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PSYCHOSOCIAL FACTORS AS PREDICTORS OF PSYCHOLOGICAL WELLBEING AMONG INTERNALLY DISPLACED PERSONS IN PLATEAU STATE

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ABSTRACT

This study examined the impact of post-traumatic stress disorder, social support, and psychological resilience as factors affecting psychological well-being among internally displaced individuals in Jos South. A cross-sectional survey methodology was employed, engaging 600 people from various age groups by purposive sampling. The research employed standardized questionnaires for data collection. The data were examined by multiple regression analysis and the independent samples t-test. The findings demonstrated that post-traumatic stress disorder, social support, and psychological resilience significantly and collectively forecasted psychological well-being among internally displaced persons in IDP camps [$R=.591$, $R^2 = .349$, $F(4,595) = 79.87$; $P < .01$]. PTSD avoidance ($\beta=.140$; $t=2.88$; $P<.05$), social support ($\beta=.318$; $t=7.95$; $P<.05$), and resilience ($\beta=.273$; $t=7.089$; $P<.05$) emerged as significant and positive predictors of psychological well-being in individuals displaced to IDP camps. Moreover, socio-demographic variables (age, gender, family composition, married status, education, religion, and occupation) substantially and collectively forecasted psychological well-being among internally displaced persons in the IDP camp [$R = .199$, $R^2 = .039$, $F(7,592) = 3.47$; $P < .05$]. The type of family ($\beta=-.160$; $t=-3.66$; $P<.05$) and religion ($\beta=-.081$; $t=1.98$; $P<.05$) independently influence the psychological well-being of internally displaced persons in IDP camps. Gender had a substantial impact on the psychological well-being of internally displaced persons in the IDP camp [$t(598)=2.315$; $P<.05$]. It was recommended that group therapy and possible self-instructional therapy can be introduced in the counseling and management of the internally displaced persons in Plateau State to prepare them for independent adaptive and coping styles that can assist them stand the challenging situation.

Keywords: Social Support, Psychological Resilience, Coping, Parenting Styles, Psychological Wellbeing

INTRODUCTION

Banditry has been recognized as the foremost menace to Nigeria (WHO, 2015), resulting in numerous Local Government Areas being overtaken by the gang (WHO, 2015) and over one million internally displaced persons (UNHCR, 2023), adversely affecting their overall welfare and the education of children. Internal displacement is widely recognized as a critical humanitarian and political challenge confronting the world community (IOM, 2017). The United Nations High Commissioner for Refugees (UNHCR; 2023) defines internally displaced persons as individuals compelled to escape their homes but who are either unable or unwilling to cross an international boundary. Internal displacement can impact individuals or entire populations. There exists a potential for forcible expulsion or coercion to depart by intimidation or necessity. The fundamental characteristic of internal displacement is its involuntary nature (Uzodinma, 2021). It encompasses the actions of individuals fleeing from imminent threats, as well as more structured and planned evacuations in anticipation of potential dangers (IOM, 2017).

Research on the effects of internal displacement is predominantly focused on Post-Traumatic Stress Disorder (Akpotor, 2018). The predominant psychological responses observed in internally displaced individuals and refugees, beyond PTSD, include despair, somatization, and existential crisis, wherein established belief systems have been questioned. Research on PTSD indicated that women were twice as likely to be affected compared to men (Fawa et al., 2021), and unmarried individuals (Faronbi et al., 2020) were more prone to exhibit depression, influenced by the extent of displacement.

Psychological well-being is characterized by optimal performance in self-acceptance, positive relationships with others, a sense of purpose in life, the capacity to realize one's potential, self-autonomy, and mastery (Ezeani & Omodan, 2023). Social support is characterized by interpersonal interactions and connections that offer aid or a sense of attachment to someone we

regard as compassionate (Oladipo & Oyeleye, 2021). Social support refers to the perception and reality of being cared for, having access to aid from others, and being part of a supportive social network (Ademola & Idowu, 2023). Social support can be quantified as the perception of available aid, the actual assistance received, or the extent of an individual's integration into a social group in their environment. Support may originate from various sources, including family, friends, pets, organizations, and colleagues. Government-provided social help is commonly termed public aid. Resilience denotes emotional fortitude and is employed to characterize those who exhibit bravery and flexibility in the face of life's adversities (Ademola & Idowu, 2023). Resilience, as a psychoanalytic concept, is defined as the dynamic ability of an individual to adjust their typical level of ego-control, either upward or downward, in response to the demands of the contextual setting (Masten, 2021).

