



**A QUANTITATIVE STUDY OF CAREER COUNSELLING AND GRADUATE YOUTHS
UNEMPLOYMENT IN JALINGO LOCAL GOVERNMENT AREA OF TARABA STATE**

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Abstract

This paper empirically studied the significant role of career/employment counselling agencies in tackling unemployment rates among unemployed graduate youths in Jalingo L.G.A of Taraba State. In order to achieve the aim of study, two (2) research questions and two (2) research hypotheses guided the study. Three thousand seven hundred and fifty (3,750) NDE and N-Power staff in Jalingo local government area constituted the target population for the study. Out of which three hundred and seventy-five (375) sample size was selected with the aid of random sampling technique. A self-developed questionnaire titled "Youth Unemployment in relation to Career Counselling Questionnaire (YUCCQ) was used as the instrument for data collection. The instrument yielded reliability coefficient of 67.4% when calculated with the aid of Cronbach's Reliability Analysis. The study revealed that unemployment significantly impact on psychological disposition of unemployed graduate youths in the study area, and that employment counselling agencies significantly impact in tackling unemployment rates among unemployed graduate youths in Jalingo local government area of Taraba State. The paper therefore concluded that unemployment affects unemployed graduate youths psychologically and that career counselling ought to be well-equipped so as to tackle unemployment rates among youths in the study area. It was recommended among others that government should provide facilities for career counsellors to enable them discharge their duties accordingly, and that skills acquisition programmes should be provided for youths during the national youth service scheme to increase their employment chances.

Keywords: *Career counselling, unemployment, graduate youth, skill acquisition, NDE, N-Power*

Introduction

Issues surrounding youths unemployment has become a source of concern for all and sundry. Over the years, Nigerians have watched almost helplessly the yearly growth of unemployed graduate youths, with corresponding increase in various crimes. The problem was diagnosed as lack of career counselling to expose them to job opportunities and blame was put on inherited education system from the colonial masters that appreciate white collar jobs. Thus, the rationale for the gap between education and national development is the fact that educational policies and strategies that take after Western educational models disregard the contextual differences in developing countries, especially in Nigeria.

One thing that baffles many authorities, especially stakeholders and researchers in education, is the fact that career counselling has not realized its mission of exposing youths to available jobs in the labour market occasioned by the rising rate of unemployment graduates in Nigeria. Therefore, the provision of career information is a means to assist the unemployed graduates to be well-guided and exposed to a wide array of occupational information from which they would select appropriately. Perhaps, Salami (2009) was right to have observed that with the rapid increase in the foldup companies and minimal job availability it becomes more difficult for Nigerian youths to take aptly decision concerning occupation that will be relevant to the employment market. This explains why Federal Government of Nigeria (2013) in national policy on education necessitated the services of career officers and counsellors in every institution of learning.

For Jose (1999), unemployment was not a problem in traditional African society, because in traditional African society, 75 percent of the population engaged in agriculture while the remaining 25 percent engaged in petty trading, blacksmithing, moulding, crafts etc. to earn a living. In other words, youths' unemployment in Nigeria is a feature of the colonial and post-colonial African economy characterized by the massive exodus from agriculture to white collar jobs created by the colonial situation. In fact, unemployment is a life event with far reaching economic, psychological and social consequences (Paul & Moser, 2009) and is considered to be one of the top 10 traumatic life experiences (Spera, Buhrfeind, & Pennebaker, 2014). For Jahoda (2012), unemployment deprives a person of the additional gains from being employed, such as time structure, personal identity, international contact, and activity. To this end, the negative consequences of being unemployed tend to increase with increasing duration of unemployment.

