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**TYPES AND EFFECTS OF DOMESTIC VIOLENCE ON  
ADOLESCENTS IN BORNO STATE, NIGERIA: IMPLICATIONS  
FOR COUNSELLING**

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**Abstract:**

A descriptive correlational study was used to determine the types and effects of domestic violence as well as the relationship between domestic violence and adolescents' academic performance by gender in Borno State, Nigeria. The target population of the study comprised of 20,774 SS 11 students in public secondary schools, however, 300 subjects constituted the sample. A stratified random sampling technique was used in selecting the respondents based on gender, school location, and years of exposure to domestic violence. 155(51.67%) of the subjects were males while 145(48.33%) were females. Researchers' self-authored 36 item instrument tagged "Domestic Violence Questionnaire (DVQ)" was used to elicit data for the study. The instrument had a validity index of .83 and a Cronbach alpha reliability coefficient of .91. Four objectives, three research questions, and one null hypothesis piloted the study. Data collected were analyzed using mean, standard deviation, and t-test. The findings of the study identified slapping and suicidal ideation as some of the types of domestic violence. Some of the effects of domestic violence include downheartedness, trauma, and melancholy in Borno State. Thus, arresting the menace of domestic violence requires a multi-dimensional approach blending the positive actions of the government at all levels and counsellors among other stakeholders. Some counselling implications and recommendations were proffered.

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**Keywords:**

Types, Effects, Domestic Violence, Implications for Counselling

**Introduction**

The World Health Organization (WHO, 2002) defined violence as the intentional use of physical force or power, threatened or actual, against oneself and another person, or against a group or community that either results in or has a high likelihood of resulting in injury, death, psychological harm, mal-development or deprivation. Imam (2002) considered violence as the application of injury or hurt people. The United Nation (UN, 2006) in its Article 1 of the Declaration of the General Assembly reported violence against women to include any act of gender-violence that results in or is likely to result in physical, sexual or psychological harm or suffering to women including threats of such acts, coercion or arbitrary deprivations of liberty, occurring in private or public life.

Liman (2016) consider ethnic violence to imply physical, psychological and moral violence inflicted on individual, group or community as whole specifically the identified group of which that individual is member. In this study however, violence is defined as the act of threat or using any physical object, sexual, psychological, verbal or emotional wallop to humiliate, intimidate, demean or injure an individual, group in school/institution, home/domestic or at community/society level. This definition customarily encapsulates all forms of family discipline in disguise, in workplace, on streets, in prison, bullying, gangsterism, locker muggings, assaults, physical combat between paternities/maternalities, sibling bitterness, rivalry, friends' squabbles, parents-teachers' skirmish, students-teachers' encounter, teachers-community clatter, school authority-teachers' rattle, teacher-teacher clang, peer group clank, thugs-politicians' smash, ethnic or religious crunch.

UNICEF (2007) identified forms of violence to include physical, psychological, sexual, gender base and health base violence. That physical violence has the highest percentage of occurrence in Nigeria with 85%, followed by psychological violence with 50%, gender base violence accounted for 5%, sexual violence 4% and health violence ranked the least with 1%. Umar (2009) identified reactionary, conservative and revolutionary forms of violence as the topmost in Nigeria. Reactionary violence is a form of violence that takes society backward to the primitive or Stone Age devoid of prodigious crisis of the contemporary. Notably, Movement for the Emancipation of the Niger Delta (MEND) and Movement for the Actualization of the Sovereign State of Biafra (MASSOB) are handy examples. Conservative violence is a form of violence perpetrated by the coercive apparatus of the Nigerian state and includes actions by the Military and Para-military, the judiciary, etc. For example, cases of armed robbery, kidnapping, banditry and mounting illegal roadblocks extorting motorists among others. Revolutionary violence refers to the type of violence meant at achieving a certain targeted goal(s) such as forceful overthrow of government in power by especially the military.

Bwadi & Ahmadu (2009) expressed that the major causes of family violence in Nigerian context include low income, growing up in violent family, emergence of insignificant social networks, unemployment, substance by the breadwinner, sexual difficulties, lack of openness between couples, unable to settle school fees, water and electric power bills and exposure to

violent films especially among siblings because the violent characters are perceived as heroes and role models. However, Sepper & Pious (2011) stressed that 72% of domestic violence in Nigeria are primarily caused by lack of or inadequate sexual performance or satisfaction. The remaining 28% constitute the secondary causes which usually borders around socio-economic and cultural forces.