The Centre for Population Change (2022) examined internal displacement and subjective well-being in Ukraine. The findings revealed that internally displaced individuals had economic, housing, and social challenges that impact their psychological well-being. Muhammad, Shamsudeen, and Manni (2023) examined prolonged internal relocation and prevalent mental health issues among university students in North West Nigeria. A descriptive study design was employed for data collecting. The student participants experienced internal displacement. The findings indicated that 63.6%, 61.14%, 63.05%, 60.50%, and 60.50% experienced depression, anxiety disorders, loneliness, suicidal ideation, and pervasive dread, respectively, adversely impacting their psychological well-being. The outcome additionally indicates inadequate academic performance, elevated attrition rates, and disrupted academic schedules.

Sambu (2015) employed a mixed-methods approach to investigate the significance and influence of social support on bolstering psychological resilience in traumatized internally displaced survivors of the Kiambaa fire in Kenya. The population comprises persons who were victims of the fire incident in Kiambaa village. The study employed purposive and snowball sampling methods to identify participants. The findings indicated a significant association between social support and the psychological resilience of internally displaced individuals. This indicates that social support is a crucial element in fostering resilience among internally displaced individuals. Gebreyesus et al. (2024) examined the prevalence and severity variables of PTSD among internally displaced individuals in conflict-affected Tigray. A total of 2132 heads of IDP families were recruited through a multi-stage sampling process in a community-based cross-sectional survey. A questionnaire was employed for data collecting. The findings revealed a PTSD prevalence incidence of 57.7%. It also demonstrates no significant differences among the demographic variables examined in the study.

Tassang (2023) investigates the influence of community satisfaction on the interconnection between social integration, solidarity, and psychological well-being among internally displaced individuals in Cameroon. Data were gathered from a cross-section of 428 displaced individuals in Ntui, Cameroon. The results indicate a favorable correlation between solidarity and both communal satisfaction and psychological well-being. It also shown a substantial correlation between community satisfaction and the psychological well-being of internally displaced persons (IDPs). Obazu et al. (2022) examined the influence of social support on the psychological well-being of victims of herders' attacks in internally displaced persons camps in Plateau State, North Central Nigeria. A descriptive research approach was employed, and a sample size of 234 victims participated in the study. Data collection using Ryff's Psychological Wellbeing and Perceived Social Support measures. A straightforward regression analysis was employed to examine the data. The study's findings indicated that social support was a key predictor of psychological well-being among victims of herder attacks. The findings also revealed no substantial gender disparity in psychological well-being among victims of herder attacks.

Ugbenin (2024) examined hope, resilience, and social support as determinants influencing PTSD among internally displaced individuals in Biu, Borno State. A cross-sectional survey approach employing purposive sampling was utilized for data collection among 116 internally displaced persons (IDPs). Data were collected from consenting participants using accurate and reliable psychological measures that assess hope, resilience, social support, and PTSD. The results

indicated a substantial impact of hope and social support on PTSD, while resilience was not a significant component in PTSD among the IDPs. The findings demonstrated a substantial combined effect of hope, resilience, and social support on PTSD. Ugbe et al. (2022) investigated the sociodemographic correlates and additional factors associated with depression and anxiety among internally displaced individuals in Ogoja, Cross River State, Nigeria. A sample size of 335 was determined using a cross-sectional investigation. A systematic questionnaire was employed to gather pertinent information for the investigation. The findings indicated that 66.7% of individuals experienced anxiety disorders, whereas 73.4% were affected by depression. Usman and Ogbeh (2024) examined the impact of social support on the mental health of internally displaced persons in Bama Local Government Area, Borno State. A sample size of 396 was obtained through a cross-sectional survey methodology. The Depression Anxiety Stress Scale (DASS 21) and the Multidimensional Scale of Perceived Social Support (MSPSS) were employed for data collection. The results indicate that social support significantly influences depression and perceived stress among internally displaced persons (IDPs), whereas it has no significant effect on anxiety. It was determined that social support significantly influences mental health by alleviating symptoms of depression and stress, but not anxiety.

