

Assessment of Psychosocial Effects of Insurgency on Resettled Communities in Adamawa State, Nigeria

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Abstract

The Boko Haram insurgency in North Eastern Nigeria has disrupted the lives of households, economic activities, and the human population. The Federal Government of Nigeria, with the help of international donors, has achieved considerable progress in assisting and maintaining the numerous Internally Displaced Persons (IDPs) residing in various camps. Moreover, the liberation of communities from Boko Haram insurgents has enabled many IDPs to return to their homes voluntarily and start the process of reconstructing their lives after losing their hard-earned properties. However, the cessation of government support and the current economic challenges in Nigeria have left many returnees suffering from post-traumatic stress disorder and requiring psychosocial support. This study aims to examine the psychosocial effects of post-IDP camping in Adamawa State. The research study was informed by four questions and employed a descriptive survey research design. The study population consisted of 8,174 individuals who had returned from resettled communities in Michika, Madagali, Mubi North, and Mubi South LGAs in Adamawa State. A sample size of 367 participants was chosen using the Taro Yamane sample size formula. Data were gathered through a structured 40-item Psychosocial Effects Questionnaire (PEQ) and analyzed using descriptive statistics of mean and standard deviation. Results indicated that the Boko Haram insurgency had substantial psychological and social effects on the majority of respondents, with a Grand mean of 3.82 and 3.78, respectively. Most respondents concurred that the insurgency had produced intolerable challenges, with a Grand mean of 3.72. The study also showed that the majority of respondents endorsed the suggested intervention strategies, with a Grand mean of 3.74, aimed at providing relief in the resettled communities. The study recommended that the government should give priority to implementing the intervention strategies identified by the participants to prevent and manage similar insurgencies. Additionally, the creation of employment

opportunities for youths was recommended to help combat poverty and bridge the gap between leaders and the led.

Keywords: *Psychosocial Effects, Insurgency, Internally Displaced Persons (IDPs)*

1. Introduction

Insurgency can be defined as an organized resistance movement that employs tactics such as subversion, sabotage, and armed conflict to achieve its goals. According to Bamidele (2015), those who participate in insurgency are not recognized as lawful combatants. The ultimate aim of an insurgency is to overthrow the existing social order and gain power within a country. To counter-insurgency, governments may utilize counter-insurgency warfare tactics, along with measures aimed at protecting the population and political and economic actions aimed at undermining the insurgents' claims against the incumbent regime, as noted by Šmihula (2013).

Boko Haram is a militant organization that Mohammad Yusuf established in 2002. They have carried out many assaults and uprisings, especially in the extreme northeast states. The group's growing extremism led to a crackdown by the Nigerian armed forces and the killing of its leader Mohammed Yusuf in July 2009. After a large-scale jailbreak in Bauchi in September 2010, the group unexpectedly revived and launched more complex and deadly assaults, starting with easy targets and then escalating to suicide attacks on police stations and the UN headquarters in Abuja in 2011. The government's proclamation of a state of emergency (SOE) on May 14, 2013, in Borno, Yobe and Adamawa, three states in the northeast (UNICEF, 2015), resulted in more violence from both the security forces and the militants (David in Musa, Muhammad & Sale, 2021).

The insurgents' attacks on Police Stations and other places in Adamawa State since December 2012 have affected the state badly. The violence worsened in October 2014, leading to many deaths and displacements. IDPs who escaped from Boko Haram face more risks and challenges. Yola was relatively peaceful at the start of 2015, but it was disrupted by more attacks in July 2015. The latest IOM report shows that 113,437 people (15,317 families) live in displacement sites in Adamawa state. Most of the IDPs (81.3%) are from Adamawa, especially from Michika and Madagali LGA. Most of the sites are in Yola South and Girei. The displacement site assessments show that 52% of the IDPs in sites are female and 48% are male. Children under 17 years old make up half of the total number of people on sites. Some of the most vulnerable groups among the IDPs are single-headed households, breastfeeding mothers and pregnant women, and unaccompanied and separated children. The report says that the main reason for displacement in Adamawa is the insurgency (IOM-DTM project, 2015).

