
Temporal Pattern of Emotional Abuse among Retired Officers and Men in Bauchi South Senatorial District, Bauchi State

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Abstract

The study investigated the Temporal Pattern of Emotional Abuse among Retired Officers and Men in Bauchi South Senatorial District, Bauchi State: Implication for on Teacher Education. One research question and a corresponding null hypothesis guided the study. The cross-sectional research design was used for the study. The population for the study was 2024 RAOM, while the sample for the study consisted of 204 RAOM. Researchers designed questionnaire validated by five experts was used for data collection. a reliability index of .85 was obtained through the outcome of pilot testing using split half method. Percentages was used to answer research question while chi-square statistic was used in testing hypothesis at .05 level of significance (p -value = .05). The results of the study showed that EMA was experienced among RAOM in the morning (59.7%) and fairly in the evening (21.3%). Specifically, RAOM indicated that they experienced EMA as follows: being regarded as worn-out fellow (evening= 45.5%; morning = 30.2%), experience of verbal aggression (evening = 39.1%; morning = 33.2%; afternoon = 20.8%), indictment as a failure (morning = 38.1%; evening = 33.7%; afternoon = 21.3%), and being regarded as a quarrelsome old person (morning = 38.1%; evening = 37.6%; afternoon = 20.3%).. The study further showed that a χ^2 -cal value of test of hypothesis of no significant difference in the patterns of elder abuse according to rank ($\chi^2 = 82.31 > 55.76$, $df = 37$, $p < .05$) is greater than the critical χ^2 -value. In line with the findings of the study, recommendations were proffered among which was that The social workers, voluntary agencies, the mass media and concern individuals should be used to disseminate information regarding the ills and consequences of elder abuse. This can be done when the elderly are taken care of by their people as they cater for their most fragile needs and demands; such as the need to be provided appropriate adequate meals, paying the elderly their entitlement of pension promptly, among many others.

Keywords: *Temporal Pattern, Emotional Abuse and Retired Officers.*

Introduction

Most people with a modicum of enlightenment are aware of what is known as elder abuse. Each year the reported number of elder abuse cases increases exponentially. According to (Solomon, 2014) an estimated 2.1 million of elders are victims of psychological or other forms of abuse and neglect. He further stated that unreported/undocumented cases are almost beyond comprehension. For every reported case of elder abuse it is believed that five cases go unreported. Solomon further reported that abused elders tend to die earlier than unabused elders, even when factoring out chronic conditions or life threatening disease. The reality is: as we age we become more likely to suffer elder abuse. This phenomenon is occurring in the Western culture, primarily the United States.

Abuse occurs among diverse strata of the individuals. Studies by National Elder Abuse Incidence Study - NEAIS (2009) and National academic of Science- NAS (2009) have shown that such older persons are subject to abuses. Abuse is a repeated act, occurring within any relationship where there is an expectation of trust which causes harm or distress to persons. About Domestic Violence (2007) defined abuse as "pattern of abusive behaviour in any relationship that is used by one partner or a relationship to gain or maintain power and control over another intimate partner". Abuse "can happen to anyone regardless of race, age (elderly inclusive), sexual orientation, religion, or gender", and that it can take many forms, including physical abuse, sexual abuse, emotional, economic, and psychological abuse at homes, streets and institutions (About Domestic Violence, 2007). In this study, psychological or emotional abuse was examined. Elder abuse was initially seen as a social welfare issue and subsequently a problem of elderly (ageing), abuse of the elderly, like other forms of family violence, has developed into a public health and criminal justice concern. These two fields – public health and criminal justice – have therefore dictate to a large extent how abuse of the elderly is viewed, how it is analyzed and how it is dealt with (Mardan, Jaehnichen & Aizan, 2014). United Nations, 2007) noted that abuse of older people is referred to as elder abuse. They further stated that it was first described in British Scientific Journals in 1975 under the term “granny battering”. Elder abuse is not restricted to developed nations of the world but also prevalent in developing nations of Asia, Latin America and sub-Sahara Africa including Nigeria.

