



Guidance and Counselling as an Essential Road Map for National Rebirth and Nation Building in Nigeria

¹Tinja, R.M. P.hD; ¹Ishaq, Yahaya; ²Tijani, O. A & ²Amina Usman

¹Faculty of Education
Federal University Kashere, Gombe State Nigeria

²Federal College of Education (Technical) Potiskum. PMB 1013 Yobe State, Nigeria

ABSTRACT

This paper discusses Guidance and counselling in in relationship to national rebirth and nation building viz it roles sensitizing the Nigerian students on the need for behaviour modification and general attitudinal restructuring for the main purpose of nation building and national transformation. In the context of this, is centred on the concept of guidance and Counselling, national rebirth, nation building, issues inimical to nation building, behavioural factors that negate nation building and the place of Guidance Counselling.in line with the various counselling strategies. On the basis of the issues discussed, the paper made the following recommendations that Government at all levels should be committed to the implementation of guidance and counselling programme in an inclusive education by employing qualified counsellors to achieve the desired result, provision of office accommodation and other working tools to the counsellors by both the government and the respective school administrators to enhance their performance in schools, among other recommendations

Keywords: Guidance and Counselling, National Rebirth, Nation Building and Counselling Strategies

INTRODUCTION

It is an undisputable fact that education is important to human civilization, socio-cultural, political and economic advancement of any nation the world over. This is premised on the fact that education is not restricted to only literacy and numeracy but cover the vital element of human engagement in terms of character development and worth-while moral values for self progress and national transformation. Supporting this exposition, Kazi (2012) posited that many nations of the world have used education as an instrument of changing a better and effective functioning member of its society. Education is a long term investment by the state to make itself better place in which to live and better to make a living. From the above definitions, two facts stand out that education is the responsibility of a government and education is an essential long term service of a responsive government. These explain why the Federal Government of Nigeria (2008) identified the following educational objectives:-

- The inculcation of national consciousness and national unity,
- The inculcation of the right types of values and attitudes for the survival of the individual and the Nigerian society,

- The training of the mind in the understanding of the world around : and
- The acquisition of appropriate skills- mental and physical as equipment for the individual to live in and contribute to the development of the society.

It is worth mentioning at this juncture that Guidance and counselling is an essential branch of general education that fits into the achievement process of the above noble objectives. Thus, guidance and counselling is an applied field in which the counsellors use both behavioural and cognitive knowledge to render help to people in need irrespective of age, professional engagement, tribal affiliation, religious and socio-economic status. Hence, national re-birth and nation building are part and parcel of an effective guidance and counselling. Guidance and counselling provide cognitive, pedagogy of understanding self and psycho-social support for the Nigerian youths as basis for making contribution to nation building. National re-birth and Nation building are integral and essential part of national development are geared towards sensitization of the citizens on the need for cooperation, unity, understanding, tolerance and love of the nation above self. The current situation in Nigeria where wanton killing, destruction of both private and government properties, banditry, raping, ritual, drug abuse, human trafficking, embezzlement of public funds, rituals, ethnic crises, ineffective leadership and poor followership are highly celebrated calls for national re-birth and nation building process. Against this background therefore, this paper discusses guidance and counselling as road map for nation building.

Concept of Guidance and Counselling

Guidance and counselling is a programme designed to assist the individual or group of individuals to attain the pick of their potentials for self development and national transformation socially, politically, economically, culturally and technologically. Edet (2008) opined that the term guidance and counselling have been loosely or interchangeably used. He sees guidance as been broader than counselling which includes counselling as one of its services. Denga (2001), referred to these services as “cluster of formalized educational services designed by the school to assist students to achieve self-knowledge or self-understanding which is necessary for them to attain the fullest self-development and self-realization of their potential. Guidance and counselling is therefore designed to help individuals/students in their different problems and concerns, so that they grow up well-adjusted individuals capable not only of living productive lives, but are also prepared to contribute their quota to the development of their society.

Tinja, Babaji and Abubakar (2020) opined that Guidance and Counselling is geared towards equipping the learners with social virtues such as tolerance, co-operation and spirit of togetherness as basis to engender peace and harmony in the society through effective school guidance programme. Thus the main vocal points of guidance and counselling in Nigeria is social adjustment within the framework of potential development of the individual through awareness of his or her abilities, weaknesses and be able to take independent actions leading to responsible living as basis to make meaningful contributions to nation building and national transformation.

