



# ASSESSING THE AVAILABILITY AND ACCESSIBILITY OF COUNSELLING SERVICES FOR TRAUMA VICTIMS OF INSURGENCY IN FCT IDP CAMPS

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## Abstract

*The humanitarian law is witnessing a lot of violations especially in Nigeria where people are continually displaced from their homes due to insurgency and community armed conflicts. Most IDPs are exposed to the dangers of humanitarian needs deprivations evidenced in their responses and the situation on ground at the IDPs camps. Many IDPs in the camps suffer high rate of traumatic experiences, mortality and morbidity in Nigeria today. Literature further revealed that the IDPs experience human rights abuses and deprivation through abuses and lack of access to basic amenities, basic counseling/psychological services and others. The purpose of the research therefore is to assess the level of humanitarian needs available for the IDPs, especially in the areas of available counselling/psychological services relating to their traumatic experiences or feelings, and how they have been coping in such Internally Displaced Persons Camps. To achieve this, the survey research design was employed for the study and was guided by five research questions. The sample comprised of 520 respondents who were selected through a purposive sampling technique from four IDP camps in Abuja. A researcher constructed 30-item questionnaire was adopted to collect data from the respondents on their psychosocial, physical, Counselling/psychological needs, traumatic feelings and their coping measures. The data obtained was analyzed using frequency counts and percentages. Findings showed that the IDPs lack a lot of physical, psychosocial and counselling/psychological needs. The foregoing situation predisposed the respondents to traumatic feelings of despondency and sadness. Based on the findings, the researchers recommended that Nigerian government should channel majority of its resources towards eradicating the drivers of displacement in the country.*

**Keywords:** *Humanitarian needs, Counselling/psychological services, Availability assessment, and IDPs*

## **Introduction/Statement of Problem**

Human rights issues have been greatly trampled, and are still being trampled upon in many facets of human existence by either some miscreants, individuals or governments of different nations worldwide. People are being displaced from their homes, thereby depriving them their human rights. Confirming this in Nigeria, the human rights report on Nigeria (2018:2) stated that the violent activities of Boko Haram and government corruption has continued to undermine the status of human rights in Nigeria. Armed Banditry, Boko Haram attacks, and Fulani Herdsmen attacks as well as other natural disasters have caused many people to flee their homes and live as the Internally Displaced Persons in the IDP camps. The incessant attacks by the militants especially in the northern part of Nigeria has culminated to large numbers of the affected persons fleeing their homes and requiring settlement in the IDP camps. The IDPs are handicapped because their personal belongings, properties and means of livelihood are lost in the process of moving out from their homes. They lose their jobs, get disengaged from their farms and other occupations. The children and adolescents among them leave school and some family members are separated in the course of fleeing. The situation makes them vulnerable to a lot of life challenges implying that they need assistance in all ramifications to survive. The researchers visited an IDP camp in Abuja in Sept 2021 and couldn't believe the gory experiences of individual IDPs. Depression was observed in peoples' eyes as a result of lack of basic human needs. And in the course of interaction with the chairman of the said IDPs camp, there is no single evidence of supply of aids from International Humanitarian Agencies. Individual philanthropists donate food and aids sparingly to them, some go without food for days. There are no health care services, people who are ill get medical assistance if any of their philanthropists is around to take them to the hospital otherwise, they die randomly, as has been the case. According to the IDP Camp Chairman, they have been issued identity cards by the Federal Government to enable them get free medical treatment at the Federal Medical Center Abuja but each time a sick member of the IDP Camp goes there, the hospital management tells them there is no any provision for free medical treatment for them and they never get treated of any ailment for free. So they suffer seriously for lack of money to treat themselves and some of their members have died as a result. Also, they don't have shelter over them rather they made improvised roof with sacks and water proof materials. The children among them do not go to school because there is no formal education provision in the camps. Most times they organize informal teaching for the children. They lack the basic amenities; ranging from clothing, accommodations, sanitations, and suffer lack of planning and making choices about their future, disabling their capabilities and resulting to low self-esteem. The IDPs are infested with a feeling of dejection, anger and aggression resulting to their interpersonal relationships being swept under the carpet. The main thrust of IDP camps is for provision of succor and protection for the displaced. Unfortunately, the security agents in the camps have turned into wolves and mistreating the vulnerable. The government whose responsibility the IDPs are, are not providing adequate resources for them. The international and local management agencies providing aids are not able to meet their needs due to the increasing numbers of displaced persons, followed by underestimation of the new displacements. Though displacement of persons seems inevitable because of armed conflicts and threatening situations, it is in the spirit of managing the outcome of such displacements that the Guiding Principles on Internal Displacement (GPID) was presented to the UN Commission on Human Rights in 1998:1-17 a principle which provided framework for the protection of the IDPs worldwide. Rather in what will come as a shock to all, the guiding principles are not fully adhered to (Uchenna & Bahago, 2021).