Boko Haram is a very dangerous extremist armed group in Nigeria. The Global Terrorist Index 2015, by the Institute for Economics and Peace, says that the group killed more than 6,644 people in Nigeria and Cameroon in 2014 alone, showing its connection to the psycho-social impact of insurgency. The insurgency has killed 20,000 and forced 2.3 million to leave their homes (Habu et al., 2017) since it began in 2009. This has caused serious psychosocial issues for IDPs.

Psychosocial issues refer to the relationship between an individual's psychology, which encompasses their thoughts, emotions, feelings, and behaviour, and the social environment in which they live. This environment can include cultural traditions, spirituality, interpersonal

relationships within families or communities, and life tasks such as school or work (Tiffen, 2009). Psychiatric social workers generally conduct a psychological assessment to evaluate an individual's mental health, social status, and functional capacity within the community. Displacement can lead to negative impacts on one's physical, social, emotional, and spiritual well-being. Exposure to violence or disaster, loss or separation from loved ones, deterioration in living conditions, inability to provide for oneself and family, and lack of access to services can all result in immediate and long-term consequences, including post-traumatic stress disorders, psychosomatic illness, depression, anxiety, and even violence. The issue is compounded by the fact that host communities were already impoverished, and the arrival and stay of IDPs are further stretching their already limited resources (United Nations High Commissioner for Refugees, UNHCR, 2013).

According to Bamidele (2015), the psychological and social impact of insurgency on those who have witnessed attacks by the Boko Haram group cannot be overstated. In the affected areas, people are often forcibly displaced from their homes to safer areas within the region. The Boko Haram sect's activities have caused a significant increase in the number of internally displaced persons (IDPs) from Adamawa, Borno, and Yobe States, with many women and children among them (International Crisis Group, March 14, 2014). Additionally, many have sought refuge in neighbouring countries such as Niger, Chad, and Cameroon.

Over the years, the activities of the Boko Haram sect have led to an increase in the number of refugees from northeastern Nigeria and northern Cameroon seeking sanctuary in neighbouring nations. According to NEMA (2021), there are now over 30,000 Nigerian refugees in Northern Cameroon. While the Federal Government of Nigeria's commitment to relocating internally displaced persons and refugees from neighbouring countries has resulted in a significant reduction in the number of people remaining in camps, there seems to be little focus on addressing the psycho-social issues that arise from post-traumatic stress disorder (PTSD). It appears that efforts are primarily geared towards socio-economic integration.

The discourse surrounding the impact of the insurgency on internally displaced persons' psychosocial well-being appears to be a never-ending and inconclusive, with a range of findings and conclusions presented by various sources (Kira et al., 2008; Eshun & Gurung 2019; Tempany, 2009). The term psychosocial refers to the interconnectedness between an individual's psychology - encompassing their thoughts, emotions, feelings, and behaviour - and the social world or environment in which they exist, including elements such as culture, tradition, spirituality, interpersonal relationships within families or communities, and life responsibilities, such as education or employment (Tiffen, 2009).

Upon returning to their homes and localities from IDP camps, it is important to note that there may be a potential loss of assistance from both governmental and non-governmental organizations, as was experienced in the camps. As a result, these individuals may encounter new challenges that must be faced head-on. Tragically, many have lost their personal belongings and even beloved family members to insurgency. One key challenge is determining where and how to begin, given that many of the socio-economic activities that sustained these individuals in the past have been destroyed. These difficulties can contribute to psycho-social distress, which may increase the likelihood of various insecurities and even post-traumatic stress disorder within society. This research aims to assess the psychological and social effects of IDP camps returnees in communities of Adamawa State.

