

EVALUATING THE SECURITY IMPACT OF INSURGENCY ON RESETTLED PEOPLE IN ADAMAWA: CASE STUDY OF ADAMAWA-NORTH SENATORIAL DISTRICT (2017-2023)

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Abstract

The paper evaluates the security impact of insurgency on resettled people in Adamawa: case study Adamawa-North Senatorial District from 2017-2023. Nigeria faces significant internal security threats due to domestic terrorism, severely impacting the nation's stability and well-being. The Boko Haram insurgency has particularly affected the Adamawa North Senatorial District leading to widespread displacement since 2014. In Adamawa North, displacement leads to various psychological, social, and security issues, including the loss of family, friends, jobs, security etc. The objectives of the research work are to investigate the psychological impact of insurgency on the resettled population in Adamawa North Senatorial District, evaluate the social consequences of insurgency on the resettled population in Adamawa North Senatorial District and propose intervention strategies for IDP camp returnees in Adamawa North Senatorial District. A critical review of related literature was made and conflict theory was adopted as the theoretical framework. The paper used both primary and secondary data. The methodology used is survey research method, 383 respondents were selected among the IDP camp returnees using taro Yamane sampling techniques in Adamawa North Senatorial District. The data obtained were analyzed using descriptive statistics of mean and standard deviation. The study discovered that there is family break up due insurgency in Adamawa North Senatorial District, IDP camp returnees in Adamawa North Senatorial District leave in constant fear, anxiety, depression and frequent night mare, finally, women and children are been expose to rape and sexual abuse in Adamawa North Senatorial District. The study recommends psychological support services, social integration programs, security enhancement measures, education and skills development and improved infrastructure and basic services

Keywords: Psychological, Social, Security, Insurgency, Internally Displaced Persons (IDPs)

Introduction

One of the most significant and distressing issues of our era is internal displacement, which affects approximately 25 million individuals worldwide. The United Nations High Commissioner for Refugees reports that each year, tens of thousands are displaced due to global violence ([UNHCR], 2013). By the end of 2016, the International Displacement Monitoring Centre (IDMC) documented 40.3 million people internally displaced due to conflict and violence (IDMC, 2017). Within African nations, 15,000 people were displaced daily, totalling 12.6 million by the end of 2016. About 37 of Africa's 55 countries were impacted, contributing to 40% of the world's conflict-related displacement (IDMC, 2016).

In Nigeria, around 501,000 new displacements occurred primarily due to the Boko Haram insurgency, representing 24% of the global conflict-related displacements. Boko Haram's rise in northeastern Nigeria has caused significant displacement, with the country having the largest internally displaced population in Africa, over four million people (Global Overview, 2014). The Boko Haram insurgency accounts for 91.98% of Nigeria's internally displaced persons (IDPs), surpassing intercommunal violence

at 7.95% and natural disasters at 0.06% (Edward and Yenda, 2016). In 2015, Boko Haram-related IDPs made up 79% of Nigeria's displaced population (Edward and Yenda, 2016).

The increased violence from Boko Haram has led to mass displacement in Nigeria's northeast, affecting over 15 million people and displacing nearly 2 million to Chad, Cameroon, and Niger (United Nations High Commissioner for Refugees, 2014). The psychological, social, and security impacts on IDPs are complex and varied, with different studies offering diverse findings (Kira et al., 2008; Eshun & Gurung 2019; Tempany, 2009). The term "psychosocial" refers to the interplay between an individual's mental state and their social environment, including cultural, traditional, spiritual, familial, community, and life responsibilities such as education and employment (Tiffen, 2009).

When IDPs return to their homes, they often lose the support previously provided by governmental and non-governmental organizations, facing new challenges. Many have lost personal belongings and loved ones due to the insurgency. They must rebuild their lives, as their previous socio-economic activities may have been destroyed, leading to

psychological, social, and security distress. This situation increases the risk of various insecurities and post-traumatic stress disorder within society. This research aims to assess the psychological, social, and security impact of insurgency on the resettled population in Adamawa North Senatorial District.

Statement of the Problem

Nigeria faces significant internal security threats due to domestic terrorism, severely impacting the nation's stability and well-being. The Boko Haram insurgency has particularly affected the Adamawa North Senatorial District, including Madagali, Michika, Mubi North, Mubi South, and Maiha, leading to widespread displacement since 2014 (Displacement Tracking Matrix, 2015). Boko Haram's violence has impacted over 15 million people and forced nearly 2 million to flee to neighbouring countries such as Cameroon, Chad, and Niger (UNHCR, 2014). The international community is increasingly aware of the challenges faced by internally displaced persons (IDPs) and is working to provide assistance.