## **The Concept of IDPs and Internal Displacement in Nigeria**

According to Akuto (2017) IDPs is defined as persons who have been displaced by natural disaster or conflicts from their homes and traditional support structure and have not crossed the border of their countries. They are victims of various kinds of injustices, violent confrontations

perpetrated by their own government or others against them. Internally Displaced persons also known as IDP's are mostly victims of the inhumanity of man against man. They are victims of various kind of injustices or violence confrontations, perpetrated by either their own government against them or by others, such as, communal clashes, terrorism, riots, religious conflicts or natural disasters. The Internally Displaced Persons (IDPs) are persons who are forced or obliged to flee their original homes as a result of armed conflict effect or overwhelming violence. The crisis is ongoing, arising from fears of insurgents, destruction of property, assault and loss of livelihood resulting to massive displacement of persons Walker, (2012:2). The drivers of displacements in Nigeria are multi-faceted, but witnessed an increase with the emergence of the armed militants known as Boko Haram and has led to issues of displacement of persons since 2014. OCHA (2020:7) reported that over 2.2 million recorded displaced people by Boko Haram spread over 13 states of Nigeria of which Borno, Adamawa and Yobe States account for the majority. Borno state alone accounts for 80 percent (79% are women and children) of the IDPs most of whom are in the displacement camps and some with their families and friends in the host communities all requiring humanitarian assistance. Some of the IDPs are Nigerian returnees who fled across the borders to Cameroon, Chad and Niger and have returned to their areas of origin (Uchenna & Bahago 2021 }.

In Abuja the focal area of this paper, there are twenty IDP camps Nwabughio, (2015:3). The IDPs in Abuja are predominantly those who were displaced from the north-east as a result of insurgency. According to the spokesman for one of the IDPs camp, there are over 12, 000 IDPs in Abuja. Some newspapers (Aljazeera, 26<sup>th</sup> March 2018; Punch, 25<sup>th</sup> August, 2019) have reported on the conditions of the IDPs in the mentioned camps in Abuja. According to News Agency of Nigeria (NAN) correspondent, the IDPs are facing a lot of challenges and are insisting on going home to face insurgency and die honorably in their ancestral homes. The IDPs in these camps feel neglected, experience discrimination as much is not said about them on national and international news, rather more focus is on the IDPs in the north-east. Many of these IDPs in Abuja do not work to earn a living rather depend on the handouts by their philanthropists. The correspondent observed that they live in shanties and lack basic amenities. There are no toilet facilities which make them to defecate in the open at the detriment of their health and sense of decorum. One of the IDPs who was interviewed, decried the deplorable state of their living conditions and opted to go back to their original community amidst the conflict.

The United Nations Guiding Principles according to Oladeji (2015:44), described IDPs as “persons or groups 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 conflict, situations of generalized violence, violations of human rights or natural or human made disasters, and who have not crossed internationally recognized state border”. This definition explained a situation of the IDPs being forced to leave their original habitat as a result of threatening situations but the IDP camps nowadays in Nigeria pose personal security and economic threats to the individuals. The situation of living in the camps has inundating aversive effect as it takes its toll on the affected persons living in IDP camps in Nigeria. Given the overwhelming situation, one wonders the gap between theories and practices of laws, acts and policies in Nigeria as a country.