1.2 Statement of the Problem

The Boko Haram insurgency has caused more violence and displacement in the northeast of Nigeria since the start of 2014 (Displacement Tracking Matrik, 2015). Boko Haram violence has impacted more than 15 million and forced almost 2 million people to flee to neighbouring countries – Cameroon, Chad, and Niger (UNHCR, 2014). The international community is more conscious of the problems of the internally displaced and is working to help them.

Adamawa State is an example of a place where displacement causes psychosocial problems such as losing family, friends, jobs, security, and rights like land and political participation (Ajiboye, Alanlabi, & Ajokpaniovo, 2014). The displaced people, mostly women and children, face many dangers to their physical well-being and limitations on their mobility. They are haunted by the violence that made them escape and fear going back, especially if their homes are ruined or gone. Being exposed to violence or disaster, being separated or losing family and friends, living in worse conditions, being unable to support oneself and one's family and having no access to service, can affect individuals, families and communities in the short and long term, causing post-traumatic stress disorders, psychosomatic illness, depression, anxiety and even violence.

The national and state government's efforts to help them are not consistent, and the limited access makes the support from international agencies and Nigerian civil society also inadequate. The people who live in or near camps get some help, but not enough to cover their basic needs. They also live in crowded and dirty conditions. The most at-risk IDPs are the young, the old and those with disabilities (Ajiboye et al., 2014). This study aims to examine the psychosocial impacts of insurgency on the communities that were resettled in their host communities after the military took over some areas in Adamawa State, Nigeria.

1.3 Purpose of the Study

The study assessed the psychosocial effects of insurgency on re-settled communities in Adamawa State, Nigeria. The specific objectives are to:

- i. Determine the psychological effects of insurgency on re-settled communities in Adamawa State.
- ii. Determine the social effects of insurgency on re-settled communities in Adamawa State.
- iii. Assess the challenges faced by the IDP camp returnees in Adamawa State.
- iv. Recommend intervention strategies for the IDP camp returnees in Adamawa State.

1.4 Research Questions

The following research questions guided the study:

- i. What are the psychological effects of insurgency on re-settled communities in Adamawa State?
- ii. What are the social effects of insurgency on re-settled communities in Adamawa State?
- iii. What are the challenges faced by the IDP camp returnees in Adamawa State?
- iv. What are the intervention strategies for the IDP camp returnees in Adamawa State?

2. Literature Review

A substantial body of scholarly literature has demonstrated that prolonged or chronic exposure to traumatic experiences associated with organized mass violence, such as war, social unrest, and insurgency, is linked to elevated rates of mental disorders and psychological symptoms in

affected individuals (Tempany, 2009). Particularly vulnerable to the risk of mental health issues are war refugees and internally displaced persons, who face additional social and economic stressors due to displacement from their homes (Hosin, Moore & Gaitanou, 2006). Munzo (2009) asserts that the effects of Boko Haram attacks include the propagation of fear, subordination to others, and the ideological impact of depriving individuals of the right to education and its purpose. Brenda (2010) contributes to this discourse by noting that attacks on schools may lead to teachers leaving their jobs or fleeing the area or country. Furthermore, Brenda highlights that the psychosocial impact encompasses students' inability to learn and, in persistent attack situations, may result in students being kept at home from school, even if the school remains open, leading to severe developmental problems.

Habu et al. (2017) conducted a study to assess the psychosocial effects of insurgency among IDPs in Wulari camp, Maiduguri. The study aimed to determine the psychological effects of insurgency among IDPs, to determine the social effects of insurgency among IDPs, and to identify perceived factors responsible for insurgency. The research design used for this study was a non-experimental descriptive study design. A simple random sampling technique was used to select 345 respondents using Yamane's formula. A questionnaire method was used to collect data from the respondents and SPSS descriptive statistical tool was used to analyse the data. The result showed 62.7% still isolated in the camp, 59.5% lost a family member during the attack which is a psychological effect of insurgency, 85.5% of the respondents think insurgency has caused poverty, with 73.1% not having all their food needs met which is a social effect of insurgency, a majority of the respondents 57.7% strongly agreed that poverty is the factor responsible for insurgency. It is recommended that a critical assessment of the living conditions of the IDPs be done, also improved upon and the factors responsible for insurgency be addressed to help control the situation and also prevent aggravation of the current situation.

