

Efficacy of Cognitive Restructuring Technique on Sexual- Assault among Women / Girls in Internally Displaced Persons Camps in Dambua Local Government Area, Borno State, Nigeria.

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Abstract

This paper investigated the Efficacy of Cognitive Restructuring Technique on Sexual-Assault among Women/Girls in, Internally Displaced Persons Camps Dambua Local Government Area of Borno State, Nigeria. The study employed quasi-experiment involving Pre-test and Post-test group Design for women and girls, in which selected participants were assigned to cognitive restructuring treatment. The Population of the study consisted of three hundred and twenty two (322) women/girls between the ages of twenty five (25) and above while girls between the age of nine to eighteen (9-18) years from Ngala Internally Displaced Persons Camp. Stratified sampling technique was used in selecting 1 Internally Displaced Persons Camp from five local governments most affected by insurgency out of 20 local governments' in Borno State. After observations were carried out Purposive sampling technique was used in selecting the participants. The sample includes 24, both women / girls identified with high incidence of sexual assaults from their camp, they were selected and used for the study. Two research questions and two hypotheses were formulated to guide the study and tested at 0.05 alpha level of significance. t-test statistic was used to test Efficacy of Cognitive Restructuring technique while the independent t test Statistic was used to test the difference in the mean scores of pre-test and post test group design of women / girls. Results from data analysis revealed that there is significant difference in cognitive restructuring technique on sexual assault among women / girls in internally displaced persons camps in Damboa local government area of Borno state. This paper recommended, among others that; government should provide SSS (Secret security service) and engage community leaders, including religious groups, to facilitate reintegration, rehabilitation of all women/ girls released from Boko Haram and provide psychosocial support as possible.

Introduction

Cognitive restructuring, in laymen term, is the process of learning to replace one's current negative thoughts with better and more beneficial thoughts. It is the process of learning a better way of speaking to one's self. Ryan & Eric (2005). Salman, Esere, Omotosho, Abdullahi, & Oniyangi (2011) define cognitive restructuring as a psychotherapeutic process of learning to identify and dispute irrational or maladaptive thoughts, such as all or nothing thinking (splitting), magical thinking and emotional reasoning, which are commonly associated with many mental health disorders. Similarly, Brain (2006) described cognitive restructuring as a means of changing a 38 perception from negative interpretation to a neutral or positive one. Cognitive restructuring theory asserts that humans are directly responsible for generating their own negative emotions. Aaron Beck and Albert Ellis, among others (Ellis, 1989), observed that Cognitive restructuring is sometimes used synonymously with reframing, re-appraisal, re-labeling and attitude adjustment.

Sexual- assault is a physical attack of a sexual nature on another person or a sexual act committed without explicit consent. Internally Displaced Persons (IDP) Camps as a group of people who as a result of situations of armed conflicts, mass violations of human rights, floods, earthquakes and other natural disasters, fleeing their homes for safety and protection within the country. Similarly displaced Persons: can be defined as a group of persons who are forced or obligated to flee or to leave their place of

residence, in order to stay off the consequences of armed conflict, violations of human rights, situations of generalized violence, man-made or natural disaster, to another area that is considered relatively safe within their national borders (as internally displaced persons) or travel across an international border (as refugees) (Ladan, 2006).

Due to Irregular supplies of food, clothing, medicine, and other essentials, along with restricted movement in the IDP camps—many girls and women fall under the victims of rape and sexual exploitation by camp officials, soldiers, police, members of civilian vigilante in Maiduguri, compounds the vulnerability of victims suffering, many of them widowed women and unaccompanied orphaned girls (Internally Displaced monitoring Centre 2016)

According to a Norwegian Refugee Council (2017) report that, “Displaced people face a number of hardships, including lack of access to water, healthcare, shelter, education and a basic income.