The Universal Declaration of Human Rights (UDHR) of 10<sup>th</sup> December 1948, as well, enshrined in the 1999 constitution of the Federal Republic of Nigeria chapter IV (pp,31-40) outlined basic human rights requirements for every human being irrespective of who you are, where you live and what you do. “Human rights are rights which cannot be given by man to man but are earned by man for being human because they (rights) are necessary for his continuous happy existence through intra and inter- personal relationships” (kaluge, 2013: 4). UN (2015 pp,1-72) as illustrated by Yacine Ait Kaci (YAK), outlined the UDHR articles. Most of the articles are not realizable as far as the IDPs are concerned in Nigeria today. For instance, Article 25 (pp,62) gave everyone equal right to a standard of living which is adequate for health and wellbeing of an individual and family, the basic needs of food, clothing, housing and medical care are included (Egede, 2007); (Mohammed et al, 2016). Reversely, Emmanuela (2015) reported that the IDPs are characterised by poor sanitation conditions, sicknesses and diseases. Irrespective of the UDHR, the IDPs are living in agony; peoples' privacies are invaded, family ties are reaped off, homes are broken and erased down, people are attacked in all ramifications and deprived of their

cultures, social and economic values. Advertdently, the IDPs are languishing in their different Camps, the expected standard of living as stipulated in the human right declaration is an unfulfilled dream for them explaining gross violation of human rights. This is an indication that the IDPs are vulnerable and require more organized humanitarian needs or aids.

### **The Concept of Humanitarian Needs**

Humanitarian needs refer to the provision of assistance to those affected by disaster, based on an initial rapid assessment of needs and designed to contribute effectively to their recovery (Humanitarian Coalition, 2019:1). Humanitarian needs are meant to be provided to people who are less able to provide for their needs. Such needs should be identified through a need assessment report. The Humanitarian Coalition (2019:1-2) categorizes the human needs provision into four namely; Food, Shelter, (shelter includes security, accommodation, personal safety), Non-food items (clothing, blankets, kitchen wares, shoes), and water, sanitation and hygiene. The protracted displacement in Nigeria, has left many especially the IDP in dearth resources. As a result of the situation, the internally displaced persons have depended on humanitarian assistance for their survival. OCHA (2020:4) posited that an estimated 7.9 million people in the northern part of Nigeria depend on Humanitarian assistance for their survival especially in Borno State the epicenter of the crisis. In 2016 and 2017 it was noted that through the humanitarian community assistance, a lot of lives were saved which helped to stabilize living conditions of the IDPs. The issue of the persistent displacement has changed the Scenario. New displacements continued due to continuous attacks and insecurity. Other local agencies, non-governmental organizations and faith-based organization are also finding it difficult to reach all the IDPs because of their outrageous numbers. Ojo (2017:4) noted some of the challenges of the IDPs as food shortage, poor sanitation, inadequate health care services, lack of security and prevalence of rape. OCHA (2020:6) also pointed out that the IDPs are lacking adequate shelter, food and health services, and they face the risk of abuse of their human rights. In their own review, Owoaje et al (2016:2) observed that the health care services of the IDPs are poor and as a result they suffer from different diseases and illnesses. IDMC (2019:18) and ICRC (2019:12) in the global report asserted that the IDPs have no access to livelihood, education and health care. To this effect, the agencies have posited that the government of displacement affected regions should promote and protect the human rights and fundamental freedoms of persons in their jurisdiction. Government should also take measures to prevent commission of offences of insurgency which is the prevalent source of displacement.