According to Ari (2011), youths' unemployment in Nigeria is a serious threat to the Federal, State and Local governments alike where there is mass and long term unemployment. Statistics from directorate of National Youths Service Corps indicates that 600,000 youths partake in national youth service annually, whereas less than 15% of them get employed. Commenting on the psychological effect of unemployment, Rist (2010) identified frustration and distress as the major psychological effects of unemployed graduates, which mostly lead to mental problem or suicide. In support of this, Jahoda (2012) affirmed that prolonged unemployment adversely affects mental health and reemployment improves it. Paul and Moser (2009) reported that poor self-esteem and depressed mood were both antecedents and effects of unemployment. That is, unemployment seriously affects physical health, mental health and psychological disposition thereby aggravating unfavourable health habits of the unemployed persons.

Again, the negative effect of graduates' unemployment on the larger society cannot be over-emphasized. Little wonder, Kazah (2015) maintained that absence of meaningful job made youths settle for many obnoxious trades such as child trafficking, prostitution, kidnapping etc. to meet ends need. For Ogbasonu (2015), unemployed graduates are hired for thuggery assassins, end up as armed robbers posing threat of insecurity to the society and ultimately putting their bleak future to incomprehensible jeopardy. Simply put, in most cases unemployed youths are associated with social problems in the nature of crime, prostitution, hunger, poverty- hence unemployment is inimical to the progress and stability of Nigerian society.

From the above, the economic effect of unemployment on the graduate youths is not limited to but includes lowered status, frustration and poverty. In one hand, unemployed graduate youths are predisposed to violent crime, political thuggery, drug abuse and other related behaviours that do not conform to societal norms/values. On the other hand, unemployed youths are at increased risk of social pathologies; direct poverty effect on unemployed young people's families is severe, which may include "considerable cognitive, health, nutrition and psychological deficits" for children raised in poverty (Sum, 2012). As these young people grow older and raise families, their own failure to accumulate economic and social capital perpetuates the same cycle for their children. In support of this, Hyman (2007) identified economic crisis as one of the effects of unemployment on graduate youths. Stressing that 70% of those engaged in crimes like armed robbery, theft, burglary etc are victims of unemployment, whereas 67% of the criminals in the society are unemployed youths.

The statement above is a reflection of the consequences of graduate youths' unemployment in Taraba State in general and Jalingo local government area in particular. This is based on the feelings that some unemployed graduate youths in Jalingo local government area have become miscreant elements fuelling communal crises, fomenting troubles and branding criminal activities to the detriment of peace and stability of Jalingo metropolis. The available data shows that in Jalingo, youth account for 37% of the working-age population, but are also 80% of the unemployed. This is because the expansion of the labour market has not kept pace with the rate of entry of graduate youths into the job market.

Of course, unemployment literatures have revealed relationship between unemployment and employment counselling interventions (see Brenninkmeijer & Blonk, 2011), unravelling the significant role of employment counselling to unemployed youths. Again, little or no study in Jalingo local government area has unravelled the role of career counsellor in curbing graduate youths unemployment rates. It is on this basis that this paper examines the significant role of career counsellor in tackling unemployment among graduate youths in Jalingo Local Government Area of Taraba State.

Literature Review

Researchers in the field of education and educational sociologists as well as educational psychologists have unravelled psychological effects of unemployment on graduate youths both in rural and urban settlements. Studies have shown that many unemployed youths feel marginalized, pessimistic and lacking in control over their lives. This is supported by Paul and Moser (2009) who affirmed that youths who are unemployed show more distress than employed youths. Compared to the employed, unemployed youths had poorer subjective well-being, lower self-esteem and higher levels of depression, distress, anxiety and psychosomatic symptoms. The authors contend that the adverse impact of unemployment on mental health was greater in countries with weak unemployment protection systems, weak economic development and unequal income distributions.