In African culture, (Nigerian cultures inclusive) displacing older people as heads of households and depriving them of their autonomy in the name of affection are cultural norms even in countries where the family is the central institution and the sense of filial obligation is strong (Mardan, Jaehnichen and Aizan, 2014). Infantilization and overprotection can leave the older person isolated, depressed and demoralized, and can be considered another form of abuse. In some traditional societies, older widows are abandoned and their property seized. Mourning rites of passage for widows in parts of Africa and India include practices that elsewhere would certainly be considered cruel; for example, sexual violence, and forced levirate marriages (where a man is obliged by custom to marry the childless widow of his brother) and expulsion from their homes (National Coalition Against Domestic Violence, 2010).

In some places, accusations of witchcraft, often connected with unexplained events in the local community, such as a death or crop failure, are directed at isolated, older women (Hensil, 2009). In sub-Saharan Africa, accusations of the practice of witchcraft have driven many older women from their homes and their communities to live in poverty in urban areas. In the United Republic of Tanzania, an estimated 500 older women accused of witchcraft are murdered, and some end up living destitute in urban areas (National Coalition Against Domestic Violence, 2010). They further added that these acts of abuse have become firmly

entrenched as social customs and may not be considered locally as elder abuse, which is common among the elderly ones in Nigeria.

Although there exists different categories of abuse and their respective subsets as revealed by literature (Arizona Coalition Against Domestic Violence-ACADV, 2010) such as, child abuse; women abuse and elder abuse. This study shall be restricted to emotional elder abuse.

Elder could mean different concepts to different people. Hensil (2009) viewed an elderly as a member of a family, tribal group, or village who is advanced in years and has influence and authority within the community. The elderly people are also found in armies of diverse nations of the world, they play significance roles in national security. The significant roles they play are based on their wealth of experience required during their services to their father land. In Nigeria, the elderly are also found in the army. Substantial literature (NPC, 2006; & National Elder Abuse Incidence Study –NEAIS, 2009) indicated that the older people are also vulnerable to abuse. When such abuses are precipitated and entrenched among the elderly it is referred to as elder abuse. NAS (2009) perceived elder abuse as an intentional actions that cause harm or create a serious risk or harm (whether or not harm is intended), to a vulnerable elderly by a caregiver or on other person who stands in a trusted relationship to the elder.

Elder abuse more often than not is undetected because victims are afraid to speak out. Many elderly people worry that if they report bad treatment; their abusers will become more violent or may try to have them institutionalized (Macionis, 2009). For every case of elder abuse that is reported to authorities, experts estimate that there may be as many as five cases that have not been reported (Goulburn Valley Primary Care Partnership, 2014). Consequently, it may apply that not every abuse among retired army officers is reported or made known to security or the police or any agency concern. National Elder Abuse Incidence Study - NEAIS (2009) summarised that the incidence of elderly abuse have some types of abuse according to emotional and mental frailty for incidents reported which could occur at homes or institutions (elderly home).

Whether the behaviour is labelled as abusive or exploitative may depend on the frequency of the mistreatment, duration, intensity, severity, consequences, and cultural context (Elder Abuse, 2010). According to Goulburn Valley Primary Care Partnership (2014) emotional or psychological elder abuse can include threatening the victim with injury or harm, telling the victim that they will be killed if they ever leave the relationship, and public humiliation. Constant criticism, name-calling, and making statements that damage the victim's self-esteem are also common forms of emotional abuse. Often perpetrators use children to engage in emotional abuse by teaching them to harshly criticize the victim as well. ACADV (2010) highlighted emotional abuse to include conflicting actions or statements which are designed to confuse and create insecurity in the victim. These behaviours also lead the victim to question themselves, causing them to believe that they are making up the abuse or that the abuse is their fault. This sometimes may happen because of poor economic status.

