The Effects of Sexual and Gender Based Violence on Psycho-Socio Development of In-School Adolescent Girls in Alimosho Local Government Area of Lagos, Nigeria

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Abstract

Purpose: The study focused on the effect of sexual and gender-based violence on the psycho-socio development of in-school adolescents in Alimosho Local Government Area of Lagos State, Nigeria. One hundred randomly selected in-school Adolescents girls constitute the sample of the study.

Methodology: The study adopted descriptive survey method as a research design. Chi-square statistical method was used to analyze the data gathered from the respondents.

Findings: The findings of the study indicated that sexual and gender based violence have significant effects on the psychosocial development of in-school adolescent girls.

Unique Contribution to Theory, Policy and Practice: Among others, it was recommended that all hands must be on deck to protect adolescent girls from being victims of these psychological threat and evil trend in our societies. The findings of this study will assist policy makers both in Educational sector and society at large to come up with policies that will protect Adolescent male and female from being a victim of sexual and gender base violence

Keywords: *Sexual based violence, Gender based violence, In-school Adolescents, Counsellors, and Victims.*

Introduction

Globally, Sexual and Gender Based Violence (SGBV) is not gendered sensitive, the violation of human right to protect from sexual related abuse is more prevalent against women and girls as compared to their male counterparts.SGBV occurs in all spheres where women and girls engage with society, either in the social spaces for self-development or in the home, with perpetrator ranging from intimate partners, family relatives and acquaintances to strangers who lure, or force, and abuse them. BBC (2002), reported that the poor attention paid to the exposure of women and girls to SGBV has continued to provide a thriving ground for social menace.SGBV refers to any act that is perpetrated against a person's will and is based on gender norms and unequal power relationships (Mazeda, 2021).. It includes physical, emotional or psychological and sexual violence, and denial of resources or access to services, violence includes threats of violence and coercion. SGBV inflicts harm on women, girls, men and boys and is a severe violation of several human rights. (UNHCR Emergency Hand bank, 2021).

SGBV is ubiquitous, but still the least human right violation in the globe. SGBV is one faced by different communities and countries but it is crucial effects are global. SGBV may be perpetrated by anyone, including individuals from host communities, from refugee or IDP communities, and humanitarian actors, person in position of authority (police, security officials, community leaders, teachers, employers, landlordand humanitarian workers) may abuse their power and commit SGBV in school adolescent girls. (UNHCR Emergency Handbook, 2021).SGBV is one with many forms such as domestic violence, child marriage, female genital mutilation, partner violence and sexual assault (Rape). These forms of violence are faced by both adolescent boy and girls but this study will focus on adolescent girls in school which is mostly common (Akinsulire, 2017).

The persistence of SGBV in Nigeria has been the major reason for studying SGBV and this has been tied to inconsequential punishment for perpetrators, the slow dispensation of justice in trial cases of SGBV. Mrs Pauline Kedem Fallen (2021). (Nigeria's Minister of Women Affairs) reported that only 11 out of over 3,000 reported cases of SGBV reported in six states were prosecuted in Nigeria, and in the federal capital territory of Nigeria (Abuja), while a total of 444 SGBV cases said to be reported, about 443 of such cases were still un addressed by the judiciary, cutting bottle necks as reasons. Corruption of security operatives as a contributory factor to the poor punitive process of perpetrators of crime, noting that the security personnel prevent such cases from going to trials.

The risk of SGBV is an emergency context which is exacerbated by several factors. These include: breakdown Of family and community support systems; the presence of armed forces or combatants; weak legal systems and law enforcement; abuse of power by individuals in positions of authority; laws and practice that reinforce gender discrimination; inadequate access to shelter, food, water, and fuel; and inadequate access to livelihood opportunities, certain people are

particularly at risk of SGBV during and after forced displacement, especially when they have been separated from or have otherwise lost the support of their relatives or communities. They include older persons, persons with disabilities, children Lesbian, gay, bisexual, transgender and intersex persons, female heads of household and adolescent girls which is the main focused of this study. (UNHCR, 2003). SGBV denies adolescent girls /women (and at times boy/men) security, the right to enjoy fundamental freedoms and forces them into subordinate positions compared to boys/men. A district, sub country, and individuals affected in these cases cannot reach their full potential to participate in their society is denied through acts of violence perpetrated against them and disrupt their lives (World Bank, 2019).