Musa, Muhammad and Sale (2021) examined the psychological effects of the insurgency across several affected communities within Yobe State, Nigeria. Participants from five (5) war-affected local governments in Yobe state were recruited through a random-walk technique. In each of these regions, 3 affected localities were randomly selected, resulting in a selection of 15 localities across all 5 local governments. In each locality, 3 streets were randomly identified. Every fourth household was selected until a maximum of 5 interviews for one street were completed. The history of potentially traumatic experiences was assessed using a specifically amended version of the Life Stressor Checklist. The study shows a strong positive correlation between exposure to traumatic events as a result of the insurgency and the development of psychological stress. Over one-third (36.01%) of respondents met the symptom criteria for post-traumatic stress disorder (PTSD) and close to half (47.90%) of the respondents met the symptom criteria for depression. Men were more exposed to trauma events, however, women developed higher symptoms of psychological stress compared to men. Conclusively, the study provides compelling evidence of mental health distress among the affected population in Yobe State.

Porter and Haslan (2005) and Tempany (2009) have reported an elevated prevalence of psychiatric disorders, including PTSD, depression, and anxiety, among various communities affected by war or insurgency. Additionally, increased occurrences of multiple somatic complaints, psychotic symptoms, and other manifestations of specific and non-specific mental distress are commonly observed in populations affected by war, either in conjunction with posttraumatic stress or independently (Hosin et al., 2006). These scholarly works collectively

underscore the profound psychological and social impact of the insurgency on affected communities in Nigeria, emphasizing 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 to individuals until they can reintegrate into normal society. Reuniting families after prolonged separation during insurgency may pose significant challenges. Moving forward, it is imperative to address the identified psychosocial challenges by implementing interventions that improve living conditions for IDPs and address the root causes of insurgency. Long-term strategies should focus on providing mental health support services, addressing gender-specific mental health needs, and implementing community-based approaches to support affected populations in their recovery from the psychological effects of insurgency. Additionally, there is a need for longitudinal studies to assess the long-term impact of insurgency on mental health and social well-being across different communities and regions. These insights can inform evidence-based interventions aimed at promoting mental health resilience and supporting the recovery of individuals affected by insurgency.

3. Materials and Methods

3.1 Study Area

The research was conducted in Adamawa State, located in the northeast sub-region of Nigeria. Its capital city is Yola and it was established in 1991, succeeding Gongola State. Adamawa is one of the largest states in Nigeria, covering an area of approximately 36,917km². The state shares borders with Borno to the north, Gombe to the west, Taraba to the south, and Cameroun Republic to the east. As of 2005, the estimated population of Adamawa State was around 3,106,585.

Adamawa State is located in a mountainous region, with valleys of several rivers including Benue, Gongola and Yedsarem. The state lies within the Sub-Saharan Savannah and the Guinea Savannah belts, making it a fertile ground for agricultural activities. Farming is the major occupation of the people in Adamawa, with cash crops such as cotton and groundnuts, as well as food crops including maize, yam, cassava, guinea corn, millet and rice. Villagers living on the riverbanks engage in fishing while the Fulanis rear cattle. A study like this could help address the problems faced by the majority of the people in the state who rely on farming as their main source of livelihood.

3.2 Sample and Sampling Technique

The study involved a sample group of 367 respondents, chosen from a pool of 8,174 returnees from IDP camps as reported by SEMA in 2022. The research project was carried out in a region that has been affected by the Boko Haram insurgency, focusing on internally displaced individuals who were resettled in the LGAs of Michika, Madagali, Mubi North, and Mubi South. To ensure a 95% confidence level or precision, the study utilized a multistage sampling technique and the Taro Yamane sample size formula to determine the necessary sample size.

