



ASSESSING THE IMPACT OF CRISIS FATIGUE ON POPULATIONS IN NIGER STATE AND THE NEED FOR COUNSELLING INTERVENTIONS

BAHGO, SAMAILA BENEDICT

Department of Educational Foundations, Faculty of Education, Veritas University
Abuja

ABSTRACT

The study assessed the impact of crisis fatigue experiences among communities in Niger state Nigeria. The purpose of this study was to examine the impact of psychological crisis fatigue mostly arising from constant uncontrolled kidnappings, wanton killings and exorbitant Ransome payments extortions by Fulani Herdsmen killers and kidnappers on the people of Niger State, Nigeria. The goal of the study was to determine the impact of crisis weariness that has been brought on by the ongoing deaths of herders as well as how this crisis fatigue has affected large populations in Niger State of recent. Two research questions served as the study's main directions for the descriptive survey research design. The sample was made up of 790 respondents who were chosen from eight Local Government Areas of Niger State using a purposive sampling technique. To gather information from the respondents on their experiences with crisis fatigue, a 21-item questionnaire was created by the researcher. Simple percentages and frequency counts were used to assess the data. The study's findings revealed that people in Niger State have a negative impacted history of experiencing crisis fatigue. They gave high ratings for the general public's negative impact of crisis fatigue on the populations in Niger state. For instance, 100 percent of respondents had a negative impact of crisis fatigue, while 98.65 percent had no access to information about any type of support for dealing with crisis fatigue, and so forth. The circumstance made the responders more prone to feelings of hopelessness and melancholy. Based on these, the researcher offered a framework for community counselling interventions for not just Niger state crisis fatigue residents only, but for all crisis fatigue victims across Nigeria as a whole. And that the Nigerian government focus most of its resources on removing the causes of crisis fatigue across the country.

Key words: Herdsmen kidnappers and Killers, Ransome payments and crisis fatigue.

Introduction and problem statement

Because of very large numbers of bad corrupt political leaders and terrible governance, millions of Nigerians have been forced to live in "crisis mode" for over two decades now. Nowadays, millions of Nigerians have become accustomed to what some experts refer to as chronic crisis fatigue for well over two decades now, without most Nigerians being aware of the negative impact of such a risky mental health condition. Millions of vulnerable people in Nigeria are subjected to long-protracted trauma in the forms of insecurity, herdsmen kidnappings, wanton killings, and devastation of human lives and properties. The entire Nigerian population has experienced and witnessed several national and international crises. The Covid-19 pandemic crisis, Long-standing Niger-Delta militant killings, Boko Haram terrorist attacks, ISIS, and ISIL terrorist deaths, ISwap terrorist killings, and recent Fulani Herdsmen kidnapping murders are only a few of the national crises that Nigerians have experienced since 2001. Millions of Nigerians have watched and experienced a string of fatigue crises since the Boko Haram insurgency began in Borno State (North-Eastern Nigeria) in 2002. The kidnapping of oil workers and bunkering of oil pipelines in the Niger Delta, the ongoing attacks on churches and mosques in Northern Nigeria, the increase in kidnappings and killings across nearly all of Nigeria's States, the kidnappings committed by herdsmen, the increase in highway kidnappings involving commuter transporters, etc. Many Nigerians endure crisis weariness because their bodies are used to the everyday drama brought on by disasters, trauma, and insecurity, despite continuing to try to juggle work, family, childcare, and a restrained social life depending on the ebbs and flows of insecurity. Despite the difficulties, life has gone on in Nigeria. Although the effects of persistent traumatic stress on significant segments of the populations in Nigeria seem unprecedented now, it becomes more difficult to dismiss the developing sense of learned helplessness after two decades of stress and suffering among Nigerians. Chronic stress from insurgency, terrorism, Herdsmen kidnappings and massacres, the Corona Virus outbreak, and other disasters seems to erode our optimism and resilience like a river gradually eroding a canyon. Counselling and psychological phrases, like "crisis fatigue," "terrorism fatigue," "herdsmen kidnapping fatigue," and "Covid fatigue," have arisen to characterize the

accumulated trauma and stress and its impact on our collective mental health among populations in Nigeria during the past 20 years. Though Psychology provides a wide range of coping mechanisms for anxiety symptoms that appear suddenly, but the effects and solutions for crisis tiredness are less clear. Deep breathing, cognitive reframing, mindfulness, meditation, and behavioural activation are all effective (and empirically validated) treatments for anxiety, but they become much more challenging to use when our bodies have become accustomed to persistent anxiety.