In Adamawa North, displacement leads to various frustration, aggression, suicide, social, and security issues, including the loss of family, friends, jobs, security, and

rights like land and political participation (Ajiboye, Alanlabi, & Ajokpaniovo, 2014). Displaced individuals, primarily women and children, encounter significant threats to their physical well-being and restricted mobility, while men who resist the insurgents are often killed. These individuals are traumatized by the violence that forced them to flee and fear returning, especially if their homes are destroyed or inaccessible. Exposure to violence or disaster, separation from or loss of family and friends, deteriorated living conditions, inability to support oneself and one's family, and lack of access to basic necessities can lead to short- and long-term effects such as post-traumatic stress disorder, psychosomatic illness, depression, anxiety, and even violence.

Efforts by national and state governments to support IDPs are inconsistent, and limited access further hampers assistance from international agencies and Nigerian civil society. Those living in or near camps receive some aid, but it is insufficient to meet their basic needs, and they often endure overcrowded and unsanitary conditions. The most vulnerable IDPs include children, the elderly, and individuals with disabilities, who struggle to care for themselves in these environments.

Objectives of the Study

The general objective of the study is to assess the psychological, social, and security impact of insurgency on the resettled population in Adamawa North Senatorial District. The specific objectives are to:

- i. Investigate the psychological impact of insurgency on the resettled population in Adamawa North Senatorial District.
- ii. Evaluate the social consequences of insurgency on the resettled population in Adamawa North Senatorial District.
- iii. Propose intervention strategies for IDP camp returnees in Adamawa North Senatorial District.

Research Questions

The following research questions guided the study:

- i. What are the psychological impacts of insurgency on the resettled population in Adamawa North Senatorial District?
- ii. What are the social consequences of insurgency on the resettled population in Adamawa North Senatorial District?
- iii. What intervention strategies can be proposed for IDP camp returnees in Adamawa North Senatorial District?

Literature Review

Extensive scholarly research has established that prolonged or chronic

exposure to traumatic events associated with organized mass violence, such as war, social unrest, and insurgency, is correlated with elevated rates of mental disorders and psychological symptoms in affected individuals (Tempany, 2009). War refugees and internally displaced persons (IDPs) are particularly vulnerable to mental health issues due to the additional social and economic stressors resulting from displacement (Hosin, Moore & Gaitanou, 2006). Munzo (2009) highlights that Boko Haram attacks propagate fear, enforce subordination, and ideologically deprive individuals of their right to education. Brenda (2010) further notes that attacks on schools can cause teachers to abandon their positions or flee, while the psychosocial impact includes students' inability to learn and, in persistent attack situations, parents keeping children home from school, leading to severe developmental problems.

A study by Habu et al. (2017) examined the psychosocial effects of insurgency among IDPs in Wulari camp, Maiduguri. The research used a non-experimental descriptive design and simple random sampling to select 345 respondents, with data collected via questionnaires and analysed using SPSS. The findings revealed that 62.7% of respondents remained isolated

in the camp, 59.5% had lost a family member, and 85.5% believed insurgency caused poverty, with 73.1% unable to meet their food needs. Additionally, 57.7% strongly agreed that poverty is a significant factor in the insurgency. The study recommended assessing and improving IDPs' living conditions and addressing the root causes of insurgency.

Musa, Muhammad, and Sale (2021) investigated the psychological effects of insurgency in several affected communities within Yobe State, Nigeria. They recruited participants using a random-walk technique across five war-affected local governments, selecting three localities in each, and three streets within each locality. They assessed traumatic experiences using a modified Life Stressor Checklist. The study found a strong positive correlation between insurgency-related traumatic events and psychological stress. Over one-third (36.01%) of respondents met the criteria for PTSD, and nearly half (47.90%) for depression. Although men were more exposed to trauma events, women exhibited higher symptoms of psychological stress. The study provided compelling evidence of mental health distress among Yobe State's affected population.

Porter and Haslan (2005) and Tempany (2009) reported a higher

prevalence of psychiatric disorders, including PTSD, depression, and anxiety, in communities affected by war or insurgency. Hosin et al. (2006) noted increased occurrences of multiple somatic complaints, psychotic symptoms, and other forms of mental distress, either alongside or independent of post-traumatic stress.

These studies underscore the profound psychological and social impact of insurgency on Nigerian communities, highlighting the urgent need for comprehensive interventions to address mental health distress and mitigate the adverse effects of prolonged exposure to traumatic events. Transitioning to post-insurgency life or returning from IDP camps can be facilitated by providing economic support until individuals can reintegrate into normal society. Reuniting families after prolonged separation during insurgency poses significant challenges. Moving forward, it is crucial to address the psychological, social, and security challenges through interventions that improve IDPs' living conditions and tackle the root causes of insurgency. Long-term strategies should include providing mental health support services, addressing gender-specific mental health needs, and implementing community-based approaches to support recovery from

the psychological effects of insurgency. Additionally, longitudinal studies are needed to assess the long-term impact of insurgency on mental health and social well-being across different communities and regions, informing evidence-based interventions to promote mental health resilience and support recovery.