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

Where: N = Total population (8,174), e = error (0.05) and n = sample size. Therefore, 367 respondents served as the sample size.

3.3 Research Instrument

The study utilized a Psychosocial Effects Questionnaire (PEQ) consisting of 40 structured items, adapted from Habu et al.'s (2017) psycho-social questionnaire. The PEQ was divided into four clusters, each containing 10 items. These clusters aimed to gather information from participants regarding psychological effects, social effects, challenges, and intervention strategies related to the Boko Haram insurgency. The questionnaire used a 5-point Likert scale, ranging from Strongly Agreed (SA): 5 to Strongly Disagreed (SD): 1.

3.4 Validation of the Instrument

The PEQ received a comprehensive validation process from two experts hailing from the Department of Educational Psychology and Curriculum and Instruction at Modibbo Adama University in Yola, Adamawa State. These validators meticulously scrutinized each item in the instruments to guarantee that the intended outcomes of the study were accurately measured. Moreover, they cross-checked the instrument's content with the study's topic, purpose, objectives, and research questions to ensure seamless alignment. Any essential corrections and modifications were made with utmost care before the final production of the instrument.

3.5 Reliability of the Instrument

In the trial-testing phase, the PEQ underwent testing with a subset of 50 IDPs who had returned from IDP camp and were not included in the primary sample. The data from this trial testing were analyzed using Cronbach's Alpha formula to evaluate the instrument's internal consistency. The resulting reliability coefficient of 0.79 indicates that the PEQ is well-suited for use in the study (Babbie, Halley & Zaino, 2003; Creswell, 2012).

3.6 Procedure for Data Collection

The researchers enlisted the help of six Research Assistant residents from three resettled communities, with one community being handled by the researchers themselves. To expedite the distribution of study instruments, the Research Assistants were recruited from the resettled communities and were familiar with the chosen areas and terrain. The researchers personally met with the Research Assistants to obtain their consent, explain the study's purpose, and discuss their level of involvement. The Research Assistants received two days of training in administering and collecting data from the questionnaire. The researchers took the time to thoroughly explain each section of the questionnaire and instructed the Research Assistants to ensure that respondents were fully informed and did not leave any questions unanswered. During the training, each Research Assistant received a file jacket containing introductory letters from TETFund, which confirmed their authorization to administer the instrument. Out of the 367 questionnaires administered, 366 were retrieved, which indicates a good return rate.

3.7 Data Analysis

The collected data from participants underwent analysis through the use of descriptive statistics, namely mean and standard deviation. Research questions were assessed based on a criterion mean of 3.50 and above for items deemed as "agreed," while items with a mean value of 3.49 and below were categorized as "disagreed." The software used for data analysis was the Statistical Package for Social Sciences (SPSS) version 25.

4. Results and Discussion

Research Question One: What are the psychological effects of insurgency on re-settled communities in Adamawa State?

To answer the research question, descriptive statistics of mean and standard deviation were applied to the responses of 366 individuals in resettled communities located in Adamawa State. The data is presented in Table 1.

Table 1: Summary of Mean and Standard Deviation of Psychological Effect of Insurgency on Re-settled Communities in Adamawa State

S/No.	Items	n = 366	Mean	Std. Dev.	Remark
1	Family break-up due to insurgency		4.09	1.03	Agreed
2	Feelings of anxiety/fear		3.69	1.16	Agreed
3	Feelings of depression		3.91	1.07	Agreed
4	Frequent nightmares		3.79	1.14	Agreed
5	Forced separation from family members		3.78	1.15	Agreed
6	Exposure to rape or sexual abuse		3.85	1.20	Agreed
7	Feeling of isolation		3.74	1.15	Agreed
8	Feelings of hopelessness for the future		3.78	1.14	Agreed
9	Loss of trust		3.81	1.14	Agreed
10	Feelings of anger		3.74	1.17	Agreed
	Grand Mean		3.82		Agreed

Table 1 presents insightful data on the psychological impact of the Boko Haram insurgency on those who have returned to IDP camps. Upon analysis of the table, it is evident that respondents expressed agreement with items 1-10, 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 State on IDP camp returnees.