National Rebirth Defined

National rebirth seems to be simple. However, its application is multifaceted and multi-dimension in nature as it applies to many spectrum of the national affairs economically, socially, politically, culturally, attitudinally and technologically. National rebirth refers to the regeneration of battered country to improve the standard of living of the nation. (Wikipedia, 2021). National rebirth from the political angle refers to remodelling of the state of the nation or democratic dispensation to reflect constitutionalism duly recognize citizenship rights and duties, protection of fundamental rights, including socio-economic rights and so on. National rebirth is a reviving process of systemic failure, attitudinal restructuring and reawakening of the mindset of the citizenry. It is a change process and fundamental approach to nation building and national transformation

Concept of Nation Building

First and foremost, a clarification of the phrase “Nation” is necessary for clear understanding of the discourse. Thus, a nation can be described as a large group of people who live in a country and share similar tradition and culture. It is the collection of people within specific political entity. A nation has the following essential attributes:-

The Population:- This is the most important element of the state because there can be no state without people. Even though the size of the population cannot be fixed, but it is better if the people are good citizens and self-sufficient to meet all their necessary requirements for the purpose of stability of a state. The citizens are expected to enjoy certain rights and privileges through the provisions made for their welfare and comfort.

The Territory:- The state must have within its jurisdiction, a function of land surface, mountains, rivers, lake, sea up to the limit of its territorial waters and the air space above it. Mahajan (2010) recognised the importance of territory as not an indispensable element in the formation of a state as composed by Willoughby who says the state is neither the people, the government, constitution nor is it the territory but a political unit. This is because in practice, there can be no state without a fixed boundary. Therefore, territory symbolises the sphere of sovereignty of the state. It provides for mutual resources for the sustenance of the population of the state it produces a sense of security and immense opportunities for a better life

Government:-Government is the agency or machinery through which common policies are determined and by which common affairs are regulated and common interests promoted. . Government exercises the authority of the state by virtue of the functions she performs. For instance, government is responsible for the maintenance of law and order. This is because those who violate laws are punished by the government. Other functions include provision of common services like defence, issue of currency, foreign relations, roads, bridges and even transport and other essential services such as water, electricity, etc. However, there is no particular type of government that can be recommended as an essential element for the existence of a state. While democracy, is popular in India, England, United State, Japan, Italy, France and Nigeria. Monarchy may be popular in Saudi Arabia, Britain, Nepal, Sweden and Demark.(Garner in Muhajan, 2010)

Sovereignty:-Nwankwo (2002) perceived sovereignty as as the political independence of a state which implies the name of a sovereign state. While Duguit in Muhajan (2013) conceived the term to mean the commanding power of the state, that is, the will of the nation organised in the state, Burges in Mahajan viewed it as original, absolute, unlimited power over the individual subjects and over all associations of subjects. That is, the underived and independent power to command and compel obedience. There can be no state in the legal sense without sovereignty. This is because sovereignty is the final authority in the state. The state declares its laws, decisions and issues commands which are binding on all citizens by virtue of its sovereignty. According to Appdorai in Ahmad (2013) there are two aspects od sovereignty of a state. Namely:-

- Internal:- This refers to the power to make and enforce laws upon individuals and associations within the area of its jurisdiction.
- External:- This simply means independence of a state from foreign control

The concept of nation in the opinion of Utulu (2011) can be used synonymously with state like the United States or United Kingdom, comprising of four nations, the English, Irish, Scottish and Welsh.

On the other hand, Mezieobi in Kazi (2012) defined nation building as the transformation of the poor socio-economic conditions of the mass of the people through the formation, planning and implementation of attribute, better life, functional and productive socio-economic programmes and policies. Tijani, Bogo and Aderibigbe in Tijani and Yaro (2019) perceived nation building as a political cum economic concept that is synonymous with citizenship orientation. According to them, nation building can be seen from two dimensional angles as:-

- It is concerned with loyalty to the constituted authority and respect for national constitution. (National Consciousness)
- It bothers on general acceptability and integration of all ethnic groups in a state as vital elements of the country that must live and work together for the achievement of common goal of mankind. Therefore, national integration constitutes vital element in an effort to building a nation/ Nigeria where peace and tranquillity reigns supreme.

Nation building is a variable key for engendering political stability, national integration and socio-economic transformation in all ramifications. Nation building is a pre-requisite for accelerated national development which Kazi (2012) perceives as full participation of the citizenry in the political, social, economic and technological affair of their country. From the point of view of this paper, nation building is the genuine integration of all ethnic groups in Nigeria in actions, thoughts and feelings to sustaining democratic ideals of a nation and defend its sovereignty (both internal and external) to achieve national transformation. It is an integral and core value national development that showcase an appreciably high level of national consciousness to bring Nigerians together to build an indivisible nation for the benefit of the up-coming generations.