An examination of related writing

The Concept of Crisis weariness

A portion of the growing corpus of literature on the idea of extended crisis fatigue and practical strategies for preventing and managing with it is reviewed in this study. Every reader of this study will be well-positioned to grasp the notion after they have a solid grasp of the phrase "crisis fatigue." The website www.verywellmind.com (2022) states that when a crisis arises, both our bodies and minds prepare for the task at hand. After the crisis is over, we return to our regular state of being. Our bodies were not designed to maintain a high degree of alertness for extended periods of time. Therefore, when a crisis does not end quickly enough, we become fatigued and experience crisis weariness. One example of a protracted crisis that has resulted in widespread crisis fatigue is the Corona Virus epidemic. It results in a vast array of physical and psychological symptoms that can affect your day-to-day activities. There are other crises that some individuals are dealing with, particularly in Nigeria. Numerous additional crisis issues have recently caused crisis weariness in millions of Nigerians, sparked intense traumatic experiences, and spread panic throughout the country. Herdsmen kidnapping and killings across Nigeria are among the pressing challenges in Nigeria, as is the insecurity situation that has not only disrupted Nigerians' socioeconomic existence but also caused many of them to have severe mental health disorders, which this study explores. Millions of Nigerians are suffering from crisis fatigue because of the herdsmen killings and wilful devastation of human lives in Nigeria for the past 20 years, even if they were not affected by the Corona pandemic just two years ago.

Herdsmen kidnappings and killing activities in Niger state Nigeria

Most of the reports reviewed for the purpose of this study here are from the print media. There is no doubt that Niger State has had its own share of the cake of raging uncontrolled waves of herdsmen killings and kidnappings for quiet sometimes now and there seems to be no end of it any soon considering the increasing incidences of kidnappings and killings being experienced of recent.

According to Sahara reporters (2021)-one of the most reliable online news reporters in Nigeria, “no fewer than 10 persons were kidnapped by bandits who invaded Bassa community in the Shiroro Local Government Area of Niger State on Monday. The residents revealed that the bandits had yet to demand for any ransom. It was also disclosed that the terrorists were recruiting residents of Kurebe community into their fold in the same Shiroro Local Government area. An incidence like this can trigger very high levels of crisis fatigue on people in any given community-which is the case in Niger state of recent. Another kidnapping and killing of innocent residents’ incidence in Niger state took place in the same Shiroro Local government Area in April 2022 this year as reported by Wole Mosadomi (2022). In his words, “Bandits have launched a fresh attack on Tafila village, near Gwada town in Shiroro Local government of Niger State with four people reportedly killed and scores abducted.” Another report by Aisha Wakaso in June 2022 stated that “Three members of a vigilante group have been killed while some were injured in an attack on Kpada community in Lapai area of Niger State. A resident of Kpada, Musa Hussaini, said the incident occurred on Friday afternoon, adding that a yet-to-be-identified number of residents were kidnapped. He stated that the bandits attacked while the locals were on their farms working, noting that the attackers burnt down a tractor the farmers were using. Hussain said that after the attack, the bandits proceeded to the forest with their victims, which led to the vigilante group members chasing after them. Aisha Wakaso also reported in the punch newspaper of October 2022 another activity of these kidnapers in Gulu general hospital. In her words, “Bandits attacked Abdulsalam Abubakar General Hospital, Gulu in Niger State in the early hours of Tuesday. The bandits killed two people and were also said to have abducted many people including the hospital doctor and pharmacist.” The Reuters news agency in Nigeria also reported on this hospital killings and kidnappings by armed bandits in the following words “Gunmen have abducted at least 10 healthcare workers in Nigeria's Niger state and killed an unspecified number after bandits invaded a general hospital early on Tuesday, a hospital and military source said. Armed bandits operating for cash have kidnapped or killed hundreds across northwest Nigeria. Niger state officials have said that Islamist militant group Boko Haram had taken over multiple communities in the state, offering villagers money, and incorporating them in their ranks to fight the government.”

Some root causes of Crisis fatigue

Knowing some of the typical reasons of crisis fatigue can be quite helpful, especially for people who are already experiencing it. The first step in addressing how one responds to any given crisis fatigue is understanding what causes it, which is vital for victims of crisis fatigue to understand. Although one cannot always take action to fix a problem, one may address how one responds to any given crisis fatigue. It is also crucial to remember that experiencing crisis tiredness does not indicate that you are insensitive, lack mental fortitude, or have acted improperly. It simply indicates that your body and mind are struggling to deal with a protracted state of distress. The following are some of the potential prevalent reasons of exhaustion that Nancy S. (2022) identified and discussed:

Unable to sleep: Although it may seem like an apparent reason for persistent fatigue, sleep deprivation is really a surprisingly frequent cause of feeling exhausted. Many people struggle to calm down and get the rest they require to feel well because they are too busy or stressed out. Nancy S. (2022) estimates that roughly 30% of American adults struggle to fall or stay asleep. Lack of sleep not only makes you more tired during the day, but it can also have an impact on your mental health. You can also have other side effects like anxiety, irritability, and depression. Even while sleep deprivation is not a medical disease in and of itself, a doctor may be able to recommend stress-reduction techniques or give you medicine to treat sporadic insomnia. It is beneficial to start by identifying your sleep requirements. Adults need about eight hours of sleep per night on average, although this is rarely the case. Additionally, you can have a sleep debt that needs to be paid off with additional sleep.