The victims had been displaced from several Borno towns and villages, including Magumeri Bama, Baga, Damasak, Dikwa, Konduga Ngala, Gwoza, Kukawa, and Walassa. In some cases, they had arrived in the under-served Maiduguri camps, where their movement is severely restricted after spending months in military screening camps. Insecurity as well as the other harm, attract, terror which could be considered as non- desirable behaviour, while Security is the condition of being protected physically, emotionally and psychologically . The Boko Haram insurgency has continued to pose a serious threat to the country' security system and corporate political entity (Zenn 2014). Ladan (2012), stated that the membership of Boko Haram sect cut across ethnic divide with greater member ship primarily drawn from the Kanuri ethnic group. Beginning as an in errant preachment in early 2000 at Maiduguri, Borno State, Mohammed Yusuf's radical ideology gained followers among disaffected young men who became susceptible to be recruits. The largest followers came from semi-illiterate, unemployed youths, who were forced to make a living between the twin divide of creativity and criminality. Since the outbreak of sectarian violence in 2009, the north-east, Borno and Yobe States in particular, has ceased to know civil normalcy. Intermittent suicide and car bombings have become part of their daily lives

Unfortunately, there is insecurity everywhere in Nigeria, thereby exposing the nation to continuous loss of human development. The increasing spread of nefarious activities of the Boko Haram sect in Nigeria and the destruction of lives and property is a serious issue that could not be dismissed with a wave of the hand. In the last few years, the security situation in the country has worsened. Bombing, killing, mass murder, abduction, kidnapping and other crimes against humanity are on the increase in Nigeria as a result of communal violence, natural disaster, internal armed conflicts, border conflicts, ethno-religious conflicts and terrorist attacks (Hassan, 2014)

Ajayi (2001) and Oluchuku (2000),. Mention a serious source of concern however lies with internal displacement of persons (IDPS) arising as a result of insurgents invasion of North East geo-political zone in Nigeria, the invasion of insurgent group in the region started in form of socio-political group. In the year 2011, it took a new dimension, when Boko Haram as terrorist group appeared in the world map. From 2011 till date , the activities of this insurgent group have inflicted serious injuries and hardship to the lives and properties of people in the area. Thousands of lives and properties have been destroyed while many people have been displaced from their permanent homes. Boko Haram attacks have undermined public safety across the country especially in the North East geo-political zone and scared it development. The attack includes daily killings, bombing, thefts and destruction of schools, home and businesses. Also, many villages were annexed and declared “sovereign state” of Boko Haram territory (Daily Trust, 2014). About 3.3 million internally displaced persons (IDPS) exist in Nigeria out of which

850,000 are from North East. This population approximately represent 10 percent and third of IDPS in the world behind Syria (6.5million) and Colombia (5.7 million), and highest population of conflict displaced persons in Africa (Premium Times, 2015). The increasing deadly attacks of the insurgents on various communities and the destruction of lives, properties, business and farm lands has forced many inhabitants' to flee their homes to nearby towns and villages.

Edem (2010) stated that insecurity is increasing globally in Nigeria and is a major problem in Third World countries in general and in particular Africa to which Nigeria belongs. "It is disgraceful and outrageous that people who should protect these women and girls are attacking and abusing them. More security agents in IDP Camps have behaviour problems.

Chukuma (2011). States that behaviour problems as a term that applies to any kind of behaviour that create difficulties.

According to **1Fatile, Olufemi, Bello, & Olaide** (2015), global experiences have shown that most displaced persons are vulnerable to threats to security and physical integrity, loss of contact with children and family members, inadequate and insecure shelter, discrimination in aids distribution, psycho-social stress, sexual and gender-based violence. The situation is the same in Nigeria, especially in the North East geo-political zone, where the emergence of Boko Haram insurgent has led to wanton destruction of lives and properties, displacement of people from their place of origin, sharp segregation of community and polarization of once generally mixed population in term of faith.

Behaviour problems arise as a result of the influence of friends, in some cases students adopt such in the company of their fellow mates or are forced to do so by the anti-social elements.

Insecurity is increasing globally in Nigeria with reference to (Chibok girls) and is a major problem in Third World countries. Insecurity is also rife in many parts of the country with people dying on a daily basis from factors which are political, economic and social, in nature. The alarming situation of temporary camps for the displaced persons in Nigeria is seen by majority as a manifestation of the various ills of mal-governance in the state.