Research Question Two: What are the social effects of insurgency on re-settled communities in Adamawa State?

Statistical analysis was conducted on the responses of 366 individuals residing in re-settled communities in Adamawa State. Descriptive statistics of mean and standard deviation were utilized to analyze the data. The results are tabulated in Table 2.

Table 2: Summary of Mean and Standard Deviation of Social Effects of Insurgency on Re-settled Communities in Adamawa State

S/No.	Item	n = 366	Mean	Std. Dev.	Remark
11	Lack of basic/social amenities		4.18	1.09	Agreed
12	Loss of contact with friends		3.68	1.24	Agreed
13	Loss of job		3.80	1.11	Agreed
14	Lack of capital to start up business		3.63	1.26	Agreed
15	Inadequate healthcare services		3.72	1.22	Agreed
16	Lack of good refuse disposal mechanism		3.78	1.34	Agreed
17	Poor access to quality education		3.76	1.18	Agreed
18	Inability to freely interact with others		3.72	1.23	Agreed
19	Poverty		3.83	1.19	Agreed
20	Loss of freedom		3.68	1.30	Agreed

Grand Mean	3.78	Agreed
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The data presented in Table 2 shed light on the social impact of insurgency on the respondents. Upon analyzing the various elements of this impact, it becomes evident that those surveyed overwhelmingly agreed that insurgency in Adamawa State resulted in all of the effects listed in Table 2, with mean values ranging from 3.63-4.18. Additionally, the average mean of 3.78 indicates that a majority of respondents acknowledged experiencing social effects in their re-settled communities in Adamawa State due to insurgency.

Research Question Three: What are the challenges faced by the IDP camp returnees in re-settled communities in Adamawa State?

The analysis of the question involved the examination of 366 responses from the participants. Descriptive statistical measures, such as mean and standard deviation, were utilized to analyze the data. The results of the analysis are presented in Table 3.

Table 3: Summary of Mean and Standard Deviation of Challenges Faced by the IDP Camp Returnees in Re-settled Communities in Adamawa State

S/No	Items	n = 366	Mean	Std. Dev.	Remark
21	Poor access to health care services		4.18	1.06	Agreed
22	Lack of food		3.51	1.34	Agreed
23	Lack of good drinking water		3.72	1.15	Agreed
24	Lack of quality education		3.66	1.25	Agreed
25	Financial problem		3.71	1.27	Agreed
26	Poor housing condition		3.78	1.33	Agreed
27	Lack of job opportunities		3.54	1.29	Agreed
28	Loss of source of livelihood		3.72	1.29	Agreed
29	Inadequate medical support		3.70	1.26	Agreed
30	Sexual abuse		3.64	1.36	Agreed
	Grand Mean		3.72		Agreed

According to the figures presented in Table 2, respondents concurred with items 21-30, yielding mean values between 3.51-4.18. This suggests that despite being resettled, they encountered significant obstacles. Moreover, the overall mean of 3.72 substantiates that a vast majority of the respondents agreed that the insurgency in Adamawa has posed insurmountable hardships to their lives.

Research Question Four: What are the intervention strategies for the IDP camp returnees in Adamawa State?

This research question was answered using descriptive statistics, specifically the mean and standard deviation. The corresponding data can be found in Table 4.