Issues Inimical to Nation Building in Nigeria

Lack of Peace

In the first instance, peace as a social concept can be viewed from different perspective. Usmanu, Musa and Alice (2010) perceived peace from two different angles. Philosophically, peace is a natural and God given state of human existence with the corruptive tendencies of man. While the sociologist conceives peace as condition of social harmony in which there is no social antagonism. While political scientists perceived peace as the conditions that make justice possible. Usmanu et al (2010) described peace as a process involving activities that are directly and indirectly linked to increasing development and reducing conflict, both within specific societies and in the wider international community to enhance understanding about peace, according to these scholars, there is need to pay attention on the following:-

- i. Peace relates to existing conditions, rather than ideal state or condition;
- ii. It is a systematic process and it is possible to identify the factors that drive it.
- iii. It is not a finished condition.
- iv It increased and decreases depending on socio-economic and political conditions.
- v. It can be measured as it increases and decreases;
- vi. It is not a linear, unconditional process, instead, it is complex and multifaceted.

Inadequate state of Security

Insecurity, according to Muhammed and Nuri (2014) refers to state of uncertainty, fear and lawlessness which poses threat to peoples' live and properties. Insecurity is a breach of peace and security. Having said this, Security remains a basic ingredient in the stabilization of political transformation of any given nation. That is why it is a fundamental function that no responsible government can dispense with. Security constitutes vital elements on which the socio-economic activities of human beings are hinged. Hence, government as a matter of fact, must strive to achieve it.

High level of Poverty

Poverty is social and economic problem that has defied solution in Nigeria due to high rate of illiteracy and inadequacy in Job opportunities for the citizens. World Bank in Jere (2004) viewed poverty as the lack of capability to attain minimum standard of living. This according to Jere (2004) relates to inaccessibility to food, clothing, shelter, education health service and clean water. Deduced from the above, poverty is a state of living below the minimum standard of life. It is a situation where food, shelter and clothing are grossly inadequate for the survival of the citizenry. Despite strong economic growth in Nigeria, according to (Ortiz and Cummins (2011) 54% of the population remains in poverty. Of significant concern is the fact that the poverty rate has doubled in the past 20 years. Nigeria is also highly unequal: the Gini coefficient was 43.8 as of 2005. Approximately 20% of the population owns 65% of the national wealth (UNDP, 2009). Although, in recent years, there have been economic programme geared towards social protection to tackle the escalation of poverty and its attendance social menace (Tijani & Muhammed, 2019). However, the impact of Nigerian government is far from achieving the desired result due to poor implementation of such programmes

Deduced from the above, peace, security and poverty reduction are phenomena globally recognised as instrument for the establishment and maintenance of nation building. In this regard, the role of functional education is very essential. This is why it should be given utmost priority it deserves in the scheme of events in Nigeria. This is premised on the fact that education sensitises the recipients on the importance of peaceful co-existence and unity in diversity through its various institutional based programmes and

practices in which guidance and counselling occupies a place of pride. Hence, no nation can be built and developed more than the quality of her educational system.

Behavioural Factors that Negate Nation Building

Development of a nation depends on the behavioural disposition of its citizens. There has been a persistent erosion of values in the society. In the present day context, according to Yaduma (2014) certain values need to be redefined and reinstated. There are situations when the values imparted and inculcated in schools are not generally practiced in society. This has led to the moral degeneration in our society Nigeria in recent time. In line with the Yaduma submission, The negative thoughts and actions of the Nigerian youths have culminated in to maladjusted behaviours such as:-

- Vandalism of government properties
- Corruption within the polity
- Kidnapping
- Political thug
- Armed robbery
- Raping
- Human trafficking and child labour
- Religious bigotry
- High level of illiteracy, among other behaviour disorder affecting nation building in Nigeria

Nigeria, without doubt is witnessing the negative impacts of the above social ills or vices as no place could be said to be free from the socio-economic challenges occasioned by those social menace. The problem of Nigeria goes beyond the ineffective utilization of national resource but attitudinal, moral and value degradation that have kept the nation far away from development. Therefore, the slogan “Change Begins with Me” as attitudinal restructuring strategy must reflect in every facet of Nigerians’ life. That paradigm shift is inbuilt in Guidance and Counselling.