Depression: It is thought that depression is impacted by anomalies in the brain's neurotransmitters, which control mood. Sleep and energy levels are frequently problematic for those who are depressed. They can struggle to fall asleep or wake up in the middle of the night. Other symptoms of depression include difficulty waking up in the morning and excessive sleep. People who are depressed frequently feel lazy and unmotivated. Feeling down or empty, losing interest in once-enjoyed activities, changes in appetite or weight, feeling unworthy or guilty, and having recurrent thoughts of suicide are a few other symptoms of depression (Nancy S 2022). Contact the Nigerian Suicide Prevention Agency or any other Nigerian non-governmental organizations for suicide prevention if you or a loved one you know is considering suicide. You can also seek support and guidance from a qualified counsellor. Additionally, consult a healthcare professional if you

suspect that you may be depressed. They might suggest that you seek out a therapist who can assist you in processing your emotions. In addition to making you weary; untreated depression can have a negative impact on every part of your life.

Anaemia: Nancy S. (2022) asserts that when you have anaemia, your body either produces fewer red blood cells than usual or not enough haemoglobin. The chemical that gives red blood cells their colour is haemoglobin. Additionally, it helps to transport oxygen throughout your body. Your body does not obtain enough oxygen when you have too little haemoglobin or not enough red blood cells. You will consequently feel worn out or feeble. Along with these symptoms, you could also experience headaches, vertigo, or shortness of breath. Chronic fatigue is now believed to be caused by iron deficiency alone, even in the absence of anaemia. A blood test that can determine whether you have anaemia might be requested by a medical professional. Remember that anaemia has a wide range of potential causes and is not solely caused by an iron shortage.

Hypothyroidism: A condition known as hypothyroidism occurs when the thyroid gland fails to produce adequate thyroid hormone. Between 27 and 60 million people in the United States alone are affected by thyroid disease, which is quite common, particularly in women. Your metabolism is regulated by thyroid hormones, so when levels are low, you may experience symptoms including fatigue, weight gain, and a cold feeling. Hypothyroidism can also worsen depressive symptoms, further complicating the illness. Fortunately, a blood test can tell whether your thyroid gland is operating within normal limits. If not, a medical professional can recommend drugs to treat your underactive thyroid (Nancy S, 2022).

Heart Condition: You may have constant fatigue and an inability to handle activity if you have heart disease, particularly heart failure. When a person has heart failure, their heart is less efficient in delivering oxygen-rich blood to their muscles and other bodily tissues. Even simple daily tasks like walking or carrying groceries inside from the car can become challenging. Nancy S. (2022) notices Chest pain, palpitations, light-headedness, fainting, and shortness of breath are further heart disease symptoms that may be present. It has been noted that heart disease symptoms in women might be more subtly expressed and frequently differ from those in men. For instance, they may show as exhaustion rather than chest pain. According to some study, stress and strain from the workplace may increase the risk of heart disease in women.

Women are more likely than males to die from heart disease because symptoms like weariness are frequently discounted, ignored, or attributed to other causes. It is crucial to discuss all of your symptoms with a healthcare professional, as well as your family's history of illnesses. Your healthcare provider and you may elect to have additional tests to assess your heart and determine whether they are necessary based on these results.

Snoring Apnea: Nancy S explains in 2022 A person with sleep apnoea may experience breathing pauses or short breaths that last anywhere from a few seconds to a minute while they are asleep. As many as 30 of these pauses and short breaths might happen in a minute. It can be quite upsetting to someone is sleep every time their breathing returns to normal, frequently with a snort or choking sound. A typical reason of afternoon tiredness can be this interrupted and subpar sleep. Morning headaches, memory issues, difficulty concentrating, irritability, depression, and a scratchy throat upon waking are some additional symptoms of sleep apnoea. If you have breathing irregularities or snore, your healthcare provider may inquire if anybody else has noticed. If you have risk factors for sleep apnoea or have daytime fatigue, your healthcare practitioner may be worried as well. To identify sleep apnoea, a sleep study is frequently advised, and if it is found, CPAP therapy may be suggested. Not only does untreated sleep apnoea make people fatigued, but it can also cause heart disease, strokes, and even sudden death.

Hepatitis: Hepatitis is a liver inflammation that can have a variety of causes, from infections to obesity. The liver performs a variety of vital tasks for the body, including detoxifying pollutants, producing proteins that regulate blood clotting, metabolizing, and storing carbohydrates, and much more. These critical functions may not function at all when the liver is inflamed. Hepatitis can cause several symptoms in addition to fatigue, including jaundice (a yellowish colouring of the skin and whites of the eyes), nausea, abdominal pain, and light-coloured faces. (Nancy S.2022). Most clinics make it simple to perform liver function tests, and if the results are abnormal, they may prompt you and a healthcare professional to investigate potential explanations.