Another major humanitarian need that seem not to be taken seriously by most reports for whatever reasons, is the need for protection of the mental health of the traumatized victims of insurgency in these IDP Camps, and the need for adequate counselling/psychological services be provided by government and non-governmental agencies for these displaced persons -which is the focus of this research. A personal visit by the researchers for reason of genuine facts findings of the situation on ground revealed that there is no single counselling/psychological services being given to whole lots of traumatized victims of insurgency in the IDPS camp visited. Many of these IDPs victims of insurgency are terribly traumatized. Many of them have sleepless nights continuously due to their traumatic experiences. Some of these IDPs saw how or watched how their wives and daughters were raped and taken away, how their husbands and sons were taken away by force and some killed in their presence, how their houses were completely burnt down in the watch of their eyes etc. Many of them even with food and shelter are traumatized and are not able to eat conveniently, they need good adequate Counselling/psychological help. They need the provision of counselling services or counselling interventions to have a balanced health of mind and body . As a professional counselling Psychologist, such a sad experience motivated this research. Thus, this study seeks to assess the availability and accessibility of humanitarian needs of the IDPs with specific focus on the need for adequate available Counselling/psychological services in IDPs camps located in FCT Abuja, and to determine their psychological and traumatic feelings and coping measures as to plan a counselling framework suitable to cushioning the effect of their sufferings.

### **Counselling/psychological services framework suitable for the IDPs**

It is worrisome to note that most of the reports flying on the media concerning the needs of the IDPs in Nigeria in particular, little to nothing is said about the psychological health of the victims of insurgency. The mental

health of those who find themselves in the IDPs Camps as victims of violence and natural disasters must be adequately protected this is because every victim of insurgency, violence or natural disaster immediately needs adequate psychological help to ensure a balanced mental health for such a human person to function well. People who have been internally displaced as a result of violence have one of the highest risk for mental illnesses such as depression, anxiety, post-traumatic stress disorder, depersonalization, derealization etc. Stabilization of these victims should not only focus on building “bricks and mortars” but also focus on mending the “hearts and minds” of these individuals (Melvillehealthcareservices.com/internally-displaced-persons-mental-health.html). This aspect of mending the hearts and minds of the IDPs in their camps in Nigeria especially the FCT IDPs which is a necessity in the camps, is lacking. Hence, the proposed framework for IDPs mental health needs protection through available and accessible Counselling/psychological services for the IDPs.

### **Need for formal counselling**

Majority of the IDPs claimed that they have no access to formal counselling although they acknowledged that a lot of concerned persons/NGOs come to the camp to offer them one assistance or the other. In fact, many of them affirm that the help they receive from time to time varies but often do not last. In their opinion, people come to the camp on weekly basis but not the same people or group of people return the next time. In this context, many of them reported that they have not experienced formal counselling, and some of their narrative voices represent this lack. Many of these IDPs expressed their deep need of experts who could help them share their frustrations, anxieties and fears and help them on better ways to cope with such traumatic experiences. According to Mallum (2000), counseling is that process which takes place in a one- to- one relationship between an individual troubled by problems with which he cannot cope alone, and a professional worker whose training and experiences have qualified him to help others reach solution to various types of personal difficulties. Idowu, (1986) described counselling as the process, by which a person with problems is helped by a professional counsellor to voluntarily change his behaviour, clarify his attitude, ideas and goals so that his problems may be solved. Bulus (1990) defined counseling as a person- to- person relationship in which one person helps another to resolve an area of conflict that has not been hitherto resolved. Counseling is one to one interaction between professionally trained counselor and a client bothering with series of social adjustment problems with the aim of helping the client out of his/her problems. It is also the process of creating strong relationship with client that will empower them to obtain mental health and to fulfill their goals. Counselling interventions have been defined by most professionals as a unique interrelationship between a client and a counsellor, which aims to create a change and a growth in three main areas: Personal development, social adjustment, and professional development. During the counselling process, the counsellor/psychologist has the responsibility to contribute to the process of change, concerning to his or her client’s personal development (Bordin, 1968). According to Basoglu (2006), These interventions can be delivered to individuals, families or groups and in either clinical or non-clinical/community settings. The intervention can either be focused on previous potentially traumatic events and be comprehensive in design, concurrently addressing a number of issues in the client’s environment and social networks as well as past experiences (Basoglu 2006). The choice of potential interventions can therefore be limitless and so developing a coherent evidence-base is crucial to ensure that those interventions that are effective can be replicated and those that are not effective, discontinued (Nickerson, Bryant , Silove & Steel, 2011).