Guidance and Counselling for Nation Building

The introduction and development of guidance and counselling as a school programme was a starting point of a plan to make Nigerian children benefit maximally from the academic activities, which in turns leads to self-reliance and national productivity. The reason being that quality education is a powerful mechanism for achieving any developmental programme. Therefore, the place of Guidance Counsellors in the attainment of peace, security for nation building is unquantifiable. Guidance and Counselling is geared towards equipping the learners with worth-while attitudes and values acceptable in the society. Okonkwo and Anagbogu (2008) opined that counselling is a process of helping a troubled person to understand his or herself and his work so as to feel and behave in more personally satisfying manner. Thus, the interest in guidance and counselling word Nigeria in the opinion of Tinja e tal (2020) is personal adjustment through well designed orientation and compliance to social norms. In this direction, Counselling service as essential part of the school programmes is designed to render assistance to the students in terms of their intellectual abilities, emotional dispositions, social and psychological needs to enable them cope with the challenges of a modern world. It is pertinent at this juncture to state that nation building has constituted a perennial problem to Nigeria as a sovereign state. It seems things have fallen apart and the centre has refused to hold in Nigeria despite her abundant human and mineral resources. It has become glaring in recent time that resources of a country is as useless as nothing in the wake of absolutely lack of effective citizens with qualitative behavioural disposition and worth-while moral values. In view of this exposition, Guidance and Counselling is packaged with value added and behavioural strategies aimed at molding the youths for self development, nationalistic orientation and nation building. Some these strategies are briefly discussed below:-

Counselling strategies: are techniques used in counselling processes. The strategy ranges from assessment of diagnostic information, orientation and others.

Orientation Techniques

Orientation service is designed to assist students to adjust better when in new environments. At the commencement of each school year, many new students often need orientation in primary, secondary and tertiary institutions. Through orientation, new students are made to adjust emotionally, mentally, socially,

and physical to their new environment. (Tinja et al, 2020) Activities that constitute orientation service include group lectures, film show, discussions on school rules and regulations and services, interactive sessions with key functionaries of the new school, field-trips and visits to major sections of the new school, etc (Kolo, 1992) Orientation Strategies is used to sensitise students on the need to tolerate and respect not only their fellow students but people generally irrespective of gender, physical disabilities and social status. UNESCO (2000) and Braddock (2001) asserted that the purpose of guidance and counselling in schools is to improve academic achievement, foster positive study attitudes and habit, increase acquisitions and application of conflict resolution skills and decrease school dropouts. Orientation is designed for the students develop sense of respect for constituted authority, fulfil self-realization, better human relationships; and develop worth-while attitudes and moral values of nation builders and vanguards of national unity and development in Nigeria. A well coordinated orientation builds up the human, the family, the community, the society and the nation at large.

Dramatization counselling Strategy

As the name implies, dramatization counselling strategy deals with acting a play. It is a typical reflection of socio-cultural reality in the society that bothers on the adjustment of mind set and behaviour at large. Tijani & Yaro (2019) refer to a drama as a process whereby learners are given opportunity to express themselves in an artistic manner. It involves drumming, singing, dancing, miming, and other related activities that can bring excitement to people. It involves actors, actresses and spectators. According to Okam (2002) dramatization method represents a most effective technique for stimulating and building-up the interest of pupils in terms of their learning activities. Examples of dramatization include miming, play-let and role-playing.

The relevance of dramatization to this paper lies in the fact that factors that constitute nation building can be dramatized by the learners under the strict guidance of a counsellor. Here, the counsellor prepares a written script, with titles such as “Good Citizens of Nigeria”, assigns roles and allows the learners to rehearse and stage the play. This could be followed by a “Counselling Therapy” so that the learners can derive adequate lessons with far reaching implications on nation building and national development from the play. The counselling therapy includes a discussion and questioning session by members of the class based on the drama presented. This allows the Counsellor to draw students’ attention to the silent points involved in the drama. The lesson learned in the drama can be an ever lasting experience.

Discussion Counselling Strategy

Discussion Strategy is one of the effective counselling strategies adopts by the counsellors in Nigerian schools Discussion strategy is categorized into two. Namely, Whole Class Counselling discussion and group Counselling discussion. Irrespective of the category, Ogunbiyi (2000) opined that discussion strategy is characterized by reflective thinking, problem solving, critical thinking, inductive, deductive reasoning, discovery and guide. Discussion can be applied to counsel used students against attitudes that constitute set back to nation building and national transformation such as vandalism, kidnapping, ethnic crisis, rapping, and host of other social menace in Nigeria. Here, topics on the negative attitudes to nation building are put forward for discussion. In this arrangement, the learners (participants) are expected to contribute their views on the issue under the guide of a Counsellor. Based on their responses, the counsellor counsel them on the desirable attitudes and values not only needed for nation building but essentially necessary for national growth and development in Nigeria.