Diabetes: Diabetes is a condition when the body either produces insufficient insulin or does not use it as efficiently as it should. The pancreas secretes insulin, a hormone that facilitates the uptake of glucose into the body's cells for use as an energy source. You may experience constant fatigue if you have diabetes for several different reasons. Diabetes-related fatigue is partially attributed to

changes in blood sugar levels. You might feel fatigued if your blood cells do not receive enough glucose. Frequent urination, intense thirst, unexplained weight loss, intense hunger, abrupt eyesight changes, tingling or numbness in the hands or feet, dry skin, slowly healing wounds, or an increased number of infections are further signs of diabetes. Most clinics offer blood sugar testing, and a test called haemoglobin A1C can assist establish your typical blood sugar over the previous three months (Nancy S, 2022).

Irritable Bowel Syndrome: Myalgic encephalomyelitis, another name for chronic fatigue syndrome, is a condition marked by extreme weariness that worsens with physical or mental exertion and does not improve with rest (Nancy S 2022). What causes this ailment is unknown. In addition to extreme exhaustion, other signs and symptoms of chronic fatigue syndrome include difficulty concentrating or short-term memory loss, headaches, muscle and joint discomfort, painful lymph nodes, and recurrent sore throats.

Medications: Numerous different drugs may have the adverse effect of fatigue. According to Nancy S (2022), some of the most popular drugs that could make people tired are: Antibiotics (used to treat bacterial infections), Antidepressants (used to treat depression), Antihistamines (used to treat allergies), Antipsychotics (used to treat schizophrenia, bipolar disorder, and other serious psychiatric conditions), Benzodiazepines (used to treat anxiety, muscle spasms, seizures), medicine to lower blood pressure, Diuretics (used to treat high blood pressure, glaucoma, and edema), addictive painkillers, Proton pump blockers (used to treat stomach conditions such as acid reflux), Fibrates and statins (used to treat high cholesterol)

If you are taking any prescription or OTC medications, a doctor or pharmacist can let you know if fatigue is a potential adverse effect. It is significant to note that although the reasons of exhaustion mentioned above are frequent, a wide range of medical disorders can also produce weariness. Make an appointment to see a healthcare practitioner if you believe your fatigue is unusual and you are not only getting less sleep than you require to feel refreshed. It is also crucial to remember that determining the cause of your exhaustion may reveal illnesses that should be identified for other reasons in addition to helping your mental health.

Crisis fatigue symptoms

Knowing that not everyone who suffers crisis fatigue does so in the same way or to the same extent is crucial for those who do. Kendra C (2022) reported several

symptoms of crisis tiredness, such as: Fatigue, sleeplessness, or physical disease are all signs of physical depletion. Low energy levels can also be caused by modifications in sleep patterns, ongoing physical tension, and appetite loss. Feeling numb or cut off from others or even life events might be a sign of mental detachment. Instead, then actively participating in the events of another person's life, some people may feel as though they are merely observing them. Lack of motivation, despondency, or cynicism are some of apathy's symptoms. The lack of concern for oneself is only one aspect of this sensation of apathy; those who are suffering from crisis fatigue may also find it difficult to empathize with others. When we experience temporary stress, physical symptoms can also appear. People frequently suffer muscle tension, sweating, shaking, fast breathing, and racing heartbeat. People frequently encounter additional physical symptoms of stress, such as bodily aches, high blood pressure, digestive issues, or headaches, as chronic stress continues to have its negative effects. Other mental health issues like anxiety, depression, post-traumatic stress disorder (PTSD), and substance misuse can result from crisis weariness. It is crucial to get professional assistance if you are suffering from crisis tiredness to control your symptoms and safeguard your mental health.

Some Reasons why People Get Crisis Fatigue

According to Kendra C (2022), several circumstances might cause crisis tiredness. These include:

Prolonged exposure to the stressor: Our psychological and physical health can suffer when we are exposed to a stressful environment for an extended period as it is being experienced in Niger state presently.

Lack of control: Crisis tiredness can be exacerbated by a sense that we have no control over the situation. We are more likely to give up when we believe that nothing, we do would change the situation. That is the precise circumstance that millions of Nigerians are currently facing.

Lack of support: It may be more difficult to manage stress when we do not have a solid support network.

Multiple stressors: Managing several stressors at once (like being out of work and coping with racial prejudice) can make us more susceptible to crisis weariness.

Feelings of crisis weariness can also be exacerbated by exposure to distressing material. For instance, constant tension can result from being fixated on breaking

news about every disaster, crisis, crime, or conflict. By tuning in, people may feel more educated about what is going on in the world, but too much exposure can overwhelm people to the point where they become detached from what is happening. It is disappointing to learn that the causes of the crisis weariness experienced in Nigeria precisely match those listed in Kendra's framework for crisis fatigue. Numerous long-running insurgencies, security threats, kidnappings, and economic crises have been experienced by millions of Nigerians. Additionally, many Nigerians who experience crisis fatigue have no control over the nation's crises and receive no outside support.