### **Need for resilience counselling**

Some of the IDPs expressed their wish if they could have access to counselling centers or schools where they are taught how to deal with their pains and anxieties. Majority of the victims are traumatized and as a result, their hearts are sometimes heavy and sad, and they have no one else to seek help on how to cope themselves. Accordingly, what the concept of resilience is trying to address is the effective coping strategy that ought to be addressed in order to help the IDPs better manage their experiences. This is based on the IDPs’ experiences of

lack of formal counselling in reality in their camps, they wished they could have those who know how to help them build up their strengths and power in fighting traumatic life experiences and make meaningful life. In this context, these IDPs need the help of trained counselors and psychologists to handle their pains, fears and anxieties as indicated on formal counselling with adequate counselling skills on resilience.

### **Need for psycho-education counselling**

Listening to the stories, experiences and anxieties of the IDPs, it is obvious that they need some kind of psycho-education counselling, which should encompass assisting them with all round education, which certainly feature educational, socio-emotional, economic, and religious counselling among many others. Hence, the best way forward, is to make available to these IDPs accessible psychological/ counselling services that address all the possible mental health needs and services they stand in need of. As such, this paper proposes that the following forms of counselling/psychological interventions be made available to the IDPs not only in Kuchingoro but across Nigeria, which could be extended across the globe whenever the need arises.

**Socio-emotional:** this ought to address all counselling services that would enable the IDPs grapple with their emotions in terms of managing their feelings of pain, fears, anxieties, stress and others. In addition, aspects of helping the IDPs manage prejudices that arise from social construction of 'who they are' and 'who they are becoming' ought to be tailored in and handled. Hence, all aspects of their socio-emotional life need to be addressed including basic hygiene etc.

**Educational:** this ought to address both formal and informal counselling. Formal counselling of providing specialized services sustained by professionally trained personnel. However, given the poor and irresponsible governance in Nigeria, it should be advocated that such provision of counselling be primarily volunteered by trained counsellors and psychologists as the government might not take the responsibility of financing such an important humanitarian need for the IDPs. Also, faith-based organizations and NGOs should be sensitized to do more in terms of sponsoring and providing financial aid to sustain such venture whenever they can.

Other forms of psychology education that is needed surfaces in area of religion and economic empowerment including human rights and responsibilities that go with it. The IDPs need to be made to know and understand how religion can be engaged to alleviate pain and source for meaning in every difficult situation of life.

In addition, economic empowerment is another aspect that is equally needed. They need to be helped to source any form of meaningful economic engagement that would help them place food on their tables as well as cater for their other needs in order to reduce dependency syndrome of waiting for Philanthropists. In similar ways, they would be helped to embrace how to stand up for their rights etc. Counselling methods to help the IDPs by trained counsellors could include Individual therapy, Group therapy, Diagnosis and treatment of mental illness, Family Counselling etc. Based on the fact that the IDPs are longing to have persons who know how to deal with issues of pain, fear and anxiety to come and help them, it could be argued that they are calling for professional counselling and psychological assistance in order to help them manage their traumatic experiences and all its associated syndromes. Thus, Nigerian counsellors and psychologist including the different helping professionals, ought to respond to this need. This calls for voluntary services as the IDPs may not be able to foot the bills, neither is the Nigerian government ready in the nearest future to sponsor such ventures, at least not any time soon. Adequate counselling services will also help to a great extent in the prevention of increase problems of sexual violence, alcohol and substance abuse and post- traumatic stress disorders(PTSD) among others that are prevalent in most IDP Camps in Nigeria.

### **Objectives of the Study**

Five objectives guided this research:

1. To assess the availability and accessibility of psychosocial needs provided the IDPs in Abuja Camps.
2. To assess the availability and accessibility of physical needs of the IDPs in Abuja camps.