Statement of the problem

The issue of displaced persons in recent time has been a global problem especially in the north east. The displacement across the globe is due to communal violence, natural disaster, ethno religious conflicts and terrorist attacks due to insecurity in the Country. A 17-year-old girl said that a year after she fled the frequent Boko Haram attacks in Dikwa, a town 56 miles west of Maiduguri, a policeman approached her for "friendship" in the camp, and then he raped her Boko Haram and the subsequent insurgency have dramatically changed the lives of thousands of women and girls, by exploitation, including sexual and gender-based violence that lead to so many vices in the State. **Some officials at internally displaced persons (IDPs) camps, vigilante groups, policemen, and soldiers have raped and sexually exploited women and girls displaced by Boko Haram,** "It is bad enough Many of those coerced into sex said they were abandoned after they became pregnant. Abide (2016), earlier have warned,. Aid workers members of the security forces in northeast that displaced women were being forced to exchange sex for basic necessities and other elements, for human needs.

According to human rights watch in Olukolajo (2014) The organization said four of the victims narrated how they were drugged and raped, while 37 said they were coerced into sex through false marriage promises and material and financial assistance. It said in July, it documented sexual abuse,

including rape and exploitation, of 43 women and girls living in seven IDP camps in Maiduguri, Borno state capital.. The victims had been displaced from several Borno towns and villages, including Abadam, Bama, Baga, Damasak, Dikwa, GamboruNgala, Gwoza, Kukawa, and Walassa. In some cases, they had arrived in the under-served Maiduguri camps, where their movement is severely restricted after spending months in military screening camps. In some cases, men used their positions of authority and gifts of desperately needed food or other items to have sex with women. A woman in a Dalori camp said residents get only one meal a day. She said she accepted the advances of a soldier who proposed marriage because she needed help in feeding her four children. He disappeared five months later when she told him she was pregnant.

Women in the North East suffer from abuse that add to the burdens of stifling patriarchy.-despite the military campaign against Boko Haram, the jihadist insurgency that has destabilized Nigeria's North East since 2010. Boko Haram or similar groups remain a long-term regional threat Boko Haram insurgency in Nigeria has led to the displacement of huge human population in the affected states

Mausi Segun, senior Nigeria researcher at Human Rights Watch, said in a statement. that "It is disgraceful and outrageous that people who should protect these women and girls are attacking and abusing them." thus, It is bad enough that these women and girls are not getting much-needed support for the horrific trauma they suffered at the hands of Boko Haram, Therefore the study sought to determine the Efficacy of cognitive restructuring on sexual- assault among adolescents in internally displaced persons in ingilari, camps of Dambua local government area of Borno State, Nigeria.

The Objectives of the study

The following objectives were raised for the Study :

To find out the efficacy of cognitive restructuring technique on sexual- assault among women /girls in ingilari, internally displaced persons camp of dambua local government area of Borno State , Nigeria

2. To determine the difference between women and girls in the effect of cognitive restructuring technique on sexual- assault in ingilari, internally displaced persons camp of Dambua local government area of Borno State , Nigeria?

Research Questions

1. What is the efficacy of cognitive restructuring technique on sexual- assault among women /girls in ingilari, internally displaced persons camp of dambua local government area of Borno State , Nigeria?

2. What is the difference between women and girls in the effect of cognitive restructuring technique on sexual- assault in ingilari, internally displaced persons camp of Dambua local government area of Borno State , Nigeria?

Research Hypotheses

Ho1. There is no significant effect of cognitive restructuring technique on sexual- assault among women and girls in ingilari, internally displaced persons camp, Dambua local government area of Borno State, Nigeria

Ho₂. There is no significant difference between women and girls in the efficacy of cognitive restructuring technique in ingilari, internally displaced persons camp, Dambua local government area of Borno State, Nigeria

Methodology

The researcher used quasi-experimental of pre-test and post-test design for the study. The procedure of pre-test and post-test group is diagrammatically represented below;

Pre-Test	Treatment	Post-Test
O ₁	X	O ₂

Population of the Study

The population of the study was made up of one hundred and eighty five (185) participant from ingilari, internally displaced persons camp, Dambua local government area in Borno State Maiduguri.