Perhaps the assertion above explains why Reine (2013) maintained that long term youths unemployment have various health implications on men and women. In his study, Reine (2013) observed a significant association between unemployment and suboptimal self-rated health among women and unemployment and high alcohol consumption among men. Similarly, Breslin and Mustard (2013) revealed in their study that unemployment predicted a higher chance of mental distress for older adults within the ages of 31-55, but less

likelihood for younger adults within the ages of 18-30. Whereas, Phan (2012) reported that the unemployed had poorer perceived mental health profiles and poorer access to health care services than the employed with the duration of unemployment very significant in predicting the severity of health outcomes. This shows that unemployment causes psychological problem for both adults and young people who are unemployed for long term.

In explaining psychological impact of unemployment on the youths using helplessness and hopelessness theory of depression, Abramson (1978) argued that affective, motivational and cognitive deficits in youths due to exposure to uncontrollable negative events causes upsurge of psychological depression. That is, a pessimistic attribution occurs when one attributes negative events to internal, stable and global causes, which subsequently results in a helpless reaction such as anxiety, hostility, passivity, sadness and low self-esteem (Peterson & Seligman, 2014). For Nyarko and Amissah (2014), unemployment leads to negative cognitive styles which have been found to be responsible for depression. Thus, psychological depression occurs when maladaptive cognitive styles become susceptible to depression following adverse unemployment impact.

Employment or career counselling is the provision of accurate and usable facts concerning careers that state the entrance and training requirements, employment opportunities, nature and conditions of work, advancement opportunities, salary and benefits, trends and outlook to the unemployed members of the society. That is, the traditional approach to career counseling focused on information dispensing from the career counsellor to the client, with little attention given to the large number of influences impacting the individual's career engagement (Patton, 2015). However, in today's society unemployed youths want to be collaboratively guided through the process of interpreting the information that they have gathered about themselves and possible career choices through various career counselling techniques.

In other words, contemporary career counseling is narrative counselling, which differs from traditional approach to career counselling in that it stems from the notion that individuals live their lives according to the stories that they tell themselves and that are told about them (Maree, Ebersohn, & Molepo, 2016). Then the narrative counselling helps unemployed youths to take ownership of their career choices and ambitions by learning the skills needed to narrate a plausible and coherent story of their life and see it through to completion. Hence, narrative counseling helps adolescents to identify themes and tensions in the story line in order to add meaning to their career narrative. That is, narrative

counselling does not seek to simply understand the events in individual's stories, but rather to ascertain how these stories are impacting the individual. Thus, narrative counseling is the informational aspects of the youths and the job market, and the positioning of them within the story which provides its uniqueness for individual youths.

At this juncture, it must be emphasized that career counselling is a *sine qua non* for gainful youths' employment. Whiston, Brecheisen and Stephens (2013) argued that career interventions that do not involve counselling, but rather focus on simply acquiring greater knowledge of career choices or computer-based tests are not as effective as career interventions that incorporate counselling. In fact, career intervention that does not involve career counselling especially in the area of career choice and skills remains ineffective. In support of this, Patton (2015) revealed that career counselling was most effective when it contained individualized interpretation and feedback; information about relevant occupations; opportunities for necessary behaviours to be modelled; helping clients make realistic career choices in light of their social network; and written homework exercises. Thus, there is positive and significant impact of effective counselling on employment of graduate youths.

For example, Taylor (2010) investigated the impact of career guidance counselling on the level of career indecision in the career decision-making process of late adolescents in Cape Town, South Africa. Three research questions and hypotheses guided the study and career decision-making difficulties questionnaire was used as instrument for the study. The respondents consisted experiment and control groups (N=33) and (N=50) respectively. Three distinct components of decision-making were assessed and revealed that career guidance counselling had the greatest impact in reducing adolescents level of career decision-making difficulties in the major category of lack of information. The study supported the notion that late adolescents who receive career guidance counselling are more likely to experience a reduction in their level of career indecision than adolescents who do not receive any form of career guidance counselling intervention.