Domestic violence is one of the topmost vices in the contemporary that plays a vital role in retarding adolescents' all-round development. According to Kefas (2016), domestic violence is the major factor that significantly impedes academic performance and ultimately stands as the bottleneck to academic achievements of students while Adubi & Ashara (2018) reported that violence is a drain on virtually all sectors of the social structure with attendant consequences on the education, healthcare, economic and overall human development.

There has been a growing concern over the prevalence of physical, sexual and psychological forms of domestic violence. Newton (2001) ascertained that over 3.3 million children are exposed to physical and verbal spousal abuse annually by way of practically seeing, hearing or dealing with the aftermath of those directly involved. Volpe (2006) expressed that domestic violence occur in varying forms leaving devastating effects on either or both parties directly involved and by extension, the adolescents that are witnesses to the episode. According to Community Overcoming Relationship Abuse (CORA, 2014), occurrence of domestic violence of whatever magnitude is not limited to the parties (parents/spouses) directly involved in the act but the negative impact might be felt by the offspring who are witnesses. The impacts on the children could be accidental physical injury or long lasting deeper/inner impacts on their lives. Edleson (2009) expressed that families occasioned by domestic violence, scuffle with multiple problems ranging from substance abuse, poverty, social neglect to other forms of economic predicaments and about 30 to 60 percent of families branded by sporadic domestic violence, also experience other forms of fierceness/brutality such as child maltreatment. However, studies (Collison, 2004; Jarmai & Williams, 2008 and Jarumi, Wali & Bello, 2008) stressed that numerous adolescents are annually exposed to varying forms of domestic violence but there is no consensus regarding the precise number.

Adubi & Ashara (2018) opined that growing up in a family characterized by frequent domestic violence may be a terrifying and traumatic experience that would affect every aspect of adolescents' development. The sociological impact of domestic violence on adolescents tends to be equally as grave as the psychological aspect. Adolescents exposed to domestic violence are more likely to exhibit elements of violence towards peers, increased social inactivity, extreme mistrust, depression, incompetence, poor academic performance and low self-esteem. Although there are many notable risk factors associated with domestic violence, Margolin & Gordis (2000) hypothesized that "association is not causation" even though domestic violence seems to be a menace to humanity as it violates the rights of the victims and those cohabiting under same roof. It is against this background that this study cast its searchlight on the types and effects of domestic violence on adolescents in Borno State, Nigeria with a view to proffer some counselling implications.

### ***Statement of the Problem***

Observation has shown that most students in recent years especially at the senior secondary school levels display a sudden and unprecedented change in their behaviour with associated

negative academic performance. The unparalleled behaviour cuts across all gender and the aftermath most often than not results in isolation, depression, mistrust, non-interest in school activities and subsequent withdrawal from school. Investigations into records of schools' para-counsellors and interactions with some students revealed that the problems may not be unconnected with family issues. Thus, the main thrust of this study is to identify the types and effects of domestic violence on adolescents and to determine if there exist any relationship between domestic violence and adolescents' academic performance by gender in Borno State, Nigeria.

### ***Objectives of the Study***

The study was set to achieve the following objectives:

1. Identify types of domestic violence on adolescents in Borno State, Nigeria
2. Identify effects of domestic violence on adolescents in Borno State, Nigeria
3. Identify effects of domestic violence on adolescents by gender in Borno State, Nigeria
4. Determine the relationship between domestic violence and adolescents' academic performance by gender in Borno State, Nigeria

### ***Research Questions***

The following research questions were answered in this study:

1. What are the types of domestic violence on adolescents in Borno State, Nigeria?
2. What are the effects of domestic violence on adolescents in Borno State, Nigeria?
3. What are the effects of domestic violence on adolescents by gender in Borno State, Nigeria?