In addition to depression, victims of elder abuse also commonly experience long-term anxiety and panic, and are likely to meet the diagnostic criteria for Generalized Anxiety Disorder and Panic Disorder. The most commonly referenced psychological effect of elder abuse is Post-Traumatic Stress Disorder -PTSD. PTSD (as experienced by victims) is characterized by flashbacks, intrusive images, exaggerated startle response, nightmares, and avoidance of triggers that are associated with the abuse. Therefore, drastic measures should be employed to prevent or curb this bizarre situation among retired officers and men in Bauchi South Senatorial District.

Emotional elder abuse can also assume different patterns. Henslin (2008) defined patterns as recurring characteristics or events. Patterns in its simplest meaning, is the forms in

which something may occur or happen. Farlex (2008) indicated that pattern have to do with any set of conventional principles and expectations that are binding on any person who is a member of a particular group (including the elderly). In this study pattern is the various ways that elder abuse may take, which can take different forms. Pridemore, Andrew and Sprivak (2003) classified patterns into three forms: spatial pattern, temporal pattern and demographic pattern respectively. In this work temporal pattern of elder abuse was examined.

Temporal patterns, otherwise referred to as T-patterns as the name implies relates to time as opposed to permanent. Temporal (T) pattern on the other hand, is connected to things with the real physical world and or limited by time. These things could be physical challenges like neglect, sexual and physical abuses that could serve as impediments for healthy living that happens at a giving period and at a particular time. Temporal pattern provide significant advantages over traditional sequence analyses by incorporating time (Macionis, 2009). Temporal pattern according to Pridemore et al. (2003) relates to variables such as seasons, months, days-of-the week (Fridays, Saturdays) time of day (mornings; afternoons; evenings; day and night), public holidays (Easter, Christmas, Sallah), National day celebrations (October 1) and National general election days. In this study, the temporal pattern will mean the time or period (such as, morning, afternoon, evening, and night) that the elderly are been abused, even when they are retired.

Retirement is seen as an act of stopping work for the fact that an individual has reached a particular age. Henslin (2008) viewed retirement as a mutually beneficial arrangement between two parts of society. He submitted that retired army officers are those soldiers who have offered their lives in serving their nation, and are no more in active service. It helps to smooth the transition between the generations. A reasonable number of retired army officers form a substantial part of Bauchi South Senatorial District population, because many enrolled before and during the Nigeria civil war are now retired.

In other words, retirement is seen as a monster or a terror which must also be fought but because ageing is a process, one is compelled to retire even after all forms of falsification of age (Okafor, 2009). Much as we desire reaching this functional old age, it must be admitted that ageing has its bitter experience, (in spite of the aurora of dignity, prestige and respectability) which make it a very sensitive, trying and anxious period in life. Driving this point home, through some religious lyrics of the fifteenth century, Brown in 1938 warned that at old age:

“Our ‘body will itch, our bones will ache, our own flesh will be our foes our head, our hands then will shake, our legs will tremble when we go. And when our teeth be gone also our tongue shall lose its fair language. And also we shall go un-kissed. Both at the door and at the gate, for all the cheer that we can make, and some will say we live too long, God send us peace in our old age” (Okoye, 1998, p-28).

Retirement marks a major change in the second half of one’s life. Planning ahead which is more crucial can hardly be executed by one consumed by fear of ageing. This involved social integration and security which requires such one to stay peacefully in his or her family, community ,club or religious organization, and being aware of, and speaking out against ageism (that is, negative or pejorative remark of an attitudes towards an individual simply because he or she is old).

There are two main categories of retirees. According to Okafor (2009) this include, retirees in good evening (reorganizers, focused retirees, disengaged retirees, adventurers) and retirees in bad evening (succourers, apathetic retirees, disintegrated retirees) yielding seven types of retirees. Those in good evening are generally characterized by high satisfaction in life, open to new experiences, possessing good cognitive abilities and see themselves as competent, and achievement-oriented. Those in bad evening are very people dependent, seen to have little interest in what goes on around them, and they show gross psychological

disorganization. He further added that, reorganizers are those who engage in a wide variety of activities such as business at retirement, engagement in community, political and religious affairs. They show great deal of success in any venture they engage in at retirement.