Sample and sampling Technique

The sample was made up of twenty four (24) mostly affected both women and girls, therefore women from twenty five (25) years and above while girls between the age of nine to eighteen (9-18) years from ingilari, internally displaced persons camp, Dambua local government area of Borno State.

Instrumentation

The instrument tagged was sexual assault scale adapted from Association of American University (AAU) ,report on climate survey on sexual assault and sexual misconduct.(2016). Therefore verbal interview and Questionnaire were used for the participants in ingilari (IDP) camps that were seriously affected and conquered by insurgency, the questioner design consist of 15 items, title (CORTSA) Efficacy of cognitive restructuring technique on sexual- assault, were administered to 24 participant both women and girls.

Validity and Reliability of the Instrument

The instrument was validated by expert in the field from the department of psychology and counseling faculty of Education Ahmadu University Zaria . The reliability was obtained at 0. 82 level of significance which is reliable for the study. simple frequency and percentage (Yes or No) with a mean and standard deviation were used for comparison and t- test statistic was used for significance difference between 2 variables efficacy of cognitive restructuring and sexual- assault among women and girls for data analyses, the data resulting from the exercise were summarized and analyzed in line with the research questions and hypotheses.

Treatment

The basic premise of cognitive restructuring is that people can learn new behaviours to use in response to stimuli and the thought processes that serve as an intermediate step between the stimuli and the behaviour can be altered thereby influencing people who fall into traumatic condition as a result of sexual assault in IDP Camps. Cognitive restructuring technique were used in training the participants. The treatment group will receive conventional behaviour management while in the camps.

Pre- Treatment; before the commencement of the training, the researchers take time to familiarize themselves with the participants for competency and to have interest on treatment on the problems they encounter in the Camps. It is believed that this may help the researchers in determining how best to motivates the participants to overcome their difficulties and to acquired new knowledge and skills for better life. Immediately after the questionnaire will be administered to them.

Treatment phases;

Treatment 1

Cognitive Restructuring Technique (CRT)

Week 1 Session 1 Establishing the relationship

Session 2 Nature, purpose and process

Session 3 Cognitive restructuring Rehearsals; The participants or client recalls a problem from the past, and the therapists and clients work together to develop strategies to the problem so that if it occurs in future the client has a plan.

Week 2 Session 4 Validity Testing: The Therapist Test the validity of the client's believed or thoughts, given the client time to defend his or her view point;

Session 5 write in a Journal: The Clients were asked to journal Thoughts and situations that occur daily. The therapist and the client then review the journal to figure out any maladaptive patterns that could affect the client's behaviour.

Week 3 Session 6 Guided discovery; The therapist guides the client through a scenario; enabling the client to understand any cognitive distortions.

Session 7 Modelling; This involve role playing exercise by the therapist so that the client may learn new behaviour of responding to certain situation

week 4-5 Session8; investigation the therapist commonly observe the clients to help them learn new ways of dealing with current dilemmas.

Session 9-Systematic positive Reinforcement;

This technique involves the client; performing a desirable behaviour and then being provided with a pleasant reinforcement.

Week 6 Session 10 Revision of the CRT session 11 the re-administration of the (CO RT)

Result

Table1. There is no significant efficacy of cognitive restructuring technique on sexual- assault among women and girls in ingilari, internally displaced persons camp, Dambua local government area of Borno State, Nigeria

Table 1: Paired t test on the efficacy of cognitive restructuring technique on sexual- assault among women and girls in ingilari, internally displaced persons camp, Dambua local government area of Borno State, Nigeria

Variable	Tests	N	Mean	Std.dev	Mean differences	df	T	t critical computed	p
Level of sexual assault	Pretest	24	40.755	09.124	23.005	23	6.241	1.96	0.013
	Posttest	24	17.750	11.250					

$P < 0.05, t_{computed} > 1.96$ at df 23

Results shows that significant efficacy of cognitive restructuring technique on sexual- assault among women and girls in ingilari, internally displaced persons camp, Dambua local government area of Borno State, Nigeria. This is because their calculated p value of 0.013 is below the 0.05 alpha level of significance and the computed t value of 6.241 is above the 1.96 t critical value at df 23. The sexual assault before treatment was 40.755 reduced to 17.750 after treatment implying a significant efficacy of the cognitive restructuring technique. Therefore the null hypothesis which state that cognitive restructuring technique has no significant efficacy on the a sexual assault of women/girls in Ingilari internally displaced persons camp, Dambua local government of Borno State, Nigeria, is hereby rejected, the significance difference exist.