3. To assess the availability and accessibility of available Counselling/psychological services through corresponding counselling interventions to the IDPs in Abuja camps.
4. To find out the level of trauma feelings of those traumatized and how they cope.
5. To find out how the traumatized are coping with traumatic feelings or experiences among the IDPs in Abuja Camps.

## Research Questions

Five research questions guided this study:

1. What is the level of availability of psychosocial needs provided for the IDPs in Abuja Camps?
2. What is the level of the availability of physical needs provided for the IDPs in Abuja Camps?
3. What is the level of available Counselling/ psychological services through corresponding counselling interventions to the IDPs in Abuja Camps?
4. What is the level of trauma feelings of those traumatized and coping measures in Abuja Camps?
5. How are the traumatized coping with traumatic feelings or experiences among the IDPs in Abuja Camps?

## Methodology

The research design employed for this study was the descriptive survey research design. A survey was administered to a sample to describe the opinions and feelings of the characteristics of the IDPs in Abuja camps. A sample of 520 respondents from four camps was selected from a population of 10,000 IDPs in the four camps in Abuja, Nigeria. A simple random technique was adopted in the selection of the four IDP camps for the study. The respondents in the camps were selected through a purposive sample to include the adolescents, adults and the two gender (male and female). In each camp, a total of 130 IDPs were selected giving a total of 520 respondents for the study. A 35-item researcher-constructed questionnaire was administered on the respondents after soliciting due permission from each chairman of the IDPs. The face and the content validity of the questionnaire were obtained and the reliability was also ascertained at a PPMC coefficient of 0.82 after a pilot test. The questionnaire comprised of two sections. Section A sought information on the personal details of the respondents while the section B elicited responses on their levels of psychosocial needs and physical needs provision, their trauma feelings or experiences and coping measures, and adequate provision of Counselling/Psychological services through counselling interventions. The collected data was analyzed using frequency counts and percentages.

## Results and Discussions

The five research questions earlier raised in the study were answered descriptively.

Research Question 1: What is the level of availability of psychosocial needs provided for the IDPs in Abuja Camps?

**Table 1: Percentage analysis showing level of availability of psychosocial needs provided for the IDPs in Abuja Camps**

S/N	Psychosocial Needs	Responses			
		Yes		No	
		F	%	F	%
1	Lack of support for me and my family	511	98.0	09	2.0
2	No opportunity to make decision for my welfare	520	100.0	0	0.0
3	Lack of information on the happenings in the camp	489	94.0	31	6.0
4	Lack of due respect and space	513	99.0	07	1.0
5	I have been sexually abused	401	77.1	119	22.9
6	I am separated from my family members	186	35.8	334	64.2
7	I don't have freedom of movement	520	100.0	0	0.0
8	Security agents are not friendly	503	96.7	17	3.3

From table 1 above, item 1 revealed that 98.0% of the respondents agreed that there is lack of support for them and their family while 2.0% of them said no. Item 2 revealed that all (100%) of the respondents agreed that there is no opportunity to make decision for their welfare. Item 3 showed that 94.0% of the respondents agreed that they lack information on the happenings in the camp while 6.0% of them said no. Item 4 showed that 99.0% of the respondents agreed that there is lack of due respect and space while 1.0% of them said no. Item 5 showed that 77.1% of the respondents agreed that they have been sexually abused while 22.9% of them said no. Item 6 showed that 35.8% of the respondents agreed that they are separated from their family members while 64.2% of them said no. Item 7 showed that all (100.0%) the respondents said that they do not have freedom of movement. Item 8 showed that 96.7% of the respondents agreed that the security agents are not friendly while 3.3% of them disagreed. Therefore, the level of availability of psychosocial needs provided for the IDPs in Abuja Camps is very low.



Research Question 2: What is the level of the availability of physical needs provided for the IDPs in Abuja Camps?