The focused retirees are those who remain active, but selectively so. Retirees who are focused may just apt for politics and nothing else no matter the pressure. They only go in to activities that give them joy and in which they are always almost assured. The disengaged retirees are those who retired happily with a high level of satisfaction except that they demonstrate involvement in little or no activities at all. They withdraw from roles commitments and watch and enjoy the world. The adventurers remain ambitious and achievement-oriented. They work hard in order to still obtain satisfaction from life. They try maintaining their health and youthful physical appearance.

Succourers are retirees whose joy and happiness at old age are dependent on other people. With a meaningful support they are active and seem to adjust to ageing, but in the absence of support they become sad and inactive, the apathetic retirees are primarily passive with little or no interaction with others. Nothing that goes on around them makes sense. If you buy bread they ask for biscuit and if you buy meat they ask for fish. They are very difficult to satisfy. The disintegrated retirees are those who are virtually impossible. The only thing they can do by way of interaction is to keep those around them unhappy no matter the degree of benevolence shown them. In most other countries outside Africa they only maintained in institutions, where specialized health workers provide the care needed by them. This type of retirees may be more vulnerable to elderly abuse.

Living arrangements, particularly overcrowded conditions and a lack of privacy have been associated with conflict within families. Although abuse can occur when the abuser and the older person suffering abuse live apart, the older person is more at risk when living with the caregiver. The early theories (socio-ecological) on the subject also sought to associate dependency with increased risk of abuse. At first the emphasis focused on the dependency of the victim on the caregiver or abuser, though later case work identified abusers who were dependent on the older person – usually adult children dependent on elderly parents for housing and financial assistance (Solomon, 2014). It would enable one to establish the actual time or per elder abuse could be influenced by rank.

The term rank is often used synonymously with grade. To clarify its use, it should be clear that each grade represents a gradation in authority in a chain of command, while a rank refers to the “relation of one such grade to another, and within a grade the relation of one individual to another, with respect to Seniority” (Osinubi, 2011). This will use the standard abbreviations for officer ranks as follows: second lieutenant 2LT, first lieutenant -1LT, captain -CPT, major -MAJ, lieutenant colonel -LTC, colonel -COL, brigadier general -BG, major general -MG, lieutenant general -LTG, and general –GEN.(Asch, & Warner,2001).

Methods

To achieve the purpose of this study, the cross-sectional survey research design was employed. Bryman and Teevan (2005) asserted that the cross-sectional survey design entails the collection of data (usually quantitative) on more than one case (usually many more than one) and at a single point in time, on two or more variables (usually more than two), which are then examined to detect patterns of association Aluede et al. (2005), in their similar and respective studies, suggests a possible success in its application in the present study.

The population for this study consisted of all the RAOM in BSSD Bauchi State. The total population of RAOM, in BSSD is two thousand and twenty four (2024) (Federal Pay Office, Bauchi, 2010). The sample for the study consisted of 204 subjects representing 10 per cent of the RAOM in BSSD, Bauchi State. This was in line with Nwana’s (1990) rule of thumb which stated that when the population is a few thousands, 10 per cent of them will do.

The Bauchi South Senatorial District was stratified into Christian and Muslem dominated LGAs. The proportionate sampling technique was employed to select 50 per cent of LGAs from the stratum (Christian dominated include: Bogoro, Tafawa-Balewa and Dass) which was 1.5 LGAs, while (Muslem dominated include: Bauchi, Alkaleri, Kirfi and Toro) were 2 LGAs. This resulted to the selection of 4 LGAs which was used for the study. The purposive sampling was used to select retired army officers and men in each of the 4 selected LGAs. This gave a total of 204 (102 from Muslem dominated LGAs and 102 from Christian dominated LGAs). Therefore, the sample for the study was 204 RAOM that was used for the study.