Crisis Fatigue's Effects

Kendra C (2022) expressed the opinion that allostatic load—a term coined to describe the accumulated weight of long-term stress and complicated life events—has been used to describe the effects of crisis weariness on people. Prolonged stress exposure activates bodily systems that cause the release of catecholamines including adrenaline, noradrenaline, and dopamine as well as stress hormones like cortisol. The stress reaction gets people ready to react, cope, and adapt. And even while we can frequently handle the strain, it does not mean we don't have to deal with the effects of carrying that heavy load all the time. High allostatic load may be associated with less favourable health outcomes, according to research. Your body experiences "wear and tear" due to allostatic excess. This has detrimental effects on a variety of systems, including the immunological system, metabolic process, blood pressure, and inflammatory response.

Dealing with Crisis Fatigue

According to Kendra C (2022), there are certain things you can do to control your symptoms and safeguard your mental health if you are suffering from crisis tiredness. Because of crisis weariness, you might experience tension, apathy, or disengagement. Take some of the following measures into consideration:

Take Breaks: Take breaks from social media and the news. While staying informed might be beneficial, it's also crucial to give your body a vacation from being exposed to upsetting news all the time.

Limit Your Exposure: Try to avoid reading too much news about the crisis. You do not have to keep up with every advancement; just enough to keep informed without becoming overburdened. Limit the amount of time you spend reading or viewing the news on social media.

Think about signing up for a daily summary on a newspaper website: You may keep up with current affairs in this way without becoming overburdened. Make time for rest and self-care to take care of yourself. It can be exhausting to deal with a crisis, so it is important to look after yourself. Ensure that you get adequate sleep, eat well, and exercise frequently.

Maintain a Schedule: Maintaining a regular routine will help you feel better when you are under a lot of stress. As you manage the stressor, it enables you to take better care of yourself. According to research, maintaining a routine can help people manage their stress and anxiety better. Such routines not only encourage healthy behaviours but also make you feel more productive and focused.

Reframe the Situation: How you see a situation has a big impact on how you feel about it.

Although cognitive reframing is frequently used in cognitive behavioural therapy with the guidance of a therapist, it can also be done independently. Remember that a situation will not persist forever when dealing with one that causes stress or crisis weariness.

Act: Feelings of paralysis and passivity can occasionally result from crisis tiredness. If there is a problem, you might want to help, but you might not know how or where to begin. This feeling of helplessness can lead to stress, which exacerbates weariness. Instead, then adding to your exhaustion with perpetual doom scrolling, seek for things you can do to change your neighbourhood or the globe. You cannot handle every issue on your own. Neither are you required to. Put your attention on acting when you can. Keeping in mind that everyone has knowledge, abilities, and skills they can share with the world will help you fight emotions of helplessness. If you are feeling overwhelmed, talking to a friend or member of your family can help you feel better. If you require extra support, you can also speak with a mental health professional.

Set Boundaries: Due to workplace changes, many people now work remotely, which might lead to an imbalanced work-life balance. Setting up distinct boundaries between your job and personal lives might be beneficial. These restrictions could include establishing a separate work area, avoiding conversation about work matters after hours, figuring out ways to distinguish between work and non-work time clearly.

Speak with a Therapist: If you are having trouble coping, get help from a professional. It might be time to investigate counselling or therapy if crisis fatigue is making it difficult for you to carry out daily tasks. To discuss your sentiments

and explore for solutions to help you feel more involved, optimistic, and connected to the world around you, reach out to a professional. If you or a loved one is experiencing crisis fatigue, speak with a licensed counsellor or mental health professional for proper support, information on local resources, and potential treatment options.

How to Manage Crisis Fatigue

This study greatly benefits from Kendra Cherry's theory on crisis fatigue from 2022. In her article on dealing with crisis fatigue from 2022, Kendra C. defined crisis fatigue as a form of burnout that occurs when people go through a protracted crisis event. While acute stress can be extremely overwhelming and powerful, its duration is usually very short. In such circumstances, we can assess the problem and identify a resolution. We can see a method to get through the crisis till it ends since we know it will not persist forever. Longer-lasting sources of stress, though, might frequently seem unavoidable and unavoidable. Natural catastrophes, terrorist attacks, and financial collapse are just a few examples of these stressful circumstances. Even though these occurrences are typically brief, the people who are experiencing them frequently do not feel that way. This ongoing tension might eventually have a negative impact on one's emotional and physical health. Apathy, mental distance, and physical exhaustion are among symptoms of crisis fatigue. Kendra C (2022) also notes that the "Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition" does not classify crisis weariness as a separate disorder (also known as the DSM-5). Instead, it is a phenomenon that many people encounter when a persistent stressor that continuously presents them with difficulties in their lives is present. The COVID-19 pandemic is an illustration of prolonged stress that may result in crisis fatigue in some people. Economic collapse, natural disasters, social unrest, racial prejudice, mass killings, and war are all conditions that can trigger this reaction. In such circumstances, stress frequently has both short-term impacts that are felt right away (such as discrimination, personal losses, or dealing with violence) and long-term effects that persist even after the initial stressor has passed.