Behaviour Modification Strategy

Behaviour modification is the response of an organism to a stimulus and based on that response, judgment is passed as to the normalcy or otherwise of that behaviour. Behaviour modification is the use of learning theory principles to alter maladaptive behaviour (kolo, 1992) . Behaviour modification is used not only to eliminate behaviours that are socially deviant but also to develop and increase socially desirable behaviour (Okoli, 2002).This technique is a potent instrument of counselling and advocating for love, empathy, tolerance, hard work within the framework of unity in the school and the nation at large. Counsellors can use this strategy to create awareness on problems and prospects of nation building and the need to be effective citizens of Nigeria According to Tijani and Tinja (2016) this approach is capable

of making students adjust their negative behaviour towards learning and their future development through effective counselling programme of the school. In the opinion of Child in Tinja, Babaji and Abubakar (2020) it is necessary that guidance and counselling unit of every school plays the role of behavioural modification so that positive changes take place in the society.

The effective application of the above strategies by Guidance Counsellor must be in line with his or her knowledge of the national objectives/ philosophies and aspirations as well as knowledge of psychological formation of the counsellee. In addition, the school counselling programme should be free from the following challenges as identified by Tinja, Babaji and Abubakar (2020)

- Insufficient professional counsellors to implement counselling services in schools. In such a situation, students are left to take decision about their educational, vocational and social development without proper and adequate guidance. Lack of effective counselling in schools have paved way for social vices such as stealing, bullying, drug abuse, sexual harassment, cultism, hooliganism, lack of respect for constituted authority, examination misconduct and other negative behaviours that constitute threat to human community and national development.
- Lack of commitment and practical support towards the implementation of counselling programme at the state and federal levels of governance to adequately plan and evaluate the Nigerian schools with a view to employ counsellors and provide them with basic facilities such as offices adequately equipped with furniture, file cabinet, television, refrigerators, DVD, satellite facilities for effective counseling is inimical to the development learners in an inclusive education
- Lack of initiative by the school principals and heads of primary schools. The fact that there is no professional counsellor (s) in a school is not strong a convincing evidence to allow pupils/ students go astray as it is the case many Nigerian schools. Therefore, this kind of situation is detrimental not only to curb stigma in an inclusive education but total development of the learners involved

Other challenges that need to be overcome are the situation whereby Guidance Counsellors are considered as:-

- Teaching staff and given subjects to teach (in primary and secondary schools).
- Discipline teachers. This keeps the Counsellors far away from their humanitarian duties and role in the society
- Rival by the head master or the principal of schools
- Untrustworthy/ Non trustworthy as they interact with female students because of the secretive nature of their profession and responsibilities. All these hinder effective counselling in Nigeria.

CONCLUSION

From the foregoing discussion, counselling is a programme of school instruction that is aimed at developing people's potentials and modify behaviour in such a way that create enabling environment for people to operate irrespective age and status. The problems of nation building seek immediate solutions and demand a realistic co-ordination among the school, Counsellors and the learners in view of the current socio-economic situations inimical to national development. Nigeria's problem is not lack of national resources but unprogressive attitudes. Hence, the concern in counselling is to modify, change learners' behaviour, and provide information relating to desirable Social virtues and mutual relationship among people as basis for societal growth and development. Therefore, the youths need to be guided and counsel towards developmental culture that involves the dignity of work, dignity of life, the spirit of tolerance, hard work, respect for law and order skills, among other values Nigerian society needs for socio-political transformation.

RECOMMENDATIONS

1. Government at all levels should be committed to the implementation of guidance and counselling programme in an inclusive education by employing qualified counsellors to achieve the desired result.