Hypothesis Two: state that there is no significant difference in the efficacy of cognitive restructuring technique on sexual- assault among women and girls in ingilari, internally displaced persons camp, Dambua local government area of Borno State, Nigeria

Table 2: Independent t test Paired t test difference in the efficacy of cognitive restructuring technique on sexual- assault among women and girls in ingilari, internally displaced persons camp, Dambua local government area of Borno State, Nigeria

Variable	Groups	N	Mean	Std.dev	Mean differences	Df	T	T	p
Level of sexual assault	Women	12	18.750	06.452	0.875	22	0.465	1.96	2.310
	Girls	12	19.750	05.6654					

$P > 0.05, t_{computed} < 1.96$ at df 22

Results shows that there is no significant different in the efficacy of cognitive restructuring technique on sexual- assault among women and girls in ingilari, internally displaced persons camp, Dambua local government area of Borno State, Nigeria. This is because their calculated p value of 2.310 is greater

than the 0.05 alpha level of significance and the computed t value of 0.465 is below the 1.96 t critical value at df 22. The sexual assault for women and girls are 18.750 and 19.750 respectively implying that both women and girls have the same level of assault after exposure to the cognitive restructuring technique. This implies that the cognitive restructuring technique is effective for both women and girls in reducing the sexual assault. Therefore the null hypothesis which states there is no significant difference in the efficacy of cognitive restructuring technique on sexual assault among women and girls in Ingilari, internally displaced persons camp, Dambua local government area of Borno State, Nigeria, is hereby accepted and retained.

Discussion

The purpose of this research is to investigate the efficacy of cognitive restructuring technique on sexual assault among the women/girls in Internally Displaced Persons Camps in Damboa Local Government of Borno State, Nigeria. The result of pretest and post test were used to compare the improvement of the participants level of problem behaviour "sexual assault". These were analyzed according to the hypotheses developed for the study.

The result of the study revealed that significant difference exist in sexual assault between women and girls. According to Bitzer and Brandenburg, (2016), stated that past experiences, resulting in sexual signals or bodily reactions, may lead to negative or positive emotional consequences. The findings also agree with that of Cotar Konrad (2016) who found that the expression of negative submissive emotions explained a small, but significant amount of variance among some families that were affected. The result is a behavior sequence characterized by a specific sexual stimuli response, but after exposure to cognitive restructuring technique, their level of sexual assault has significantly been reduced.

The finding of hypothesis two revealed that there is no significant difference between women and girls on the level of reduction of sexual assault. Abide (2012), observed that, as men uses Pornography (if at all), but women/girls always need a lot of foreplay and want less sex than men. Shobola (2011), studies revealed that cognitive restructuring has been found to be very effective in the treatment of all forms of antisocial behaviors, this shows that the cognitive restructuring technique is very effective for both women and girls in the reduction of their sexual assault.

Recommendation

The paper recommended, among others that;

1. In order to promote security in the camps there is need for the government to provide SSS (Secret security service) among security in IDP Camps environments..
2. Engage community leaders, including religious groups, to facilitate reintegration and rehabilitation of all women/ girls released from Boko Haram and provide psychosocial support as possible.
3. Government should as a matter of urgency commences skill acquisition projects for internally displaced persons in every camps in Borno state. This will afford them the opportunity of learning various trades during their stay in the camps and help open up employment.

- The government should provide opportunities and assist the internally displaced persons (IDPs) in full rehabilitation back to the society.

Conclusion

In conclusion, it has been discovered that cognitive restructuring technique is very effective for the treatment and reduction of sexual assault among women and girls exposed to sexual assault in the IDP in Inglari and should be employed for the treatment since sexual assault increases behaviour problem among the women and girls in IDP camps.

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