In the same vein, Oyinloye (2016) conducted a study on career guidance for youth empowerment and sustainable development in Ondo State, Nigeria. Two research questions and hypotheses guided the study. A sample of 203 respondents participated in the study and Students' Career Information Questionnaire was used for data collection with coefficient validity of 0.86%. The data collected were analysed using frequency count, t-test and ANOVA and the study indicated that adolescents depend more on information from their peers in

making career decision and that the adolescents career choice is motivated by prestige and monetary gain. It further showed that youths are guided on the right value system, choose career relevant to the societal needs and be encouraged to prepare for self-employment rather than embarking on search for unavailable job through career counselling services.

Statement of the Problem

Unemployment affects a substantial number of people across the states in Nigeria. In fact, the National Population Commission (2016) reported 65% rising rate of youth unemployment between May 2015 to May 2016. In the same vein, graduates of tertiary institutions also seem to be badly hit by unemployment too-making up about 20 percent of youth unemployment and oft remaining unemployed for upward of five years after graduation (Stutern, 2016). No wonder, Lukman (2018) observed that the alarming rate of youth unemployment has prompted the adoption of various measures and strategies such as Poverty Alleviation Programme, National Directorate for Employment (NDE), Industrial Training Fund (ITF), Directorate of Foods, Roads and Rural Infrastructure, N-Power etc. by several past military and civilian governments.

However, the prevalence of unemployment graduate youths in Jalingo local government area of Taraba State with its severe negative effects underscores the general importance of getting unemployed graduate youths jobs through counseling intervention programmes. But little has been documented on the significant role of employment counseling in this direction. It is on this basis, this study investigates the causes and effects of unemployment graduate youths in Jalingo local government area of Taraba State with emphasize on the role of employment counseling.

Purpose of the Study

Specifically, the study on the essential role of career counselling in tackling unemployment among graduate youths in Jalingo local government area will ascertain:

1. The psychological impact of unemployment on graduate youths in Jalingo local government area of Taraba State.
2. The impact of employment counseling agencies in curbing unemployment rates among graduate youths in Jalingo local government area of Taraba State.

Research Questions

The following research questions are raised to guide the study:

1. What is the impact of unemployment on psychological disposition of unemployed graduate youths in Jalingo local government area of Taraba State?
2. What is the impact of career counselling agencies in tackling unemployment rates among graduate youths in Jalingo local government area of Taraba State?

Research Hypotheses

The following hypotheses will be tested at 0.05 level of significance;-

1. There is no significant impact of unemployment on psychological disposition of unemployed graduate youths in Jalingo local government area of Taraba State.
2. There is no significant impact of career counselling agencies in tackling unemployment rates among graduate youths in Jalingo local government area of Taraba State.

Methodology:

Design

The survey research design was used for this study. This is considered very appropriate for the study (that seeks the role of career counselling agencies in tackling unemployment among unemployed graduate youths) because it specified procedure for studying a large number of items by collecting and analysing data from only a few of them.

Population

The target population for this study included all the registered unemployed graduate youths (Degree, HND, NCE and ND holders) under the auspices of National Directorate for Employment (NDE) and National Employment Programme (N-Power) in Jalingo local government area. Available record from the NDE and N-Power revealed one thousand three (1300) and two thousand four hundred and fifty (2450) registered unemployed youths respectively in the study area. On the whole, the total population stood at three thousand seven hundred and fifty (3,750).

Sample and Sampling Technique

The study adopted simple random sampling method. This is because simple random sampling provides equal chance of being selected to all members of the targeted group. Thus, simple random technique was employed to select

unemployed graduate youths serving under NDE and N-Power in Jalingo local government area.

Also, in response to good representativeness of the research participants, 10% of the total population was used to determine the sample size for the study. Thus, the sample size for this study stood at three hundred and seventy-five (375).