Counselling Framework for crisis fatigue victims

The following counselling framework proposal if given adequate support and implementation, will go a long way to help protect the mental health of victims of crisis fatigue in not just Niger state but the entire Nigerian community.

Helping crisis fatigue victims through Successful Professional Counselling

Professional counselling can be crucial in assisting people experiencing crisis fatigue in our communities today. It's simple to dismiss crisis fatigue as a problem that just affects other people, but the negative impact it has on the populace cannot be simply or easily dismissed. People need to be counselled and made to understand that crisis fatigue can destroy a person's life and can be managed through expert counselling. Effective counselling will help people experiencing fatigue to understand the need to seek treatment when an activity of stress is overwhelming as in the situations of herdsmen killer kidnappers now.

Creating Various Counselling Activities

Given Nigeria's multicultural and multireligious makeup, certain carefully thought-out counselling programmes or services could be able to lessen the effects of crisis fatigue on the people. The following are a few of the counselling activities suggested in this study:

Counselling for families' actions

Here, skilled counsellors will be used to assist households in understanding the importance of knowing what crisis fatigue entails and every information about fatigue. All families in the concerned areas be involved in this family action programme. Once most families are well informed about the negative impact of crisis fatigue and how to cope, the entire community will be well informed also.

Community Mental Health Activities

Professional counsellors will be participating in the community counselling activities to strengthen the mindset of the community members concerned in each community based on their unique cultural and religious characteristics. After the community's members have received the necessary information, they will be inspired to participate in the community: Communities should get heavily involved in awareness on the impact of crisis fatigue on the mental health of those suffering it without even knowing about it.

Activities involving counselling with governmental and corporate groups

The role of the counsellor in this situation will involve the counsellor providing counselling to government officials through the organisation of seminars and awareness campaigns that could educate the government and all community

stakeholders on dangers and negative impact of crisis fatigue on people and the need to put in place and implement, among other things, community mental health counselling centres and crisis counselling centres in all Local government centres to enable crisis fatigue victims have access to counselling as the need arises.

The purpose of the study

Two key goals served as the framework for this investigation.

To find out the impact of crisis weariness on the populace in Niger State.

To determine the degree to which the people of Niger State feel crisis fatigue.

Questions to Reflect On

Two research questions served as the direction for this study.

What impact does crisis fatigue have on the people of Niger State?

What degree of crisis fatigue is felt by the residents of Kaduna State, Nigeria?

Methodology

A descriptive survey research strategy was used for the study's methodology. Based on replies to a sample drawn from the entire communities concerned, the researchers deduced details about a population of interest. This approach was chosen because it aids in the description, inspection, documentation, analysis, and interpretation of study variables. Respondents were given questionnaires, and the sample size for the study was drawn from eight local government districts in Niger state: Kontagora, Lapai, Rafi, Shiroro, Munya, Paikoro, Suleja and Gawu Babangida. A total of 790 people participated in the survey, and respondents (both male and female) were chosen through purposeful random sampling from each of the chosen Local Government Areas. Thus, there are 790 participants in the study. "The researcher created a four-point Likert-scale questionnaire titled "Crisis Fatigue Impact on Populations." (CFIP). The Veritas University Abuja Faculty of Education's Counselling and Educational Psychology specialists analysed, updated, and modified the instrument to assure its validity. The reliability of the questionnaire was assessed using the Pearson product moment correlation coefficient, along with the face and content validity of the survey. The acquired value of 0.75 was sufficient to determine its dependability. The gathered data were analysed using frequency counts, percentages, and mean to address the study issues.

Results

The two research questions earlier raised in the study were answered descriptively.

Research Question 1: What impact does crisis fatigue have on the populace of Niger State?

Table 4: Mean analysis showing impact of crisis fatigue on the people of Niger State

S/N	Impact of Crisis Fatigue on the People in Niger State	Level of Agreement				\bar{X}	Decision
		SA	A	D	SD		
1	There are increased cases of depression among the population	301	264	134	201	2.78	Agreed
2	There is an alarming number of allostatic overloads among the population	121	139	297	334	2.03	Disagreed
3	There is a surge in the numbers of those suffering from high blood pressure	287	389	195	29	3.04	Agreed
4	Crisis fatigue has led to an increase in adverse metabolic function in the health system of many people in Niger state	97	291	271	241	2.27	Disagreed
5	Feelings of hopelessness and despondency among the population is at an alarming rate due to crisis fatigue	314	287	175	124	2.88	Agreed
6	The negative impact of crisis fatigue can also be seen on the increased numbers of paralysis cases among the population in Niger state	297	351	121	131	2.90	Agreed
7	Crisis fatigue has led many people change workplaces for security reasons	219	392	123	166	2.74	Agreed
8	Many of the population suffer acute stress	204	314	134	248	2.53	Agreed
9	There is loss of appetite for work by the civil servant	271	309	123	197	2.73	Agreed
10	There is an increased lack of interest to teach in schools by teachers as they fear kidnapers in schools	264	321	137	178	2.75	Agreed
11	High loss of interest for school by students as they still have fresh memories rampant school children kidnappings	217	360	123	200	2.66	Agreed

