

Counselling for Stability in A Strenuous Society

By

¹Tomisin Obele and ²Adeniyi Akanni

¹Department of Guidance and Counselling, Caleb University Lagos

²Department of Computer and Cyber Security, Caleb University Lagos

Contact email: tomisin.obele@calebuniversity.edu.ng

ABSTRACT

Nigeria, being a populous country with a population of over 200million has found itself in situation where citizens are engaged in cheap labour. Basic necessities of feeding, clothing and housing are beyond the reach common man. Sometimes, people struggle to combine more than one job to make ends meet. They could close from work and still engage in petit trading or running shifts in two different places. The fear of not being able to meet up certain financial obligations places a slew of stresses and its underlying problems. Despite the rising complexities and cultural demands, many Nigerians discreetly carried their emotional weight, refusing to seek professional counselling support due to the widespread stigma associated with mental health disorders. This study emphasised the critical need to address the numerous hurdles that hinder Nigerians from receiving counselling services, such as widespread stigma, a lack of understanding about mental health resources, a paucity of skilled practitioners, and the high cost of therapy. It also underlined the essential research gap in understanding the particular causes for this hesitation, as well as the cultural subtleties impacting help-seeking behaviours, emphasising the necessity for targeted treatments. Primary data among adults within different sectors of the Nigerian economy was used in this research. It was observed that 97.8% believed that stress is on the increase. This study also shed light on potential solutions and strategies to promote mental health awareness and access to counselling services, ultimately fostering resilience and well-being in a demanding society by advocating for stigma reduction, early intervention, culturally sensitive approaches, and capacity building for counsellors.

Keywords: Stress, Counselling, therapy, well-being, emotion