r = -.62, p = .000$).

Similarly, Omar, Elfaydi, Ibrahim, and Kirembwe (2016), also carried out a study to investigate the hypothesized causal relationship between posttraumatic stress disorder (PTSD) focusing on anxiety and depressive symptoms and social adjustment among Libyans, they found out that PTSD (Anxiety) negatively affects social adjustment.

From the theoretical perspective, Psychoanalytic theory suggests that anxiety stems from unconscious conflict that arose from discomfort during infancy or childhood. For example, a person may have developed problem from experiencing an illness, fright or other emotionally laden event as a child. By this theory, anxiety can be resolved by identifying and resolving the unconscious conflict Marathi and Gujarati (2017). For the IDPs in Durumi Camp, Certain events, such as losing your job, home or community or means of livelihood induce anxiety. deRidder, Greener, Kuijer, and van Middendorp (2008) identified five elements of successful social adjustment which includes successful performance of adaptive task, work efficiently, presence of low negative affects and high positive affects, adequate function status (e.g. Going to work) and Social acceptance.

It was therefore on this note that the researcher saw the need to carry out this study with a view of proffering solution to the existing problem of anxiety on emotional and social adjustment of IDPs in Durumi Camp Abuja Nigeria.

Objectives of the Study

The objectives of this study are to determine:

1. The relationship between anxiety and emotional adjustment of internally displaced persons
2. The relationship between anxiety and social adjustment of internally Displaced Persons

Research Questions

This research work answered to answer the following questions:

1. What is the relationship between Anxiety and Emotional Adjustment of Internally Displaced Persons?
2. What is the relationship between Anxiety and Social Adjustment of Internally Displaced Persons?

Research Hypotheses

The following null hypotheses given were tested.

1. There is no significant relationship between anxiety and emotional adjustment of IDP
2. There is no significant relationship between anxiety and social adjustment of IDP

Method

The research design used in this study is Ex-post factor. Population of the study comprises of male and female late adolescent and adult IDPs. 380 IDPs were sampled out of 1,260 IDPs in Durumi Camp using simple random sampling technique. The two Instruments used for the study are Harvard Trauma questionnaire (HTQ) with focus on anxiety symptoms and Psychological Adjustment Scale (PAS) with emotional and social adjustment as sub scales. Pearson Product Moment Correlation statistics was used to test all the hypotheses at 0.05 level of significant. In testing the hypotheses raised for the study, Pearson Product Moment Correlation (r) was used to find out the relationship between Anxiety and Emotional Adjustment, Anxiety and Social Adjustment at 0.05 level of significance.

Results

The results revealed as follows;

Hypothesis One: There is no significant relationship between Anxiety and Emotional Adjustment

Table 1: Pearson Product Moment Correlation statistics on relationship between Anxiety and Emotional Adjustment of IDPs

<i>Variables</i>	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>Correlation index r</i>	<i>Df</i>	<i>P</i>
Anxiety	380	55.1158	11.06409	-0.758	378	0.004
Emotional Adjustment	380	13.4105	1.17129			

Correlation is at 0.05 level of significance

The result above showed a negative correlation between Anxiety and Emotional Adjustment. This is because the calculated p value of 0.004 is lower than the 0.05 alpha level of significance at a correlation index r level of - 0.758. This means that there is a negative relationship between Anxiety and Emotional Adjustment which implies an inversely proportional relationship between Anxiety and Emotional Adjustment, that is the higher the IDP's level of Anxiety the lower their Emotional adjustment and vice versa. Therefore, the Null Hypothesis which states that there is no significant relationship between Anxiety and Emotional Adjustment is hereby rejected.

Hypothesis Two: There is no significant relationship between Anxiety and Social Adjustment

Table 2: Pearson Product Moment Correlation statistics on relationship between Anxiety and Social Adjustment of IDPs

<i>Variables</i>	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>Correlation index r</i>	<i>Df</i>	<i>P</i>
Anxiety	380	55.1158	11.06409	-0.744	378	0.001
Social Adjustment	380	9.2684	.80667			

Correlation is at 0.05 level of significance

The result above showed a negative correlation between Anxiety and Social Adjustment. This is because the calculated p value of 0.001 is lower than the 0.05 alpha level of significance at a correlation index r level of - 0.744. This means that there is a negative relationship between Anxiety and Social Adjustment which implies an inversely proportional relationship between Anxiety and Social Adjustment, that is the higher the IDP's level of Anxiety the lower their Social Adjustment and vice versa. Therefore, the Null Hypothesis which states that there is no significant relationship between Anxiety and Social Adjustment is hereby rejected.

Discussion

The aim of this study was to find out the influence of Anxiety on emotional and social adjustment of Internally Displaced Person in Durumi Camp, Abuja, Nigeria. Boko Haram terrorism became the main cause of displacement of thousands of people especially in North-east zone. This tragedy eventually left most of the IDPs to experience anxiety. This study focused on IDPs regarding their Emotional and Social adjustment to Anxiety.

The study revealed that the level of Anxiety negatively influences Emotional Adjustment of IDPs. This implies that there is an inverse proportional relationship between anxiety and emotional adjustment i.e. the higher the anxiety symptom, the lower their ability to be emotionally adjusted and vice versa. This implies that the more people are exposed to depressive situations; the more they are negatively affected emotionally. The finding agrees with Noor, Gul, Saleem, and Shahzad, (2017) who set out to investigate the relationship of stress, anxiety and psychological adjustment among parents of intellectually disabled and cerebral palsy children. The findings indicated that psychological adjustment was significantly negative correlation between parental anxiety ($r = -.62, p = .000$).

The results of the analysis also revealed that Anxiety has a significant negative influence on Social Adjustments of IDPs. This implies that there is also an inverse proportional relationship between anxiety and social adjustment i.e. the higher the anxiety symptom, the lower their ability to be socially adjusted and vice versa. This implies that the more people are exposed to traumatic events that may lead to anxiety; the more they are negatively affected psychologically, thereby influencing their social adjustment. These findings agreed with the report of Omar, Elfaydi, Ibrahim, and Kirembwe (2016), who carried out a study to investigate the hypothesized causal relationship between posttraumatic stress disorder (PTSD) focusing on anxiety and depressive symptoms and social adjustment among Libyans, they found out that PTSD (Anxiety) negatively affects social adjustment.

Conclusion and Recommendations

In conclusion, Anxiety has negative effect on the social and emotional adjustment of the IDPs in Durumi Camp Abuja. It is therefore recommended that the affected IDPs should be given immediate attention in form of psychological treatment or intervention so as to live a meaningful life.

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