2. Office accommodation and other working tools should be provided for the counsellors by the government to enhance their performance in schools.
3. Since the qualified Guidance-Counsellors are not easy to come by, training programme should be organized for some selected number of staff in each primary school. This would enable the pupils to be motivated for active academic and desired attitudinal behaviour.
4. The school authorities should make sure that Counsellors or Career teachers are relieved from teaching activities in order to ensure counselling effectiveness.
5. Government should recognize the educated disabled people by appointing them into various governmental positions at all tiers of governance in Nigeria. This will reduce the level of their stigmatization in the society

REFERENCES

- Edet, I. P. (2008). *Principles and Techniques of Guidance*. New Delhi: Vikas Publishing House Pvt Ltd
- Federal Republic of Nigeria (2008). *National Policy on Education*. Abuja. NERDC Press
- Jere, N. (2004). Poverty Education. In G. Bozimo, M. G. Gotep, R. Zwalchir and O. A. Obanya (Eds). *Current Trend in Social Studies*. Jos: WAIS Printing Press
- Kazi, N.P, (2012). Nation Building: The Challenges of the 21st Century Nigerian Social Studies Teachers. In A Compendium of Economic, Educational, Historical, Political, Religious and Social Issues in Social Studies Education . Jos. WAIS Printing Press
- Kolo, F.D. (1992). *Guidance and Counselling in Perspective*. Zaria: Saveno Printing.
- Muhammed, M. F & Nuri, I. (2014). Education for Youth Empowerment: A Panacea for curbing Insecurity in Nigeria. *Aso Journal of Education Studies*. 2 (2) 23
- Nwankwo, B. C 1992 *Authority in Government: Nigeria and World Politics in Focus*. Makurdi. Almond Publisher
- Ogunbiyi, J.O (2002). *Understanding Social Studies Education and Pattern of Nation Building*, Abeokuta. Mike Onward Publication Service.
- Okam, C.C. (2002). *Reading in New Development in Nigerian Education: Issues and Insights* Jos. Deka publication.
- Okonkwo, M.C. & Anagbogu, M.A. (2008). Role of Teachers in Promoting Positive Mental Health for National Development: Implication for Counselling. Conference Proceedings of Counselling Association of Nigeria (CASSON).
- Ortiz, I. and Cummins, M. (2011). *Global Inequality: Beyond the Bottom Billion. A Rapid Review of Income Distribution in 141 Countries*. Social and Economic Policy Working Paper. New York: UNICEF.
- Tijani, O. A. Bogo, A. G. & Aderibigbe (2014). Peace Education as an Instrument for Nation Building: Issues and Insights. A Paper Presented at the National Conference of Women in Colleges of Education held at the Federal College of Education (Technical) Umunze. 8th- 12th October
- Tijani, O. A. & Mohammed N.. (2019). Social Protection as an Instrument for Nation Building and National Transformation in Nigeria. In Oladejo, M. T. Okoli-Uwajumogu, N. & Tijani, O. A. (Eds) *Social Protection in Africa: A Study of Paradigms and Context*. Ibadan: Reamsworth Publishing Ltd
- Tijani, O. A. & Yaro, K. L. (2019). Leadership and Nation Building in Nigeria: Implications for Effective Lesson Delivery in Social Studies Education. *Journal of Social Studies and Civic Educators Nigeria*
- Tinja, M. R. & Tijani, O. A. (2016). Mobilizing Secondary School Students for Vocational Development in Nigeria: Implications for Counselling. A Paper Presented at the 2nd National Conference of Business Education, Federal College of Education (Technical). 5- 9th October.
- Tinja, R. M. Tanko, B. Ai & Abubakar, M. (2020). *Managing Inclusive Education for Curbing Stigmatization of People with Disabilities in Nigeria: The Imperative of Guidance and Counselling*

- UNESCO (2000). *Guidance and Counselling Programme Development*. France. UNESCO Publication
- UN Development Programme (2009) Human Development Report Nigeria 2008–2009: Achieving Growth with equity. Abuja: UNDP
- Usmanu, A. P, Musa, A. and Alice, K. M. (2010). Peace Education and Peace Building in Nigeria. In Haruna, D. D and Hadiza (Eds) *Peace Security, Human Rights and Development in the 21st Century*. Vol 1. Kaduna. Pyla- Mak Ltd
- Utulu, R. E. (2011). *Civic Education, Democracy and Nation Building in Nigeria: Conceptual Perspective*. Nigerian Journal of Social Studies. Vol. XIV(1) 27
- Yaduma, P. S. (2014). Global best practice in teacher preparation: Quality Challenges to teacher producing Institutions in Nigeria. Being a Lead Paper Presentation at the 6th North East COEASU Zonal Conference Federal College of Education (Technical) Potiskum. Yobe State. 2nd – 6th December.
- Yario, R. L. & Tijani, O. A. (2019). An assessment of the effectiveness of social studies education in curbing youth restiveness in Nigeria. In J. Ndazhaga et al