Theoretical Framework

Conflict theory provides the theoretical framework for this study. Developed by Karl Marx, conflict theory posits that society is in a constant state of conflict due to competition for scarce resources. According to this theory, societal order is maintained through dominance and power rather than consensus and conformity.

The core premise of conflict theory focuses on the unequal relationship between the wealthy and the lower classes, which inevitably leads to perpetual conflict. Those with financial power manipulate the government and the underprivileged. Marxists argue that "the state is itself a product of the irreconcilability of class antagonisms" (Folarin, 2015). Folarin (2015) explains that Marxism contends that capitalism underpins the state, creating an oppressive and polarizing system that divides society into two incompatible classes: the exploiters and the exploited.

This study argues that Boko Haram terrorism in the northeast of Nigeria stems from conflicts within the elite class, driven by divisions and conflicting interests. The elite manipulate social divisions, such as ethno-religious cleavages, to advance their economic and political agendas, exploiting the inherent deprivation and poverty among the peasant class. For instance, the elite mobilize members of the peasant class, such as the almajiri, as foot soldiers for terrorism to further their own interests.

Supporting this point, Egbue, Nwankwo, and Alichie (2015) observed that Mohammed Yusuf and the Boko Haram doctrine exploited the dissatisfaction of the peasant class in Northern Nigeria to fuel their campaign of terror. Additionally, Olarenwaju et al. (2017) emphasized that internal displacement—whether caused by armed conflict, natural disasters, or large-scale development projects—results from weak institutions, a fragile state, corruption, and mismanagement of public funds, exemplified by the unequal distribution of wealth and the political and economic marginalization of a significant portion of the population. Okpe, as cited in Adesote and Peters (2015), supports this claim by stating that the nation's persistent and intersecting patterns of inequality create "breeding grounds" for

conflicts, including the Boko Haram insurgency.

Methodology

Research Design

This study employs a survey design, selected for its effectiveness in studying groups of people by collecting information directly from them. This design outlines the procedures for data collection and analysis. The research focuses on surveying the psychological, social, and security impacts of insurgency on the resettled population in Adamawa North Senatorial District.

Sample and Sampling Technique

The study involved a sample of 383 respondents, selected from a total population of 9,354 returnees from IDP camps as reported by SEMA in 2023. Conducted in Adamawa North Senatorial District affected by the Boko Haram insurgency, the research focused on internally displaced individuals resettled in the LGAs of Michika, Madagali, Mubi North, Mubi South and Maiha. To achieve a 95% confidence level, the study employed a multistage sampling technique and utilized the Taro Yamane sample size formula to determine the appropriate sample size.

$$n = \frac{N}{1 + N(e)^2}$$

Where :

n= sample size required

N = number of people in the population

e = allowable error (%)

Substitute numbers in formula

$$n = \frac{9,354}{1 + 9,354 (0.05)^2}$$

$$n = \frac{9,354}{1 + 9,354 (0.0025)}$$

$$n = \frac{9,354}{1 + 23.4}$$

$$n = \frac{9,354}{24.4}$$

$$n = 383$$

Research Instrument

The study utilized a Psychosocial Effects Questionnaire (PEQ), which included 20 structured items adapted from Habu et al.'s (2017) psycho-social questionnaire. The PEQ was divided into 3 clusters, each containing 5 items, aimed at collecting data on the psychological effects, social effects, challenges, and intervention strategies related to the Boko Haram insurgency. A 5-point Likert scale was used for responses, ranging from Strongly Agree (SA): 5 to Strongly Disagree (SD): 1.

Validation of the Instrument

The PEQ underwent a thorough validation process conducted by experts from the Department of Political Science at Bayero University, Kano. These experts meticulously reviewed each item to ensure the study's intended outcomes were accurately measured. Necessary corrections and modifications were made with utmost care before finalizing the instrument.

Reliability of the Instrument

During the trial-testing phase, the PEQ was tested with a subset of 20 IDPs who had returned from the IDP camp in Maiha and were not included in the main sample. The data from this trial testing were analysed using Cronbach's Alpha formula to assess the instrument's internal consistency. The resulting reliability coefficient of 0.79 demonstrates that the PEQ is well-suited for the study (Babbie, Halley & Zaino, 2003; Creswell, 2012).

Administration of the Instrument

The researcher personally distributed the questionnaire across the five Local Government Areas of Maiha, Mubi North, Mubi South, Michika, and Madagali. A total

of 383 questionnaires were administered to the returning IDPs in the study.

Instrument of Data Collection

The study utilized a questionnaire as the primary data collection instrument. These questionnaires were distributed to the respondents, completed, and then collected for analysis.