Psycho socio development means the development of the personality, including acquisition of social attitudes and skills from infancy through maturity. According to psycho-social theories, development is a product of the ongoing interactions between individuals and their social environment. Societies with their structures are organized to guide individual growth towards a particular ideal of mature adulthood. However, every society faces problems when it attempts to balance the needs of the individual with the needs of the group. It introduced the concept of normative psycho-social crisis, predictable tensions that arises as a result of conflicts between socialization and maturation throughout life and explores the psycho-social crisis of adolescent, personal identity vs identity confusion. This concept highlights the need for individuals to find self-definition as well as a sense of meaning and purpose that will guide decisions as they transit into adulthood. The achievement of personal identity requires a reconceptualization of the self-concept, including an integration of past identifications, current talents and abilities and goals for the future.

According to Pratt (2000), the term Psycho-socio is referred to as the interplay between the biological, physiological, emotional, cognitive, social, environmental and maturational factors and this factors are well considered in the development of in-school adolescent girls. Adolescents have some type of psychosocial problems that impair their ability to function. Adolescents are vulnerable to a psychological dysfunction when they suffer physical injuries, psychological trauma, or major changes in their environment, especially in the absence of a strong support systems. Adolescent psycho-socio development may be impaired when thinking and reasoning faculty becomes demoralized or when they become withdrawn from, what they're used to, the development of human beings' cognitive, emotional, intellectual, and social capabilities and functioning over the course of a normal life span, from infancy through old age.

According to Mwaugi (2021), there are five forms of sexual and Gender Based Violence which include;

Sexual violence, Physical violence, Emotional and psychological violence, Harmful traditional practices, Socioeconomic violence

a. Sexual Violence: This is a broad concept which covers the inversion of any part of the body of a victim. Any sexual relations or interaction with a minor in form of threatened physical intrusion of a sexual nature, inappropriate touching, attempted or actual rape, forced undressing and or nakedness, forced marriage and child bearing among others (Kohli, 2012).

Rape and marital rape: The invasion of any part of the body of the victim or of the perpetrator with a sexual organ, or of the anal or genial opening of the victim with any other part of the body by force, coercion, taking advantage of a coercive environment, or against a person incapable of giving genuine consent .

Child sexual abuse, defilement and incest: Any act where a child is used for sexual gratification. Any sexual relations/interaction with a child.

Forced sodomy or anal rape: Forced or coerced anal intercourse, usually male-to-male or male-to-female. Attempted forced/coerced inter course; no penetration.

Sexual abuse: Actual or threatened physical intrusion of a sexual nature, including inappropriate touching, by force or under unequal or coercive conditions.

exploitation: Any abuse of a position of vulnerability, differential power, or trust for sexual purposes; this includes profiting momentarily, socially or politically from the sexual exploitation of another, sexual exploitation is one of the purposes of trafficking in persons (performing in a sexual manner, forced childbearing, engagement in pornography or prostitution, sexual exportation for the granting of goods, services, assistance benefits, sexual slavery).

Forced/coerced sex trade in exchange for material resources, services and assistance, usually targeting highly vulnerable women or girls unable to meet basic human needs for themselves and/or their children.

Sexual harassment: Any unwelcome, usually repeated and unreciprocated sexual advance, unsolicited sexual attention, demand for sexual access or favors, sexual innuendo or other verbal or physical conduct of a sexual nature, display or pornographic material, when it interferes with work, is made a condition of employment or creates an intimidating, hostile or offensive work environment.

Physical Violence: Mwaugi (2012), stated that physical violence is an umbrella term that covers physical assault which includes beating, punching, kicking, biting, burning, maiming but it is not limited to beating, punching, kicking, biting and burning.

Emotional and Psychological Violence: This occurs when someone says or does something to make a person feel stupid or worthless

Harmful traditional Practices: These are forms of violence which have been committed primarily against women and girls in certain communities and societies for so long that they are considered or presented by perpetrators, as part of accepted cultural practice.

Socio-economic Violence: This means taking away the earnings of the victim, not allowing them to have a separate income (giving them house wife status, or making them work in a family business without a salary), or making the victim unfit for work through targeted physical abuse.