Instruments

A researcher developed questionnaire was administered to sample of three hundred and seventy-five (375) respondents from NDE and N-power participants in Jalingo local government area of Taraba State. The questionnaire titled "Youth Unemployment in relation to Career Counselling Questionnaire (YUCCQ)" was used as the instrument for this study. It has sections A and B. The section A contains bio data of the respondents requesting them to supply information on designation (NDE or N-power), level of education, no of years without employment; Section B contains items for measuring the variables of interest in this research (that is, items to measure impact of unemployment on psychological disposition of unemployed graduate youths, impact of career counselling agencies in tackling unemployment among graduate youths respectively).

The four likert scale response pattern was provided to aid the respondents in ticking the appropriate box [$\sqrt{\quad}$] that most describe their opinions. The YUCCQ consisted 20 and scored in the following order 1= Strongly Agree - SA; 2= Agree - A; 3= Disagree - D; and 4= Strongly Disagree - SD.

Validity and Reliability

The instrument was validated using Instrument Production Process and Field Trial Procedure consisting of thirty (30) respondents outside the study area was employed to ascertain reliability coefficient. Also, with the aid of *Statistical Package for Social Sciences*-SPSS, a Cronbach's Reliability Analysis was employed and 67.4% consistent was obtained in measuring youth unemployment in relation career counselling.

Analysis

The data collected for the study were analyzed using mean, standard deviation and Pearson Product Moment Correlation (PPMC). The mean was used to answer questions with acceptance value of 2.50 and the null hypotheses were tested using PPMC at 0.05 level of significance (computation was done with SPSS package).

Data Presentation

The data retrieved are presented and analysed based on three hundred and sixty (360) questionnaires that were dully filled and returned.

Table 1: Demographic Data of Respondents

Designation	Frequency	Percentage %
N-Power	159	44.17
NDE	201	55.83
Total	360	100
No of Years Without Employment	Frequency	Percentage %
0-5	173	48.1
6 and above	187	52.9
Total	360	100
Level of Education	Frequency	Percentage %
NCE	54	15
ND	62	17.2
HND	97	26.9
Degree	147	40.8
Total	360	360
Gender	Frequency	Percentage %
Male	168	46.67
Female	192	53.33
Total	360	100

Table 1 revealed that one hundred and fifty-nine (159) respondents indicating forty-four point seventeen percent (44.17%) are N-Power participants while the remaining two hundred and one (201) indicating fifty-five point eighty-three percent (55.83%) are NDE participants. Therefore, majority of the respondents are NDE participants. The table also showed that one hundred and seventy-three (173) respondents have stayed for less than five years without employment while the remaining one hundred and eighty-seven (187) respondents have stayed for more than five years without employment. Simply put, majority of the respondents have stayed for more 5 years without employment. In the same vein, the table indicated that fifty-four (54) respondents representing fifteen percent (15%) are NCE holders, sixty-two (62) respondents with seventeen point two percent (17.2%) are ND holders, another ninety-seven (97) respondents representing twenty-six point nine percent (26.9%) are HND holders while the remaining one forty-seven (147) respondents with forty point eight percent

(40.8%) are Degree holders. Hence, majority of the respondents are Degree holders. Finally, the table revealed one sixty-eight (168) respondents with forty-six point sixty-seven percent (46.67%) are males while the remaining one hundred and ninety-two (192) respondents with fifty-three point thirty-three percent (53.33%) are females. Thus, majority of the respondents are females.

Research Question 1: What is the psychological impact of unemployment on graduate youths in Jalingo local government area of Taraba State?