Statement of Problem

Terrorism impact in Nigeria has becoming devastating at every angle and it has severely caused many families to loose family ties, cares and support due to internally displaced situations. It is of course associated with pains, bereavements, loss of homes, personal belongings, lives and self-defense resulting to negative feeling, depressions and poor psychological and social wellbeing. People who are internally displaced may develop traumatic stress disorders which have great impact on their psychological health and psychological wellbeing in general without any hope or assurance of when to return home, even with the temporary provisions for food and shelter by the government, religious groups and some NGOs.

The internally displaced persons in an IDP camp face a lot of psychologically traumatic episodes, these might include post-traumatic stress disorder, cognitive disturbance of loss of a family member of more, distress resulting from mental stress and doomed where the hope for survival is lost and point of recovery seems unrealistic despite some temporary supports received from the organized bodies. The dearth of research in this area informs the need to study the relationship between post-traumatic stress disorder, social support and psychological resilience as predictors of psychological well-being among the internally displaced persons in an IDP camp. As a result, many studies conducted around what the internally displaced person feel and how they cope including intervention research addressing this victims are very scarce. In fact, those few studies that considered IDPs are in the western world. Therefore, there is dire need for empirical study looking into the post-traumatic stress disorder (PTSD), social support, and resilience affecting the coping styles and psychological well-being among the internally displaced persons in an IDP camp within Nigerian context.

Purpose of the Study

The aim of this study is to investigate the influence of PTSD, social support, psychological resilience and demographic variables on the psychological wellbeing among internally displaced persons in Plateau State. The specific objectives of the study include to:

1. Investigate the psychological factors (of PTSD, social support, psychological resilience) that will influence the psychological wellbeing among internally displaced persons in Plateau State.
2. Explore demographic variables (gender, age, family type, marital status, education, religion and occupation) that will significantly influence psychological wellbeing among internally displaced persons in Plateau State.
3. Examine gender difference on the psychological wellbeing among internally displaced persons in Plateau State.

Research Hypotheses

1. Psychological factors (PTSD, social support and resilience) will significantly predict psychological well-being of the internally displaced persons in Plateau State.
2. Socio-demographic factors (gender, age, family type, marital status, education, religion and occupation) will significantly predict psychological wellbeing of the internally displaced persons in Plateau State.
3. Male will have a higher significant influence on Psychological Wellbeing than female among the internally displaced persons in Plateau State.

METHOD

Research Design

Cross sectional design was utilized in examining the relationship among the variables of interest. This approach is suitable based on the fact that there was no manipulation of the independent variables in the study.

Study Setting

This study was conducted in the Displaced Camps, and communities that were affected by the menace of Boko-Haram in Jos South Local Government Area of Plateau State. This settings are most suitable for this type of study because the refugee camp is particularly zoned for the internally displaced persons and it is the most populated among others in Nigeria as noted from the field visibility investigations.

Sampling technique and sample size

Purposive sampling was adopted during questionnaire administration in the study. A total sample size of 600 internally displaced people participated in this study. The predominant language of the participants was the Hausa language.

Instrument

Section A of the questionnaire explored information on the respondents' demographic characteristics such as gender, age, religion, family type, marital status, educational qualification and occupation.