The instrument for data collection was the researcher-designed questionnaire which was called “Temporal Pattern of Emotional Elder Abuse among Retired Army Officers and Men Questionnaire” (TPEARAOM). The instrument was divided into two sections comprising of 6 items. Section A which consisted of an item eliciting information on bio-data of the respondents, Section B is made up of four statements on form of emotional temporal abuse among retired army officers.

The validity of the research instrument was established by giving the draft instrument comprising of the specific objectives and the research questions of the study to five experts/lecturers: three from the Department of Health and Physical Education, one each from Departments of Sociology and Science Education (Measurement and Evaluation) respectively, in University of Nigeria, Nsukka. The experts’ judgment, observations, comments, and suggestions were adopted to design the final copy of TPEARAOM.

Split-half was utilized to establish the reliability of TPEARAOM. For the purpose of this study, twenty copies of the questionnaire were administered on twenty RAOM in the LGAs who were not included in the study but who have the same characteristics with the study population. The responses of each half were compared to establish degree of internal consistency, using the Kuder-Richardson formula (K-21). In this work, the correlation coefficient of TPEARAOM was above.60 and above therefore was used for the study.

The researcher took permission from Chairman of the Nigeria Legion of each of the four LGAs selected for the study to administer the copies of the questionnaire to the respondents in each of the selected LGAs, during their monthly meetings in their various legion offices in each of the four selected LGAs. Research assistants were briefed on the procedures and modalities for the administration of TPEARAOM. The instrument was administered to the respondents and after filling them, the researcher and his assistants collected the completed copies of the instrument from the respondents on the spot. The correctly filled questionnaire were sorted and used for the study. Two hundred and two copies of the questionnaire were correctly filled and were used for the study.

The information from the questionnaire was coded using the Statistical Package for Social Sciences (SPSS) batch system for analyzing the data. Frequencies and percentages were used. The chi-square was used to test the hypothesis of no significant relationship on the perpetration of elder abuse between the elderly RAOM, verified at .05 level of significance ($p < .05$).

Results and Discussions

The result was presented in Tables and followed by a brief interpretation of its content.

Research Question 1

What is the temporal pattern of elder emotional abuse (EMA) among RAOM? Data answering this question are contained in Table 1.

Table 1

Temporal Pattern of EMA among RAOM (n = 202)

EMA Items	Temporal Pattern							
	Morning		Afternoon		Evening		Night	
	f	%	f	%	f	%	f	%
i. Regarding you as worn-out fellow	61	30.2	32	15.8	92	45.5	17	8.4
ii. Experience of verbal aggression	67	33.2	42	20.8	79	39.1	14	6.9
iii. Indicting you as a failure	77	38.1	43	21.3	68	33.7	14	6.9
iv. Regarding as a quarrelsome old person	77	38.1	41	20.3	76	37.6	8	4.0
Average		59.7		17.5		21.3		1.5

Table 1 reveals that generally, EMA was experienced among RAOM in the morning (59.7%) and fairly in the evening (21.3%). Specifically, RAOM indicated that they experienced EMA as follows: being regarded as worn-out fellow (evening= 45.5%; morning = 30.2%), experience of verbal aggression (evening = 39.1%; morning = 33.2%; afternoon = 20.8%), indictment as a failure (morning = 38.1%; evening = 33.7%; afternoon = 21.3%), and being regarded as a quarrelsome old person (morning = 38.1%; evening = 37.6%; afternoon = 20.3%).

Hypothesis 2

There is no significant difference ($p < .05$) in the patterns of elder abuse according to rank. Data verifying this hypothesis are contained in Table 2.