### ***Hypothesis***

The following null hypothesis was tested for this study at 0.05 significance level:

**HO1:** There is no significant relationship between domestic violence and adolescent academic performance by gender in Borno State, Nigeria

### ***Methodology***

The study was an exploration of observed phenomenon in which representatives of the population were used hence, descriptive correlational research design was adopted for the study. Population of the study comprised of all secondary school students in the 3 Senatorial Districts covering the 4 Educational Zones and 27 Local Government Areas in Borno State, Nigeria while the target population consisted of all the 20,774 SS11 students in public secondary schools and a total of 300 students were picked as sample for the study. Multi-stage sampling techniques were employed in selecting the sample. Proportional sampling technique was used in drawing 2 schools from each Senatorial District while stratified random sampling technique was adopted in selecting the 300 respondents. The stratification was based on gender, school location and years of exposure to domestic violence. 155(51.67%) of the subjects were males while 145(48.33%) were females. Students' end of terms (First, Second and Third Terms) examinations were used to determine their performance.

Researchers' self-authored 36 items questionnaire tagged "Domestic Violence Questionnaire" (DVQ) was the instrument used to collect data for the study. The DVQ consisted of 3 sections (A-C). Section "A" focused on the demographic characteristics of the respondents such as

gender, age, school location and years of exposure to domestic violence. Section “B” consisted of 20 items which collected information on types of domestic violence while Section “C” consisted of 11 items that seek information on effects of domestic violence. Four Point Likert-Type rating scale formats were used to score sections B and C which are patterned as follow: Always (A) = 4 Points, Frequently (F) = 3 Points, Seldom (S) = 2 Points and Never (N) = 1 Point. The highest score for an item is 4 points while the lowest score is 1 point. Hence, the average point is  $1+2+3+4 = 10/4 = 2.5$ . Thus, the average mean score is 2.5 and any score ranging from 2.5 and above was considered as major types and effects of domestic violence while scores below 2.5 were considered the least types and effects of domestic violence Mean, rank ordering and t-test were employed in analyzing the raw data collected for the study. The findings were analyzed based on the research questions and the hypothesis and presented on Tables 1-4.

## Results

**Research Question One:** What are the types of domestic violence on adolescents in Borno State, Nigeria?

**Table 1: Types of Domestic Violence on Adolescents in Borno State, Nigeria**

| S/No.     | Types                              | Always   | Frequently | Seldom    | Never     | X    | Std Dev. |
|-----------|------------------------------------|----------|------------|-----------|-----------|------|----------|
| <b>A.</b> | <b>Physical Violence</b>           |          |            |           |           |      |          |
| 5.        | Slapping                           | 62(24.8) | 122(48.8)  | 51(20.4)  | 15(6.0)   | 2.91 | 0.61     |
| 6.        | Chocking                           | 17(6.8)  | 65(26.0)   | 5(2.0)    | 10(4.0)   | 2.58 | 0.39     |
| 7.        | Hitting by Object                  | 50(20.0) | 165(66.0)  | 25(10.0)  | 10(4.0)   | 3.21 | 1.90     |
| 8.        | Forceful Pushing                   | 30(12.0) | 195(78.0)  | 25(10.0)  | 10(4.0)   | 3.21 | 1.90     |
| 9.        | Forcing the Ingestion of Substance | 14(5.7)  | 95(38.0)   | 7(2.8)    | 5(2.0)    | 3.26 | 1.58     |
| 10.       | Use of Disparaging Weapon          | 10(4.0)  | 180(72.0)  | 35(14.0)  | 25(10.0)  | 2.58 | 0.39     |
| 11.       | Twisting of Body Part              | 21(8.4)  | 177(70.8)  | 34(13.6)  | 18(7.2)   | 2.88 | 0.51     |
| 12.       | Pouring Hot Water on Body Parts    | 10(4.0)  | 210(84.0)  | 15(6.0)   | 10(4.0)   | 2.88 | 0.51     |
| 13.       | Pouring Acids on Body Parts        | 1(0.4)   | 10(4.0)    | 52(20.8)  | 187(74.8) | 3.26 | 1.58     |
| <b>B.</b> | <b>Sexual Violence</b>             |          |            |           |           |      |          |
| 14.       | Forced Exposure to Sexual Intimacy | 10(4.0)  | 206(82.4)  | 19(7.6)   | 15(6.0)   | 2.53 | 0.36     |
| 15.       | Vaginal Penetration                | 10(4.0)  | 196(78.4)  | 27(10.8)  | 17(6.8)   | 2.53 | 0.36     |
| 16.       | Forced Nudity                      | 5(2.0)   | 22(8.8)    | 110(44.0) | 135(54.0) | 3.26 | 1.58     |