Section B of the questionnaire measured PTSD. The IES is a broadly applicable self-report measure designed to assess current subjective distress for any specific life event (Horowitz, et al 1979; Corcoran & Fischer, 1994). The IES scale consists of 15 items, 7 of which measure intrusive symptoms (intrusive thoughts, nightmares, intrusive feelings and imagery), 8 tap avoidance symptoms (numbing of responsiveness, avoidance of feelings, situations, ideas), and combined, provide a total subjective stress score. All items of the IES are anchored to a specific stressor (Horowitz, et al, 1979; Briere, 1997).. A Cronbach's alpha of 0.854, Spearman-Brown coefficient of 0.79 and Guttman Split-Half coefficient of 0.79 were obtained for this study. The subscale, the following reliabilities were reported, Intrusive; .774 and Avoidance; .737.

Section C of the questionnaire measured social support of the respondents. This scale assessed social support with a 12 items from the multidimensional scale of perceived social support by Zimet, et al (1988). It was rated on a 7 point Likert scale ranging from 1- Very strongly disagree to 7- Very strongly agree with 4 as neutral.. The reliability ranged from 0.85 to 0.91; content, construct and convergent validities were adopted for the instrument development. The interpretation showed that scores above the mean indicate high social support and scores less than the cut point indicate low social support. In this study, a Cronbach's alpha of 0.86, Spearman-Brown coefficient of 0.82 and Guttman Split-Half coefficient of 0.82 were obtained.

Section D of the questionnaire measured the psychological resilience of the respondents. The six items of the brief resilience scale (BRS) developed by Ahern, et al (2006). Items 1, 3, and 5 are positively worded, and items 2, 4, and 6 are negatively worded. It has a reliability Cronbach's alpha of 0.89 and construct and discriminant validity were established for the six-item scale. The BRS is scored by reverse coding items 2, 4, and 6 and finding the mean of the six items. It is rated

on a five point likert scale using the following: 1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, 5 = strongly agree.” Therefore, the reliability analysis is needed for the scale in this study. In this study, a Cronbach’s alpha of 0.70, Spearman-Brown coefficient of 0.75 and Guttman Split-Half coefficient of 0.73 were obtained.

Section E measured psychological wellbeing of the respondents. This scale was developed by Ryff’s (1989) to measure mental health components (the depended variable). Ryff’s Psychological Well-Being Scale (PWB). It is a well-known tool to evaluate different dimensions of mental health (Van Dierendonck, 2005). Ryff’s (1989) scale provides an effective psychological model to assess well-being or positive mental health.

Procedure for Data Collection

Before handing the questionnaire to each participant, a simple introductory discussion was conducted stating partial intent of the research so as to gain the participant’s cooperation and sincerity. The questionnaire was then administered.. The participants were approached in their camps in order for them to administer the questionnaire.

Participants

The setting for this study is Jos South Local Government Area of Plateau State. A total of 600 internally displaced persons were purposively selected for the study. Of these, 280 (46.7%) were males and 355 representing (53.3%) females. The participants ranged in age from 16years to 72 years with the mean age of $X = 31.54$. 380 (63.3%) were Christians and 220 (36.7%) Muslims. 450 representing (75%) were from a monogamous family, 150 representing (25%) from a polygamous family. 330 representing (55%) are young while 270 representing (45%) are old. The breakdown of their marital status shows that 210 representing (35%) are single, 290 representing (48.3%) are married, 34 representing (5.7%) are divorced, 38 representing (6.3%) are widows and 28 representing (4.7%) are separated. Their educational levels included primary six certificate 159 (26.5%), SSCE 254 (42.3%), Tertiary 106 (17.7%) and others 81 (13.5%). 157 representing 26.2%) are students, 162 representing (27%) are farmers, 125 representing (20.8%) are into business, 43 representing (7.2%) are teachers, 51 representing (8.5) are civil servants 53 representing (8.8%) are housewives, 7 representing (1.2%) are retired from active service and 2 representing (.3%) are clergy men.

Data Analysis

The data was analyzed using the Statistical Package for Social Sciences (SPSS) software 25. Both descriptive and inferential were used in analyzing the data. Multiple Regression Analysis, and Independent Sample t-test were used in testing the hypotheses.

Ethical Clearance

Ethical approval was granted by the Social Sciences and Humanities Research Ethics Committee, Faculty of the Social Sciences, University of Ibadan.