Table 2: Psychological impact of unemployment on graduate youths

S/N	ITEMS ON PSYCHOLOGICAL IMPACT OF UNEMPLOYMENT ON GRADUATE YOUTH	STRONGLY DISAGREE	DISAGREE	AGREE	STRONGLY AGREE	MEAN	STD. DEV.
1.	Unemployed youths feel marginalized in their settlements.	61 16.9%	34 9.4%	90 25%	175 48.6%	3.05	1.06
2.	Unemployed graduates are distressed oft than employed counterparts.	60 9.5%	65 18.9%	110 45.3%	125 24.7%	2.84	0.94
3.	There is always feeling of lower self-esteem and anxiety for unemployed youths.	45 12.5%	92 25.5%	102 28.3%	121 33.6%	2.89	0.92
4.	Unemployed graduates experience mental health and unprotected economically.	59 16.4%	85 23.6%	100 27.7%	116 32.2%	2.83	0.95
5.	Use of hard drugs is common among unemployed youths.	72 20%	69 19.2%	111 30.8%	108 30%	2.94	1.01
6.	Most of unemployed youths seek solace alcoholic drinks.	66 18.3%	97 26.9%	109 30.3%	88 24.4%	2.80	1.02
7.	Unemployed graduates are prone to poor health services.	49 13.6%	80 22.2%	99 27.5%	132 36.7%	2.75	0.82
8.	Youths that are unemployed for longer time suffer severe health outcomes.	64 17.7%	78 21.7%	125 34.7%	93 25.8%	3.01	1.01
9.	Most unemployed graduate youths are under helplessness and hopelessness condition.	81 22.5%	90 25%	97 26.9%	92 25.5%	2.54	0.86
10.	Unemployed graduate youths experience constant frustration.	52 14.4%	78 21.7%	99 27.5%	131 36.3%	2.90	1.03
Mean & Standard Deviation						2.85	0.96

Table 2 showed that the respondents rating of items 1-10 were 3.05, 2.84, 2.89, 2.83, 2.94, 2.80, 2.75, 3.01, 2.54 and 2.90 respectively with corresponding standard deviations of 1.06, 0.94, 0.92, 0.95, 1.01, 1.02, 0.82, 1.01, 0.86 and 1.03. Based on the cut-off point of 2.50, the respondents agreed and strongly agreed to all the items indicating that, unemployed youths feel marginalized in their settlements, they are distressed often than employed ones, they have feelings of lower self-esteem and anxiety, they experience mental health and unprotected economically, they indulge in use of hard drugs, they oft seek solace in alcoholic drinks, they are prone to poor health services, they suffer severe health outcomes, they mostly under helplessness and hopelessness condition, as well as constant frustration is common among unemployed graduate youths. The cluster mean of 2.85 and standard deviation of 0.96 were rated above the cut-off point of 2.50. This implies that unemployment graduate youths are psychologically affected in Jalingo local government area, Taraba State.

Research Question 2: What is the impact of employment counseling agencies in curbing unemployment rates among unemployed graduate youths in Jalingo local government area of Taraba State?

Table 3: Impact of employment counselling agencies in curbing unemployment rates

S/N	ITEMS ON EMPLOYMENT AGENCIES IN UNEMPLOYMENT RATES	IMPACT OF COUNSELLING IN CURBING	STRONGLY DISAGREE	DISAGREE	AGREE	STRONGLY AGREE	MEAN STD. DEV.
11.	Career counselling provides usable information that leads to employment opportunity.		31 8.6%	54 15%	180 50%	95 26.4%	2.75 1.00
12.	Employment counsellor gives advice to job seekers.		53 14.7%	76 21.1%	110 30.5%	121 33.7%	2.94 0.91
13.	Employment counselling serves as a mediator between employer and employee.		45 12.5%	62 17.2%	102 28.3%	151 41.9%	2.89 0.94
14.	It is a way of giving hope to unemployed graduate youths in the society.		50 13.8%	85 23.6%	120 33.3%	105 29.2%	2.73 0.90
15.	Employment counsellors help unemployed persons to secure career choice.		62 17.2%	90 25%	108 30%	100 27.8%	2.81 1.01

16.	It provides needed skills for available jobs.	56 15.6%	45 12.5%	119 33%	140 38.9%	2.52 0.82
17.	It serves as informational bridge between the job seeker and the job market.	41 11.9%	68 18.9%	98 26.9%	153 42.5%	2.69 0.98
18.	Employment counselling is also known as career intervention.	67 18.6%	82 22.8%	104 28.9%	107 29.7%	3.04 1.02
19.	It helps clients to make realistic career choices.	59 16.4%	73 20.3%	91 25.3%	137 38%	2.88 0.97
20.	It reduces career indecision among unemployed youths.	70 19.4%	81 22.5%	111 30.8%	98 27.2%	2.87 0.89
Mean & Standard Deviation						2.81 0.94