12	There is also increased numbers of forced migration as people seek safe zones	231	324	101	244	2.60	Agreed
13	Massive loss of jobs and closure of many industries due to constant security threats challenges	216	326	129	229	2.59	Agreed
14	Crisis fatigue has led to poor socio-economic activities among the population	231	324	145	200	2.65	Agreed
15	Crisis fatigue has led to poor organizational performance by the management	265	349	132	154	2.81	Agreed
16	Crisis fatigue has led to detrimental on the immunological system of many people in Kaduna state	298	321	139	142	2.86	Agreed
	Sectional Mean					2.68	Agreed

Scale Mean 2.50, n=900

Table 1 showed mean analysis of impact of crisis fatigue on the people of Niger State. From the Table, it could be observed that the mean values of 2.78, 3.04, 2.88, 2.90, 2.74, 2.53, 2.73, 2.75, 2.66, 2.60, 2.59, 2.65, 2.81 and 2.86 were in agreement with items 25, 27, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39 and 40 respectively while the mean values of 2.03 and 2.27 were in disagreement with items 26 and 28. The sectional mean of 2.68 was greater than the scale mean of 2.50 which indicated that some of the respondents agreed that there are increased cases of depression among the population, there is a surge in the numbers of those suffering from high blood pressure, feelings of hopelessness and despondency among the population is at an alarming rate due to crisis fatigue, the negative impact of crisis fatigue can also be seen on the increased numbers of paralysis cases among the population in Niger, crisis fatigue has led many people change workplaces for security reasons, many of the population suffer acute stress, there is loss of appetite for work by the civil servant, high loss of interest for school by students as they still have fresh memories rampant school children kidnappings, there is also increased numbers of forced migration as people seek safe zones, massive loss of jobs and closure of many industries due to constant security threats challenges, crisis fatigue has led to poor socio-economic activities among the population, crisis fatigue has led to poor organizational performance by the management and crisis fatigue has led to detrimental on the immunological system of many people in Niger state while the remaining respondents disagreed that there is an alarming number of allostatic

overloads among the population and crisis fatigue has led to an increase in adverse metabolic function in the health system of many people in Niger state.

Research Question 2: What degree of crisis fatigue is felt by the residents of Niger State?

Table 3: Mean analysis showing degree of crisis fatigue as felt by the residents of Niger State

S/N	Degree of Crisis Fatigue	Level of Agreement				X	Decision
		SA	A	D	SD		
17	90 percent of adult male feel crisis fatigue in Niger State	391	232	110	167	2.94	Agreed
18	95 percent of adult female feel crisis fatigue in Niger State	267	301	127	205	2.70	Agreed
19	90 percent of university students feel crisis fatigue in Niger State	234	321	125	173	2.58	Agreed
20	98 percent of middle adolescent secondary school students feel crisis fatigue in Niger State	321	269	172	138	2.86	Agreed
21	96 percent of the population feel the kidnapping and killings crisis fatigue across nearly all of Nigeria's States	289	327	149	135	2.86	Agreed
Sectional Mean						2.79	Agreed

Scale Mean 2.50, n=900

Table 3 showed mean analysis of degree of crisis fatigue as felt by the residents of Niger State. From the Table, it could be observed that the mean values of 2.94, 2.70, 2.58, 2.86 and 2.86 were in agreement with items 20, 21, 22, 23 and 24. The sectional mean of 2.79 was greater than the scale mean of 2.50 which indicated that all the respondents agreed that 90 percent of adult male feel crisis fatigue in Niger State, 95 percent of adult female feel crisis fatigue in Niger State, 90 percent of university students feel crisis fatigue in Niger State, 98 percent of middle adolescent secondary school students feel crisis fatigue in Niger State and 96

percent of the population feel the kidnapping and killings crisis fatigue across nearly all of Nigeria's States.

Discussion of the Findings

The findings of research question one revealed that most of the respondents agreed that the impact of crisis fatigue is felt among the populace in the forms of increased cases of depression among the population, there is a surge in the numbers of those suffering from high blood pressure, feelings of hopelessness and despondency among the population is at an alarming rate due to crisis fatigue, the negative impact of crisis fatigue can also be seen on the increased numbers of paralysis cases among the population in Niger, crisis fatigue has led many people change workplaces for security reasons, many of the population suffer acute stress, there is loss of appetite for work by the civil servant, high loss of interest for school by students as they still have fresh memories rampant school children kidnappings, there is also increased numbers of forced migration as people seek safe zones, massive loss of jobs and closure of many industries due to constant security threats challenges, crisis fatigue has led to poor socio-economic activities among the population, crisis fatigue has led to poor organizational performance by the management and crisis fatigue has led to detrimental on the immunological system of many people in Niger state while the remaining respondents disagreed that there is an alarming number of allostatic overloads among the population and crisis fatigue has led to an increase in adverse metabolic function in the health system of many people in Niger state. This agrees with the findings of Bahago Samaila (2022) on the perception of crisis fatigue among residents of Bwari Area council of the FCT Abuja 71.2% of the residents said that increased cases of depression were impact of crisis fatigue on residents. It also agrees with the findings of Kendra C. (2022) which observed that Other mental health issues like anxiety, depression, post-traumatic stress disorder (PTSD), and substance misuse can result from crisis weariness.