RESULTS

Hypothesis One

Psychological factors (PTSD, social support and resilience) will significantly predict psychological well-being of the internally displaced persons in an IDP camp. It was tested using multiple regression analysis. The results are presented in Table 1

Table 1 : Summary of Multiple Regressions Showing Joint and Independent Influence of Psychological factors (PTSD, social support and resilience) on Psychological Well-Being of the Internally Displaced Persons in an IDP Camp

Predictors	R	R ²	F	P	Beta(β)	T	Sig
PTSD intrusive					-.001	-.020	.984

PTSD avoidance	.591	.349	79.87	<.01	.140	2.88	.004
social support					.318	7.95	.000
Resilience					.273	7.09	.000

a Dependent Variable: Psychological Well-Being

Table 1 shows that psychological factor (PTSD, social support and resilience) significantly predicted psychological wellbeing of the internally displaced persons in an IDP camp. [$R=.591$, $R^2=.349$, $F(4,595) = 79.87$; $P <.01$]. This result implies that psychological factors (PTSD intrusive, PTSD avoidance, social support and resilience) jointly accounted for 34.9% variance in psychological wellbeing of the internally displaced persons in an IDP camp while the remaining 65.1% could be attributed to other alienated factors not considered in this study. Further, results indicate that PTSD avoidance subscale ($\beta=.140$; $t=2.88$; $P<.05$) independently accounted for about 14% variance in psychological wellbeing, social support ($\beta=.318$; $t=7.95$; $P<.05$) independently accounted for about 31.8% variance in psychological wellbeing among internally displaced persons and resilience ($\beta=.273$; $t=7.09$; $P<.05$) independently accounted for about 27.3% variance in psychological wellbeing among internally displaced persons. The hypothesis is therefore confirmed.

Hypothesis Two

Socio-demographic factors (gender, age, family type, marital status, education, religion and occupation) will significantly predict psychological wellbeing of the internally displaced persons in an IDP camp. It was tested using multiple regression analysis. The results are presented in Table 2.

Table 2 : Summary of Multiple Regressions Showing Joint and Independent Influence of Socio-Demographic factors on psychological well-being of the Internally Displaced Persons in an IDP Camp

Predictors	R	R ²	F	P	Beta(β)	T	Sig
Gender of the participants					-.063	-1.51	.133
Age of Participants					.046	.853	.394
Family Type	.199	.039	3.47	.001	-.160	-3.66	.000
Marital Status					.077	1.43	.155
Level of Education					.026	.639	.523
Religion of Participants					.081	1.98	.048
Occupation					-.075	-1.63	.103

a Dependent Variable: Psychological wellbeing

Table 2 shows that socio-demographic factors (gender, age, family type, marital status, education, religion and occupation) significantly predicted psychological wellbeing among internally displaced persons in an IDP camp. [$R=.199$, $R^2=.039$, $F(7,592) = 3.47$; $P <.05$]. This result implies that socio-demographic factors (gender, age, family type, marital status, education, religion and occupation) jointly accounted for 3.9% variance in psychological wellbeing of the internally displaced persons in an IDP camp while the remaining 96.1% could be attributed to other alienated factors not considered in this study. Further, results indicate that family type ($\beta=-.160$; $t=-3.66$; $P<.05$) independently accounted for about 16% variance in psychological wellbeing while religion ($\beta=-.081$; $t=1.98$; $P<.05$) independently accounted for about 8.1% variance in psychological wellbeing among internally displaced persons. The hypothesis is partially supported and it is therefore accepted.

Hypothesis Three

Male will have a higher significant influence on Psychological Wellbeing than female among the internally displaced persons in an IDP camp. It was tested using t-test. The results are presented in Table 3.

Table 3: T-Test Showing Gender Influence on Psychological Wellbeing among Internally Displaced Persons

	Gender	Number	Mean	Standard Deviation	Df	T	P
Psychological Wellbeing	Male	245	79.24	12.65	598	2.32	<.05
	Female	355	76.56	15.60			

From table 3, the results showed that males reported significantly higher psychological wellbeing than their female counterpart $\{t(598)=2.32;P<.05\}$ among internally displaced persons. A mean score of 79.24 for male is higher than the mean score of 76.56 for female internally displaced persons. Therefore, the hypothesis is accepted and retained in the study.