**Table 2: Percentage analysis showing level of availability of physical needs provided for the IDPs in Abuja Camps**

S/N	Physical Needs	Responses			
		Yes		No	
		F	%	F	%
9	Inadequate food supply	520	100.0	0	0.0
10	I don't have access to clean water	520	100	0	0.0
11	I have been physically abused	471	90.6	49	9.4
12	I don't have access to good toilet	520	100.0	0	0.0
13	I lost my valuable personal belongings	383	73.7	137	26.3
14	I don't have job	495	95.2	25	4.8
15	I don't have access to education	513	98.7	07	1.3
16	I lack adequate clothes, toiletries, shoes	517	99.4	03	0.6
17	I and my children are not protected	519	99.8	1	0.2
18	I don't have shelter	520	100.0	0	0.0
19	Shortage of sanitation and hygiene	489	94.0	31	6.0
20	No access to health care when ill	519	99.8	1	0.2

From table 2 above, item 9 revealed that all (100.0%) the respondents agreed that there is inadequate food supply. Item 10 revealed that all (100%) the respondents said that they do not have access to clean water. Item 11 showed that 90.6% of the respondents said that they have been abused physically while 9.4% of them said no. Item 12 showed that all (100%) the respondents said that they do not have access to good toilet. Item 13 showed that 73.7% of the respondents agreed that they have lost valuable personal belongings while 26.3% of them said no. Item 14 showed that 95.2% of the respondents agreed that they do not have job while 4.8% of them disagreed. Item 15 showed that 98.7% of the respondents agreed that they do not have access to education while 1.3% of them disagreed. Item 16 showed that 99.4% of the respondents agreed that lack adequate clothes, toiletries, shoes while 0.6% of them disagreed. Item 17 showed that 99.8% of the agreed they and their children are not protected that while 0.2% of them disagreed. Item 18 showed that all (100.0%) the respondents agreed that they do not have shelter. Item 19 showed that 94.0% of the respondents said that there is shortage of sanitation and hygiene

while 6.0% of them disagreed. Item 20 showed that 99.8% of the respondents said that they do not have access to health care when ill while 0.2% of them disagreed. Therefore, the level of availability of physical needs provided for the IDPs in Abuja Camps is very low.

Research Question 3: What is the level of available Counselling/ psychological services through corresponding counselling interventions to the IDPs in Abuja Camps?

**Table 3: Percentage analysis showing level of availability of Counselling/psychological services through corresponding counselling interventions to the IDPs in Abuja Camps**

S/N	Psychological or Mental Health Needs	Responses			
		Yes		No	
		F	%	F	%
21	I do not have access to formal counselling here at the IDPs camp	520	100.0	0	0.0
22	I do not have access to a professional for psychological help of my traumatic problems	520	100.0	0	0.0
23	Different people do come on different days to talk to us and encourage us but without much experience	487	93.7	33	6.3
24	I need the help of a trained counsellor or psychologist to help me better	520	100.0	0	0.0
25	There is no any employed trained mental health personnel by government here in the camp	520	100.0	0	0.0

From table 3 above, item 21 revealed that all (100.0%) of the respondents agreed that they do not have access to formal counselling here at the IDPs camp. Item 22 revealed that all (100%) the respondents said that they do not have access to a professional for psychological help of their traumatic problems. Item 23 showed that 93.7% of the respondents agreed that different people do come on different days to talk to them and encourage them but without much experience while 6.3% of them said no. Item 24 showed that all (100.0%) of the respondents agreed that they need the help of a trained counsellor or psychologist to help them better. Item 25 showed that all (100.0%) of the respondents agreed that there is no any employed trained mental health personnel by government here in the camp. Therefore, the level of availability of Counselling/ psychological services through corresponding counselling interventions to the IDPs in Abuja Camps is very low.

Research Question 4: What is the level of traumatic feelings of those traumatized in Abuja Camps?