Table 3 showed that the respondents rating of items 11-20 were 2.75, 2.94, 2.89, 2.73, 2.81, 2.52, 2.69, 3.04, 2.88 and 2.87 respectively with corresponding standard deviations of 1.00, 0.91, 0.94, 0.90, 1.01, 0.82, 0.98, 1.02, 0.97 and 0.89. Based on the cut-off point of 2.50, the respondents agreed and strongly agreed to all the items indicating that, career counselling provides usable information that leads to employment opportunity, it gives advice to job seekers, it serves as a mediator between employer and employee, it is a way of giving hope to unemployed graduate youths in the society, it helps unemployed persons to secure career choice, it provides needed skills for available jobs, it serves as informational bridge between job seeker and the job market, it is also known career intervention, it helps clients to make realistic career choices as well as it reduces career indecision among unemployed youths. The cluster mean of 2.81 and standard deviation of 0.94 were rated above the cut-off point of 2.50. This implies that employment counselling agencies play a prominent role in curbing unemployment rates among unemployed graduate youths in Jalingo local government area, Taraba State.

Research Hypotheses:

Hypothesis H0₁: There is no significant impact of unemployment on psychological disposition of unemployed graduate youths in Jalingo local government area of Taraba State.

Table 4: Chi-square (X^2) test of impact of unemployment on psychological disposition of unemployed graduate youths

VALID N	X ² CAL	DF	X ² TAB	LEVEL OF SIG	REMARK
360	193	196	79.08	0.54	Rejected

Table 4 presents the Chi-square (X^2) test analysis of impact of unemployment on psychological disposition of unemployed graduate youths in Jalingo L.G.A of Taraba State. The results revealed that the calculated X^2 -value 193 is greater than the chi-square (X^2) tabulated value of 79.08 tested at 0.05 level of significance with 196 degree of freedom. Since the calculated X^2 -value 193 is greater than the chi-square (X^2) tabulated value of 79.08, then the null hypothesis which states that unemployment has no significant impact on psychological disposition of unemployed graduate youths is therefore rejected. This means that unemployment has significant impact on psychological disposition of unemployed graduate youths in Jalingo local government area of Taraba State.

Hypothesis H0₂: There is no significant impact of career counselling agencies in tackling unemployment rates among graduate youths in Jalingo local government area of Taraba State.

Table 5: Chi-square (X^2) test of impact of career counselling agencies in tackling unemployment rates among graduate youths

VALID N	X ² CAL	DF	X ² TAB	LEVEL OF SIG	REMARK
360	171	184	68.01	0.54	Rejected

Table 5 presents the Chi-square (X^2) test analysis of influence of parental involvement on academic achievement of secondary school students. The results revealed that the calculated X^2 -value 171 is greater than the chi-square (X^2) tabulated value of 68.01 tested at 0.05 level of significance with 184 degree of freedom. Since the calculated X^2 -value 171 is greater than the chi-square (X^2) tabulated value of 68.01, then the null hypothesis which states that career counselling agencies has no significant impact in tackling unemployment rates among graduate youths is hereby rejected. This means that career counselling agencies has significant impact in tackling unemployment rates among unemployed graduate youths in Jalingo local government area of Taraba State.

Discussion of Findings

Hypothesis one states there is no significant impact of unemployment on psychological disposition of unemployed graduate youths in Jalingo local government area of Taraba State.

Evidences from table 4 revealed a calculated X^2 -value 193 at 196 degrees of freedom given that the X^2 tabulated value is 79.08 obtained at 0.05 level of significance (*statistical benchmark*). Hence, unemployment significantly impact on psychological disposition of unemployed graduate youths in Jalingo local government area of Taraba State.