The findings of research question two on the degree of crisis fatigue felt by populations in Niger State indicated that all the respondents agreed that 90 percent of adult male feel crisis fatigue in Niger State, 95 percent of adult female feel crisis fatigue in Niger State, 90 percent of university students feel crisis fatigue in Niger State, 98 percent of middle adolescent secondary school students feel crisis fatigue in Niger State and 96 percent of the population feel the kidnapping and killings crisis fatigue across nearly all of Nigeria's States. This

agrees with the findings of Bahago (2022) on the degree of crisis fatigue experiences by Bwari residents in the FCT Abuja which revealed that 62.5% of the residents said that 90 percent of male adults have experienced crisis fatigue among Bwari residents, 68.9% of the residents said that 95 percent of female adults have experienced crisis fatigue among Bwari residents, that 82.5% of the residents said that 90 percent of Veritas university students experienced crisis fatigue in Bwari , 65.9% of the residents said that 98 percent of middle adolescents (secondary school students) experience crisis fatigue in Bwari, that 72.6% of the residents said that 96 percent of the total population experience the kidnapping and killings crisis fatigue across the entire Bwari community , there by showing a very high degree of crisis fatigue among Bwari residents.

Conclusion

From the findings and results of the above research, the researcher concludes from the research findings that crisis fatigue experiences have negative impact on the residents of Niger state hence the dire need for counselling interventions for victims among populations in Niger state.

Recommendations

Based on the findings, the following recommendation were made:

- i. The need for a framework for community counselling treatments for all Nigerians who are struggling with insecurity and crisis fatigue and not just for Niger state people.
- ii. The government to work hard towards ending the root causes of crisis fatigue across the nation.
- iii. All the Niger Local Government Area Council authorities to organise community awareness campaign on crisis fatigue and its devastating effects on the mental health of people.
- iv. The State government of Niger state to establish community counselling centres to help victims of crisis fatigue get adequate crisis counseling and coping measures.

References

American Medical Association. (2020). *AMA COVID-19 daily video update: Crisis fatigue and other factors contributing to physician stress* [Press release].
<https://www.ama-assn.org/practice-management/physician-health/ama-covid-19-daily-video-update-crisis-fatigue-and-other>

- Kendra C. (2022). What Is Psychology? The study of the mind and behaviour, with many branches and career opportunities. Retrieved October 1st, 2022, from <https://www.verywellmind.com/psychology-4014660>
- Kipp Pietrantonio (2022) *Coping with crisis fatigue: 7 tips to 'keep calm and carry on...'* McEwen, B., & Seeman, T. (2009). *Allostatic load and allostasis*. <https://macses.ucsf.edu/research/allostatic/allostatic.php>
- Osagie, K. C. (2012) on fatigue occurrence, perception, knowledge, and the utilization of its coping mechanisms by commercial aircrew in Nigeria. An unpublished of the National Postgraduate Medical College of Nigeria in partial fulfilment of the requirements for the award of the Final Fellowship of the Faculty of Public Health (FMCPH).
- Sartor, T. A. (2016). *Vicarious trauma and its influence on self-efficacy*. https://www.counseling.org/docs/default-source/vistas/article_2721c024f16116603abcacff0000bee5e7.pdf?sfvrsn=6
- Schimelpfening, N. (2022). Causes and Risk Factors of Depression. Retrieved October 1st, 2022 from <https://www.verywellmind.com/common-causes-of-depression-1066772>
- Shaw, S., (2020). *Crisis fatigue [Blog]*. <https://www.unh.edu/healthyunh/blog/covid-19/2020/08/crisis-fatigue>
- Understanding the impact of trauma (2014). Trauma-Informed Care in Behavioral Health Services*. Rockville, MD: Substance Use and Mental Health Services Administration. <https://www.ncbi.nlm.nih.gov/books/NBK207191/>
- Warning signs and risk factors for emotional distress. (2020)*. <https://www.samhsa.gov/disaster-distress-helpline/warning-signs-risk-factors>
- <https://www.reuters.com/world/africa/gunmen-abduct-least-10-hospital-workers-nigerias-niger-state-2022-10-18/>
- <https://punchng.com/bandits-attack-niger-hospital-kill-two-abduct-many/>
- <https://www.vanguardngr.com/2022/04/bloody-easter-in-niger-as-bandits-kill-four-kidnap-scores-in-gwada-community/>
- <https://saharareporters.com/2021/10/25/residents-lament-bandits-kidnap-10-persons-niger-state-community>
- <https://punchng.com/three-vigilante-members-killed-others-kidnapped-in-niger-community/>