Table 4: Summary of Mean and Standard Deviation of Intervention Strategies for the IDP Camp Returnees

S/No	Item	n = 366	Mean	Std. Dev.	Remark
31	Promotion of cultural activities		4.22	1.01	Agreed
32	Promotion of religious activities		3.51	1.36	Agreed
33	Promotion of recreational activities		3.78	1.09	Agreed
34	Promotion of communal activities		3.74	1.24	Agreed
35	Provision of basic or social amenities		3.75	1.25	Agreed
36	Provision of skills acquisition/vocational centres		3.73	1.32	Agreed
37	Provision of good schools for resettled children		3.54	1.30	Agreed
38	Promotion of peaceful coexistence		3.72	1.28	Agreed
39	Provision of financial assistance		3.75	1.24	Agreed
40	Provision of counselling services by health care practitioners		3.66	1.36	Agreed
	Grand Mean		3.74		Agreed

Table 4 outlines the intervention strategies for the IDP camp returnees. Based on the information presented, it is evident that respondents agreed with items 1-10, with mean values ranging from 3.51-4.22. Moreover, the overall grand mean of 3.74 confirms that the majority of respondents agreed with the intervention strategies listed in the table.

5. Discussion

5.1 Psychological Effects of Boko Haram Insurgency

The study revealed that most of the respondents in their re-settled communities confirmed that some of the psychological effects of Boko Haram insurgency on them were family break-up, anxiety/fear, depression, nightmares, forced separation from family, rape or sexual abuse, isolation, hopelessness, loss of trust, and anger. This result shows that the Boko Haram insurgency has harmed the mental and emotional health of the respondents. This result is consistent with Habu et al. (2017) who assessed the psychosocial effects of insurgency on internally displaced persons (IDPs) in Wulari Camp, Maiduguri and found that Boko Haram insurgency had huge psychological effects on the IDPs in Wulari Camp. The finding also matches with Ajiboye, Alanlabi and Ajokpaniovo (2014) who found that the psychosocial issues of displaced persons include family disruption, isolation, sexual harassment, psychological trauma, separation from loved ones, and threat to life among others. Similarly, Musa, Muhammad, and Sale (2021) also found a strong positive link between exposure to traumatic events due to the insurgency and the development of psychological stress. In the study, more than one-third (36.01%) of respondents met the symptom criteria for post-traumatic stress disorder (PTSD) and nearly half (47.90%) of the respondents met the symptom criteria for depression. Men were more exposed to trauma events, but women had higher symptoms of psychological stress than men.

Bayard et al. (2009) found that PTSD and depression affected 36.23% and 49.99% of the people living in Juba in Southern Sudan. Johnson and Thompson (2008) also reported that psychological stress disorders were common among internally displaced persons (IDPs). This

finding matched the severe depression, anxiety, and PTSD symptoms among Rwandan genocide survivors (children) (Moscardino et al., 2007). Moscardino et al. (2007) found that 34.5% of the participants met the criteria for post-traumatic stress disorder (PTSD), 22.3% for depression, and 19.9% for anxiety. Moreover, family displacement, emotional pain, avoiding talking about the event, headaches, emotional detachment, grieving, and families were the effects of terrorism on those who experienced terrorism (Pereda, 2013). These findings could explain the result of the study.

5.2 Social Effects of Boko Haram Insurgency

The study showed that some of the social effects of Boko Haram insurgency on the communities that were re-settled in Adamawa State were lack of basic/social amenities, losing contact with friends, losing jobs, having no capital to start a business, poor health care services, bad refuse disposal system, low-quality education, difficulty in interacting with others, poverty, and loss of freedom. This result means that the Boko Haram insurgency has caused different kinds of social problems in the re-settled communities of the IDPs. This finding agrees with Musa et al. (2021) who found that 61.2% of IDPs had no safe drinking water and good refuse disposal, 47.3% could not continue with schooling, 73.1% did not have enough food, 85.5% believed that displacement and insurgency had caused poverty. This result also matches with the report by the United Nations Office for the Coordination of Humanitarian Affairs (UNOCHA) (2014), which showed food shortage in camps, the social needs of the IDPs, and the challenge IDPs faced in getting children back to school.