In agreement with the current empirical findings, several scholars like Moser (2009), Reine (2013), Phan (2012), Abramson (1978), Peterson and Seligman (2014), Nyarko and Amisah (2014) affirmed that unemployment affect psychological disposition of unemployed persons. In fact, unemployed persons show more distress than employed ones. In terms of well-being, unemployed youths had poorer subjective, lower self-esteem and higher levels of depression, distress, anxiety and psychosomatic symptoms. Also, long term unemployment affect both men and women health wise. Therefore, there is a significant association between unemployment and suboptimal self-rate health among women and unemployment whereas there is high alcohol consumption among men and unemployment. Thus, unemployment significantly and negatively impact on psychological disposition of men and women, youths and olds in every community.

Hypothesis two states there is no significant impact of career counselling agencies in curbing unemployment rates among unemployed graduate youths in Jalingo local government area of Taraba State.

Evidences from table 5 indicated a calculated X^2 -value 171 at 184 degrees of freedom given that the X^2 tabulated value is 68.01 obtained at 0.05 level of significance (*statistical benchmark*). Hence, career counselling agencies play significant role in tackling unemployment rates among unemployed graduate youths in Jalingo local government area of Taraba State.

In agreement with the current empirical findings Pattho (2015) Whiston, Brecheisen and Stephens (2013) and (Maree, Ebersohn, & Molepo, 2016) concluded that employment counseling is sine qua none for employment opportunities of unemployed youths. This is because career counseling provides and interprets information thereby leading to career engagement for the youths. In fact, employment counselors ensure that unemployed youths take ownership of their career choices and ambitions by learning the skills needed to secure dreamt job. In other words, career intervention and or career counselling

especially in the area of career choice and skills remains most effective for gainful graduate youths' employment. To this end, employment counselling provides individualized interpretation and feedback; information about relevant occupations; opportunities for necessary behaviours to be modelled; helping clients make realistic career choices in light of their social network; and written homework exercises. Thus, there is positive and significant impact of effective counselling on employment of graduate youths.

Conclusion

Based on the research findings, it could be inferred that as far as Jalingo Local Government Area of Taraba State is concerned, unemployment significantly impact on psychological disposition of unemployed graduate youths, whereas the study unravels the significant role of career counselling agencies in tackling unemployment rates among unemployed graduate youths in the study area. Hence, the study underscores that employment agencies (NDE, N-Power, etc) and the career counsellors ought to be improved at all times to ensure effective career intervention for unemployed graduate youths across Taraba State. After all, the findings had established that employment/career counselling is pivotal to employment opportunity and gainful employment of unemployed graduate youths, as such employment agencies must be well-equipped for optimum performance.

Recommendations

Based on the findings, the following recommendations are made;

- i. In an attempt to bring down unemployment to zero level in Taraba State, government should key into activities of NDE, N-Power, Rescue Corps so as to liberate from unemployment syndrome.
- ii. Again, there is every need to pay attention to issues surrounding drug abuse among youths, which was or is necessitated by no-employment-saga. Considering the rate at which youths indulge in drug abuse, government should a matter of exigency create more career training centres and furnish the existing ones to deliver on mandate.
- iii. It is high time for Nigerian government to provide skill acquisition programees for youth corps members during the service year to make them self-employed or acquire employable skills.
- iv. Also, employment couesllors should step up action in all schools to prepare the students mind towards employment opportunity abound in their local

communities and encourage them to key into meaningful way of life in their locality.

- v. Finally, National Orientation Agency (NOA), Federal and State ministry of labour and productivity as well as all stakeholders should pay attention to issues surrounding employability of Nigerian graduate youths across the 36 states in Nigeria. Either by supporting them in terms of finance or by inculcating skills that will increase their chances of being employed.

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