DISCUSSION OF FINDINGS

This study examined the combined and individual effects of post-traumatic stress disorder, social support, and psychological resilience on the psychological wellbeing of internally displaced persons in an IDP camp. The first hypothesis posited that psychological characteristics (PTSD, social support, and resilience) will strongly predict the psychological well-being of internally displaced persons in an IDP camp. It was evaluated by multiple regression analysis. The findings indicated that psychological factors (PTSD, social support, and resilience) strongly influenced the psychological well-being of internally displaced persons in an IDP camp. This outcome indicates that psychological factors (PTSD intrusion, PTSD avoidance, social support, and resilience) collectively explained 34.9% of the variance in the psychological well-being of internally displaced persons in an IDP camp, while the remaining 65.1% can be ascribed to other external factors not examined in this study. Subsequent findings reveal that the PTSD avoidance subscale independently explained approximately 14% of the variance in psychological well-being, social support accounted for roughly 31.8% of the variance in psychological well-being among internally displaced individuals, and resilience independently accounted for about 27.3% of the variance in psychological well-being among this population. The study's findings correspond with those of the Centre for Population Change (2022), which indicated that internally displaced persons have economic, housing, and social challenges that impact their psychological well-being. The discovery aligns with the findings of Sambu (2015) and Obazu et al. (2022), which shown a positive link between social support and the psychological well-being of internally displaced persons.

Hypothesis two posited that socio-demographic characteristics (gender, age, family structure, marital status, education, religion, and occupation) will significantly affect the psychological well-being of internally displaced persons in an IDP camp. It was evaluated by multiple regression analysis. The findings indicated that socio-demographic characteristics (gender, age, family structure, marital status, education, religion, and occupation) substantially forecasted psychological well-being among internally displaced persons in an IDP camp. This outcome indicates that socio-demographic factors (gender, age, family type, marital status, education, religion, and occupation) collectively explained 3.9% of the variance in the psychological well-being of internally displaced persons in an IDP camp, while the remaining 96.1% can be ascribed to other extraneous factors not examined in this study. Moreover, findings reveal that family type independently explained around 16% of the variance in psychological well-being, whereas religion accounted for around 7.5% of the variance in psychological well-being among internally displaced individuals. This aligns with the findings of Ugbe et al. (2022), which demonstrated that socio-

demographic correlates and other variables are associated with depression and anxiety among internally displaced adults.

Hypothesis three posited that males would exert a more significant influence on psychological wellbeing than females among internally displaced persons in an IDP camp. The t-test for independent samples demonstrated that males reported significantly higher psychological wellbeing than their female counterparts among the internally displaced persons. The results indicated that gender significantly influenced coping and psychological well-being. Obazu et al. (2022) refuted this finding, revealing no significant gender difference in the psychological well-being of internally displaced persons in IDP camps.

Conclusion

The research demonstrated that post-traumatic stress disorder, social support, and psychological resilience significantly and collectively predicted psychological well-being among internally displaced persons in IDP camps. PTSD avoidance, social support, and psychological resilience independently and strongly predicted psychological well-being among internally displaced persons in IDP camps. Socio-demographic characteristics were shown to significantly and positively influence psychological well-being among internally displaced persons in IDP camps. Only family type and religion independently predicted psychological well-being among internally displaced persons in the IDP camp. Furthermore, gender exerts a substantial favorable impact on the psychological well-being of internally displaced persons in IDP camps.

Recommendations

It was suggested that group therapy and potential self-instructional therapy be implemented in the counseling and management of internally displaced persons at the IDP camp to provide them with independent adaptation and coping strategies to navigate their tough circumstances. This study recommends that future research conduct comparative analyses by replicating this study in surrounding nations and juxtaposing the findings with the existing results to enhance research development and the external validity of the reports.

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