Data Analysis

The data collected from participants were analysed using descriptive statistics, specifically mean and standard deviation. Research questions were evaluated based on a criterion mean of 3.50 and above, which indicated agreement, while items with a mean value of 3.49 and below were categorized as disagreement. The data analysis was conducted using the Statistical Package for Social Sciences (SPSS) version 20.

Results and Discussion

Research Question One: What are the psychological impacts of insurgency on the resettled population in Adamawa North Senatorial District?

Table 1: Summary of Mean and Standard Deviation of Psychological Effect of Insurgency on Re-settled population in Adamawa North Senatorial District.

S/No.	Items	n = 383	Mean	Std. Dev.	Remark
1	Break-up due to insurgency		4.09	1.03	Agreed
2	Anxiety/fear		3.69	1.16	Agreed
3	Depression		3.91	1.07	Agreed
4	Frequent nightmares		3.79	1.14	Agreed
5	Rape or sexual abuse		3.85	1.20	Agreed
	Grand Mean		3.82		Agreed

Source: Field Survey, 2024

The above shows the psychological impact of insurgency on those who returned from IDP camp. The analysis further reveals that majority of the respondents are in agreement with the above listed items from one to five, with mean values ranging from 3.69-4.09. Moreover, the grand mean of 3.82 confirms that the majority of respondents acknowledged the psychological repercussions of the Boko Haram insurgency experienced in Adamawa North Senatorial District on IDP camp returnees.

Therefore, the study indicates that a lot of family had break up due to insurgency were some married women and children are taken captive by the insurgent which led to break up. Anxiety and fears are constant among the returnees in Adamawa North Senatorial District.

Research Question Two: What are the social consequences of insurgency on the resettled population in Adamawa North Senatorial District?

Table 2: Summary of Mean and Standard Deviation of social consequences of insurgency on the resettled population in Adamawa North Senatorial District

S/No.	Items	n = 383	Mean	Std. Dev.	Remark
6	Lack basic amenities		4.18	1.09	Agreed
7	Loss of job		3.80	1.11	Agreed
8	Lack of proper healthcare service		3.72	1.22	Agreed
9	Poor access to quality education		3.76	1.18	Agreed
10	Poverty		3.83	1.19	Agreed
	Grand Mean		3.78		Agreed

Source: Field Survey, 2024

The data presented in Table 2 above reveals that there are social consequences of insurgency on the resettled population in Adamawa North Senatorial District. The result further shows that there is lack of basic amenities for the returnees due to destruction of such amenities by Boko Haram. The returnees lost their business as a result of the insurgent activities as reveal by the study as well as destruction of school and properties by Boko Haram insurgent in Adamawa North Senatorial District. The average mean of 3.78 indicates that a majority of respondents acknowledged experiencing social effects in their resettled communities in Adamawa

North Senatorial District due to insurgency.

Findings

The major findings of the study are:

1. There is family break up due insurgency in Adamawa North Senatorial District.
2. IDP camp returnees in Adamawa North Senatorial District leave in constant fear, anxiety, depression and frequent night mare.
3. Women and children are being expose to rape and sexual abuse in Adamawa North Senatorial District.

4. There is lack of basic amenities to IDP camp returnees in Adamawa North Senatorial District.
5. The study discovered that IDP camp returnees lost their job due to insurgency in Adamawa North Senatorial District.
6. There are high cases of suicide among resettled communities in Adamawa North Senatorial District.

Conclusion

The study revealed that IDP camp returnees in Adamawa North Senatorial District still experienced psychological, social and security impacts from the Boko Haram insurgency in their resettled local government. Additionally, they faced various problems that hindered their adaptation to their new environment. Despite these obstacles, participants in the study proposed valuable intervention strategies that could be implemented by government and non-governmental organizations to assist them in their resettlement process.

Recommendations

The study recommends thus:

1. Psychological Support Services: Implement comprehensive mental

health services to address trauma, PTSD, and other psychological effects among the resettled population. This should include counselling, therapy, and community support programs.

2. Social Integration Programs: Develop initiatives to promote social cohesion and integration within communities affected by insurgency. This could involve community events, cultural exchanges, and activities that foster unity and understanding among diverse groups.
3. Security Enhancement Measures: Strengthen security measures in resettled areas to ensure the safety and protection of residents. This may include increased police presence, community policing initiatives, and collaboration with security agencies to prevent future violence.
4. Education and Skills Development: Provide educational opportunities and skills training programs to empower resettled individuals, especially youth and women, to enhance their livelihoods and promote economic stability.
5. Infrastructure and Basic Services: Improve infrastructure and access to

basic services such as healthcare, clean water, and sanitation facilities in resettled communities to enhance living conditions and support sustainable development.

6. There should be establish community-based mental health programs that include counseling, support groups, and regular mental health assessments.

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