Studies have reported huge population displacement due to fear of insurgents, attacks, property damage, and loss of income (Human Rights Watch, 2014; Amnesty International, 2014; Walker, 2012). The International Organization for Migration (IOM, 2015) also reported that the social needs of the displaced people were still not met, because of the unstable situation, direct violence, and family separation. Moreover, this situation was worsened by the limited access to social, educational and health services for the displaced people. This reason could explain the result of the study.

5.3 Challenges Faced by the IDP Camp Returnees

The study revealed that the IDPs in their re-settled communities encountered various challenges such as insufficient health care services, food insecurity, inadequate potable water, low-quality education, economic difficulties, substandard housing conditions, limited job opportunities, loss of income sources, poor medical support and sexual abuse. This finding corroborated previous findings that indicated that the most pressing needs of the affected and displaced persons were Food, Protection and Livelihoods, Health, Nutrition, Shelter/NFIs, Education, WASH and Psychosocial Support (ING Forum in Nigeria, 2015). The IOM also reported consistent results from evaluations of the situation in Yola, Adamawa State, identifying food and shelter as the main needs of the displaced population (IOM-DTM program, 2015).

5.4 Intervention Strategies for the IDP Camp Returnees

The study showed that some of the intervention strategies needed by the IDPs in their re-settled communities were the promotion of cultural, religious, recreational, and communal activities, peaceful coexistence, provision of basic or social amenities, skills acquisition/vocational centres, quality education for resettled children, financial assistance and counselling services by health care practitioners. This finding confirmed the previous findings that indicated that functioning parental support, community support, individual children's personal quality, peer

support, and religiosity were all support systems that the participants recognized in reducing their psychosocial effects of being exposed to terrorism (Cicchetti, 2010; Cummings et al., 2011; Garbarino et al., 2015; Greeson, 2013). Similarly, Moscardino et al. (2007) found that social support, coping strategies, and ethnic identity moderate the effects of trauma exposure.

Mgbenkemdi and Eze (2017) found that a higher level of the three types of perceived social support from mother, father, friends, and so on was associated with less depressive symptoms. Children who had close family contacts were more likely to exhibit good personal, social and educational adjustment. Exposure to support events or Governmental roles, time and conditions could lead to more intense relationships within families. Therefore, to protect IDPs from the detrimental psychosocial effects of insurgency, more attention should be paid to the factors that could mediate or buffer the negative effects of insurgency time conditions on children (Mgbenkemdi & Eze, 2017).

6. Conclusion

The study indicated that IDP camp returnees in Adamawa State still suffered from the psychological and social effects of the Boko Haram insurgency in their re-settled communities. Moreover, they encountered various difficulties that impeded their adaptation to their new environment. Despite these barriers, the study participants offered useful suggestions on intervention strategies that could be enhanced by government and non-governmental organizations to help them deal with their re-settlement.

7. Recommendation

The study's results have led to the following set of recommendations.

1. It is imperative to establish specialized counselling services for internally displaced persons (IDPs) in their resettlement communities. These services should be provided by both governmental and non-governmental organizations to support the IDPs in their psychological adjustment to the new environment. Such measures are necessary to ensure the well-being and overall mental health of the IDPs.
2. It is crucial for both governmental and non-governmental organizations to work together, utilizing resources such as the Federal and State governments, National Emergency Management Agency (NEMA), and State Emergency Management Agency (SEMA), to address the social needs of IDPs in their resettled communities. This approach will help prevent them from being targeted as potential recruits by insurgent groups.
3. It is essential to address the challenges faced by IDPs in their resettled communities to enhance their quality of life.
4. It is imperative that the government takes action to address the intervention strategies identified by the participants in order to prevent and control further outbreaks of insurgency. To combat poverty and bridge the gap between leaders and followers, it is recommended that employment opportunities for youths be created. Additionally, all religious leaders should be called upon to reevaluate their teachings, and the government should monitor and regulate any manipulation of religious doctrine.

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