|                                  |                              |           |          |           |           |      |      |
|----------------------------------|------------------------------|-----------|----------|-----------|-----------|------|------|
| 17.                              | Unwanted Oral Sex            | 6(2.4)    | 63(25.2) | 164(65.6) | 17(6.8)   | 2.53 | 0.36 |
| 18.                              | Forceful Anal Sex            | 206(82.4) | 10(4.0)  | 215(86.0) | 25(10.0)  | 2.91 | 0.61 |
| <b>C. Psychological Violence</b> |                              |           |          |           |           |      |      |
| 19.                              | Use of Pejorative Statements | 15(6.0)   | 10(4.0)  | 110(88.0) | 135(54.0) | 2.91 | 0.61 |
| 20.                              | Threats of Killings          | 17(6.8)   | 5(2.0)   | 15(6.0)   | 15(6.0)   | 2.88 | 0.51 |
| 21.                              | Forceful Isolation           | 5(2.0)    | 35(14.0) | 190(76.0) | 25(10.0)  | 2.62 | 0.42 |
| 22.                              | Material Denial              | 10(4.0)   | 10(4.0)  | 225(90.0) | 15(6.0)   | 2.58 | 0.39 |
| 23.                              | Suicidal Ideation            | 27(10.8)  | 20(8.0)  | 75(30.0)  | 155(62.0) | 3.26 | 1.58 |
| 24.                              | Emotional Abuse              | 5(2.0)    | 10(4.0)  | 215(86.0) | 25(10.0)  | 2.91 | 0.61 |

Note: X = Mean, Stnd Dev. = Standard Deviation

Table 1 revealed that mean of the types of domestic violence on adolescents ranged from 3.26 to 2.53 which are above the cutoff point of 2.50 and the standard deviation ranged from 1.90 to 0.36 which showed that the respondents were not far from one another in their responses. This revealed that physical, sexual and psychological are the types of violence experienced by adolescents in the study area.

**Research Question Two:** What are the effects of domestic violence on adolescents in Borno State, Nigeria?

**Table 2: Mean and Standard deviation of the Effects of Domestic Violence on Adolescents in Borno State, Nigeria**

| S/No. | Effects                   | X    | Stnd Dev. | Remark |
|-------|---------------------------|------|-----------|--------|
| 25.   | Downheartedness           | 3.26 | 1.58      | Accept |
| 26.   | Low Self Esteem           | 3.21 | 1.90      | Accept |
| 27.   | Poor Academic Performance | 3.21 | 1.90      | Accept |
| 28.   | Nervousness               | 2.91 | 0.61      | Accept |
| 29.   | Social Desertion          | 2.88 | 0.51      | Accept |
| 30.   | Substance Abuse           | 2.53 | 0.36      | Accept |
| 31.   | Resentment                | 2.53 | 0.36      | Accept |
| 32.   | Feelings of Incompetence  | 2.51 | 0.32      | Accept |
| 33.   | School Dropout            | 3.26 | 1.34      | Accept |
| 34.   | Trauma                    | 2.58 | 0.39      | Accept |
| 35.   | Extreme Mistrust          | 2.62 | 0.42      | Accept |
| 36.   | Melancholy                | 3.26 | 1.58      | Accept |

Note: X = Mean, Stnd Dev. = Standard Deviation

Table 2 revealed that the mean of the effects ranged from 3.26 to 2.51 which suggested that all the items had a mean value above the cut-off point of 2.50. The table also revealed that all the items had their standard deviation ranged from 1.90 to 0.32 which showed that the respondents were not far from one another in their responses. This revealed that domestic violence has significant effect on adolescents in the study area.