**Table 4: Percentage analysis showing level of traumatic feelings of those traumatized in Abuja Camps**

S/N	Traumatic Feelings	Responses			
		Yes		No	
		F	%	F	%
26	I feel bad about life	520	100.0	0	0.0
27	I feel worthless	487	93.7	33	6.3
28	I feel uncertain about future	510	98.1	10	1.9
29	I feel sad always	520	100.0	0	0.0

From table 4 above, item 26 revealed that all (100.0%) the respondents agreed that they feel bad about life. Item 27 showed that 93.7% of the respondents said that they feel worthless while 6.3% of them said no. Item 28 showed that 98.1% of the respondents said that they feel uncertain about their future while 1.9% of them disagreed. Item 29 showed that all (100.0%) of the respondents agreed that they feel sad always. Therefore, the level of traumatic feelings of those traumatized in Abuja Camps is very high.

Research Question 5: How are the traumatized coping with traumatic feelings or experiences among the IDPs in Abuja Camps?

**Table 5: Percentage analysis showing measures by which the traumatized are coping with traumatic feelings or experiences among the IDPs in Abuja Camps**

S/N	Trauma Coping Measures	Responses			
		Yes		No	
		F	%	F	%
30	I pray to God	322	61.9	198	38.1
31	I engage in income generating ventures	13	2.5	507	97.5
32	I endure my situation	19	3.7	501	96.3
33	I engage in vocational training	0	0.0	520	100.0
34	People come to talk to us	57	10.9	463	89.1
35	No coping measure	109	21.0	411	79.0

From table 5 above, item 30 revealed that 61.9% of the respondents agreed that they pray to God while 38.1% of them said no. Item 31 showed that 2.5% of the respondents agreed that they engage in income generating ventures while 97.5% of them disagreed. Item 32 showed that 3.7% of the respondents agreed that they endure their

situation while 96.3% of them disagreed. Item 33 showed that all (100.0%) the respondents disagreed with engaging in vocational training. Item 34 showed that 10.9% of the respondents agreed that people come to talk to them while 89.1% of them disagreed. Item 35 showed that 21.0% of the respondents agreed that there is no coping measure while 79.0% of them disagreed. Therefore, the measures for coping with traumatic feelings or experiences among the IDPs in Abuja Camps are very low as there are no trained counsellors and psychologists available to help them cope better.

## Conclusion

The basic stipulations of human rights are violated resulting to deprivation of basic amenities to the internally displaced persons. Their humanitarian needs are not met. They don't have access to livelihood, education and health care. Economic, social and cultural rights which are basic for human dignity and personality development have eluded them. They spend years in shanty locations called camps, no roof over their heads except for sack bags improvisation. They suffer from numerous diseases because of neglect of health care issues. The few humanitarian aids that available are not distributed equally, besides their overcrowded nature is another case for concern. It is based on these that the Human Rights Writers Association of Nigeria (HURIWA) according to their National director-Onwubiko E. and their Media affairs director Yusuf Zainab posited that the negligence suffered by the IDPs is the worst case of human rights violation that exist in Nigeria and has not received the supposed attention (Sahara Reporters, Sept. 24, 2018:2-3). The situation is really deplorable but all hopes are not lost. Adequate counselling intervention could provide succor and ameliorate the intensity of the problems

## Recommendation

Based on the findings, the following recommendations are made.

1. The International, local and non-governmental organizations should come to the assistance of the IDPs in Abuja who are predominantly Christians. Most of the camps are neglected, they are not even captured online probably because more emphases are placed on the IDPs in the North-east.
2. Nigerian government should channel adequate resources towards the identification of the source and eradication of Boko haram armed conflicts which is the major cause of displacement.
3. Both state and federal government should employ enough counsellors, at a ratio of 1: 110 (counsellor/IDPs) to provide individual/group counselling, vocational guidance, problem solving skills and outreach counselling.
4. The counsellors should also do a proper need assessment for the IDPs and make recommendations to the government as well as the stakeholders who provide their need.
5. All the humanitarian needs provider should work in collaboration with trained guidance counsellors in Nigeria to ensure that the IDP camps are identified and aids share appropriately.

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