Sexual and Gender Base Violence is a global menace that has taken worrisome dimension in the Nigerian society especially against in-school adolescent girls. It is one of the challenges militating against total psycho-socio development of in-schools Adolescents girls in Nigerian. Oladepo, Yusuf &Arelogun, (2011) stated that gender based violence is a common occurrences in most Nigerian schools that inflicts physical, physiological, and emotional pain on the victims on daily basis. School environment is supposed to be a place for learning and social interaction for both female and male students notwithstanding their different cultural and social background. However, bitter complaints mainly from female students an issue of bullying, cultism and assaults among other forms of violence alleged to be prevalent in the Nigerian secondary schools. It has made school environment no longer conducive for learning and this situation poses challenge to the success of the secondary school system. Hence, aim of this research is to study the effects on the Psycho-socio Development of in-School Adolescents Girls and its implications for counseling.

Statement of Problem

No doubt Guidance Counselors can conveniently affirm that adolescence is a crisis ridden period for adolescents, because it is a time when they are confronted with all sort of challenges and issues. The rate of female involvement in violent and psycho-socio related activities in our schools keep rising at a geometric rate. Those involved in these vices end up having a deflated personality which goes a long way to affect their physical, physiological and emotional state of mind. Pathologists and professional counselors have advocated for the use of psychological therapies correcting these deficiencies among female adolescents. In a bid to achieve that objective, the researchers were obligated to investigate effects of sexual gender based violence on psycho-socio development of in-school adolescent girls in Alimosho Local Government Area of Lagos State, Nigeria.

Purpose of the study

a. To identify if any relationship exists between sexual-based violence and Psycho-socio development of in-school Adolescent girls.
b. To justify the nature of relationship that exists between Gender-based violence and Psycho-socio development of in-school Adolescent girls.

Hypotheses

The following hypotheses were formulated and tested at 0.05 level of significance in this study.

c. There will be no significant relationship between sexual-based violence and Psycho-socio development of in-school Adolescent girls.

d. There will be no significant relationship between Gender-based violence and Psycho-socio development of in-school Adolescent girls.

Research Methodology

The researchers adopted a survey type of research design. The survey research design was adopted for this study because the results generated would be generalized on the entire population of the study.The population for this work comprised of Public Senior Secondary School Students from Alimosho Local Government Area of Lagos State.A random sampling technique was used to select 20 girls each from five (5) senior secondary schools across Alimosho Local Government Area of Lagos State, Nigeria. A sample of 100 girls only were captured for the study and their ages ranges between 14-18years with a mean age of 0.712 and 0.842 respectively.

On research instrument, the researchers used a self-developed Questionnaire tagged,"Adolescent Girls Sexual and Gender-Based Violence Inventory (AGSGVI)". This instrument has 2 option format of Agree (A) and Disagree (D). The variables in the Questionnaire were divided into three segments as eight items were generated from each segment. Validity and reliability was determined, as two initial copies of the instrument were assessed by two Lecturers in the department of Guidance and Counselling, University of Ibadan. The initial 30 items were reduced to 24 items after modification and removal as its final clean copy was obtained. The instrument was acclaimed to meet both content and construct validity. However, using a Cronbach alpha reliability method, an index value of 0.872 was derived depicting that the items in the instrument are very reliable; The researchers visited the randomly selected secondary school and obtained permission from the school heads in each of the school to circulate the instrument, the permission was granted. The instruments were administered after short interaction and explanation given to the respondents, the instrument was collected on thespot.Chi-square statistical analysis was employed to analyse the generated data and tested at 0.05 level of significance.

Data Presentation and Result Interpretation

Hypothesis one: There is no significant relationship between sexual based violence and psycho-socio development of in school adolescent girls.

Table 1:Chi square analysis of Sexual Based violence on Psycho-Socio Development of In-School Adolescent girls

S/N	A	D	Total	Level	D.F	X^2 Cal	X^2 Tab	Remark
1	44(53)	56(47)	100					
2	45(53)	55(47)	100					
3	79(53)	21(47)	100	0.05	4	88.513	9.488	Rejected
4	23(53)	77(47)	100					
5	75(53)	25(47)	100					
Total	**266**	**234**	**500**					

From the above table tabulated of X^2 tab is 9.488 and it is lower than the calculated value of X^2cal 88.513. Therefore, the null hypothesis is rejected and the alternative hypothesis which stated that there is a significant relationship between sexual based violence and psycho-socio development of in-school adolescent girl is accepted.

Hypothesis Two: There will be no significant relationship between Gender Based Violence and Psycho- socio development of in-school Adolescent Girls.