Table 2

Summary of Chi-square (χ^2) Analysis of no Significant Difference in the Patterns of Elder Abuse according to Rank (n = 202)

Variable	N	χ^2 -cal value	df	χ^2 -Crit value
Rank				
Junior Officers	152	82.31	37	55.76
Senior Officers	50			

* Significant at $p < .05$

Table 2 reveals that χ^2 -cal value of test of hypothesis of no significant difference in the patterns of elder abuse according to rank ($\chi^2 = 82.31 > 55.76$, $df = 37$, $p < .05$) is greater than the critical χ^2 -value. The hypothesis that there is no significant difference in the patterns of elder abuse according to rank is, therefore, rejected. This implies that there was a significant difference in the pattern of abuse of RAOM according to rank.

Summary of Major Findings

The major findings of the study are summarized as follows:

1. Emotional abuse was experienced among RAOM in the morning (59.7%) and fairly in the evening (21.3%) (Table 1)
2. Significant difference ($\chi^2 = 82.31 > 55.76$, $df = 37$, $p < .05$) was found in the patterns of elder abuse according to rank (Table 2).

Discussion of Findings

The findings of the study are hereby discussed under the following headings:

1. Temporal pattern of elder abuse among RAOM;

2. Differences in the patterns of elder abuse according to rank.

Temporal pattern of elder abuse among RAOM

Results in Table 1 show that the respondents agreed that EEA usually occurred in the evening (39.0%) and morning (34.7%) respectively. The finding was expected and not surprising because Oths and Robertson (2007) reported that temporal pattern of emotional abuse among women occurred during certain period of the day like hours (morning, afternoon, evening and night) and month. The reason given by Oths and Robertson (2007) was that there is a widely held belief that more women seek shelter during “drinking holidays” such as New Year and other festivals. Hence, finding that RAOM experienced in the morning (59.7%) and evening (21.3%) was not surprising because elderly may be robbed of their finances by care-givers that may want to work and in the evening like to attain functions like parties or public gathering which agrees with Foley (2009) who posited that daily reported incidents of abuses in twelve U.S. cities reveals an increase in abuse during monthly welfare payments cycle, larceny theft and robbery. The implication is that the abuse of emotional happens in the morning and evening. There should be a law enacted to protect the elderly. This implies that the protective legal backing of bills and security be provided to this vulnerable group by the government.

Differences in the patterns of elder abuse according to rank

Part of the findings also was that a significant difference ($\chi^2 = 82.31 > 55.76$, $df = 37$, $p < .05$) was found in the patterns of elder abuse according to rank. The senior RAOM seem to have more economic resources and opportunities than the junior, thus creating conditions for economic disparity among them. These findings however, were inconsistent with the study of Okafor (2009) which posited that there are two main categories of retirees namely: retirees in good evening (reorganizers, focused retirees, disengaged retirees, adventurers) revenue advantage over women who rarely have these, especially in the location of the present study and retirees in bad evening (succourers, apathetic retirees, disintegrated retirees). Based on observation, the senior officers are given opportunity to serve as heads in different departments and are paid other extra allowances and more so, they may be the accounting officers in the offices that they are the most superior even when retired his take home pension is fatter. On the other hand, a junior ranking officer (men) is not given such a privilege, rather his allowances may be denied by the senior officers, thereby making a senior officer an advantage economically over the junior rank officer. This calls for government to handle issues of the retired officers and men seriously and are to be paid regularly.

Conclusions

On the basis of the major findings and discussions, the following conclusions were drawn:

1. Emotional abuse was experienced among RAOM in the morning and fairly in the evening. This answers research question two
2. A significant difference was found in the patterns of elder abuse according to rank. This test hypothesis three

Recommendations

On the basis of the findings of the present study, the discussion and conclusions thereof, the following recommendations were made:

1. Elder abuse particularly among RAOM should be prohibited by law establishing it as a criminal offence punishable under the law.
2. The social workers, voluntary agencies, the mass media and concern individuals

should be used to disseminate information regarding the ills and consequences of elder abuse.

3. All the patterns of abuses should be reported to the authorities, so as to give hope and protection to the elderly in general.

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