Table 2:Chi square analysis of Gender Based Violence on Psycho-Socio Development of In-School Adolescent girls

S/N	A	D	Total	Level	D.F	X^2 Cal	X^2 Tab	Remark
1	85(62)	15(38)	100					
2	40(62)	60(38)	100					
3	77(62)	23(38)	100	0.05	4	88.33	9.488	Rejected
4	72(62)	28(38)	100					
5	37(62)	63(38)	100					
Total	**311**	**189**	**500**					

From the above, it shows that tabulated of X^2 tab is 9.488 and it is lower than the calculated value of X^2cal 88.33. Therefore, the null hypothesis is rejected and the alternative hypothesis,

which stated that there is a significant relationship between genders based violence and psycho-socio development of in-school adolescent girl is accepted.

Discussion of findings

Hypothesis one revealed that sexual based violence affects the psycho-socio development of in-school adolescent's girls. This findings is supported by Gayathri (2013), who affirmed that sexual based Violence causes some type of psycho-socio problems that impair their ability to function properly. He also made it clear that adolescent are vulnerable to a psychological dysfunction when they suffer physical injuries due to the sexual violence and trauma. In a similar study carried out by Kennedy (2015) he disclosed that sexual violence has adverse psycho-socio effects on survivors with the adverse effect being stronger for those that are sexually abused and had children as a consequence. Moreso, Kelly (2021) went a step further to stress that survivors of sexual violence are viewed with intense negativity, putting them at significant risk of being rejected from their own family or community thereby making them withdrawn from the society and then lead to depression.

Hypothesis two revealed that gender based violence will affect the psycho-socio development of in-school Adolescent girls. This finding was corroborated by Bihungum (2016), whose study explains that Gender based violence in form of family factors can lead to psychosocio development. Including unfriendly attitude of friends and those around and this may acts as an impediment to emotional development that may directly or indirectly affects psychosocio development. Silove (1999) explains that living in a violent relationship or society may exacerbate a predisposition to depression; however, a female first exposure to abuse can also be a causal factor for subsequent depression. In a similar work, Mazeda (2021) found that conflict-related violence was an important risk factor for poor mental health among females who accessed GBV services, despite time since occurrence and even among those who had a past year experience of GBV. This outcome reaffirms how GBC contributes to depression and anxiety among in-school adolescents girls.

Conclusion

Sexual and Gender based violence are complex, multifaceted phenomenon that is experienced differently by women and girls. As such, sophisticated approaches in theory, principles and methods are needed to conceptualize and study the factors that mediate and moderate the relation of gender to the experience violence.

Several factors have precipitated the rise in sexual and Gender- based violence some of which include lack of value to human life, the desensitisation of the grievousness of sexual and Gender- based violence, illiteracy, anti-humane cultural values, lack of adequate commitment by law enforcement agents in curving the growing trend of sexual Gender based violence.

The Psychological, social, and behavioural of such violence on women and girls are wide spread and long lasting.

A global collaboration remains a critical requirement in creating a safe, healthy and conducive environment for all school adolescent girls.

Recommendation

Having gone through rigorous findings, the researcher hereby recommends the following points:

i.   Provision of counseling and support services to the survivors of SGBV

ii. Network with organisation, including other schools to brainstorm creative preventative strategies.

iii. Greater involvement of the department of education in schools regarding Sexual and Gender-based violence

iv. Schools should adopt a zero tolerance stance for all types of violence.

v.   Provide opportunities for learners to engage in the subject of SGBV and psycho-socio development.

Counselling Implications of the Study

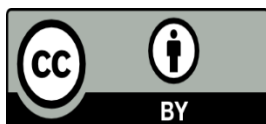In view of the findings of this study, the following are the counselling implications:

i.   Provision of enlightenment program for parents on the need for the growing adolescents to be kept abreast of their developmental changes.

ii. Information dissemination on benefit inherent in sexual education.

iii. School counsellors to train Adolescents within their sphere of influence on how to be assertive.

iv. Provision of sex counselling to reduce the number of embarrassment sexual abuse victims will receive when they begin to experience developmental changes.

v.   The knowledge of sex counselling will help young female to differentiate between fables, realities and desire for sex and genuine love.

vi. Creation of awareness through lectures, seminars, workshops and conferences on the objectives of sex education.

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