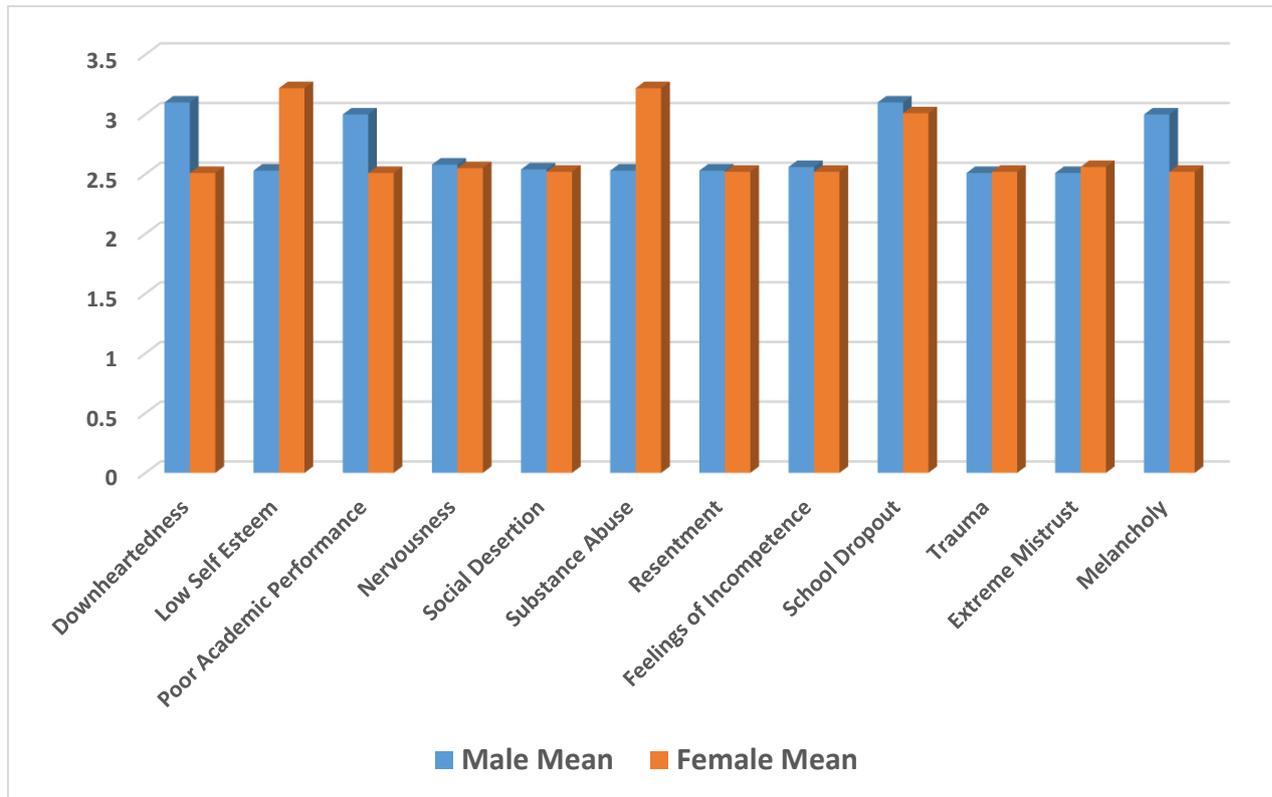
**Research Question Three:** What are the effects of domestic violence on adolescents by gender in Borno State, Nigeria?

**Table 3: Mean and Standard Deviation of the Effects of Domestic Violence on Adolescents by Gender in Borno State, Nigeria**

| S/No. | Effects                   | Male |          |        | Female |          |        |
|-------|---------------------------|------|----------|--------|--------|----------|--------|
|       |                           | X    | Std Dev. | Remark | X      | Std Dev. | Remark |
| 25.   | Downheartedness           | 3.10 | 1.17     | Accept | 2.51   | 0.60     | Accept |
| 26.   | Low Self Esteem           | 2.53 | 0.40     | Accept | 3.22   | 1.24     | Accept |
| 27.   | Poor Academic Performance | 3.00 | 0.46     | Accept | 2.51   | 0.60     | Accept |
| 28.   | Nervousness               | 2.58 | 0.69     | Accept | 2.55   | 0.67     | Accept |
| 29.   | Social Desertion          | 2.54 | 0.64     | Accept | 2.52   | 0.61     | Accept |
| 30.   | Substance Abuse           | 2.53 | 0.40     | Accept | 3.22   | 1.24     | Accept |
| 31.   | Resentment                | 2.53 | 0.40     | Accept | 2.52   | 0.61     | Accept |
| 32.   | Feelings of Incompetence  | 2.56 | 0.62     | Accept | 2.52   | 0.61     | Accept |
| 33.   | School Dropout            | 3.10 | 1.17     | Accept | 3.01   | 0.42     | Accept |
| 34.   | Trauma                    | 2.51 | 0.37     | Accept | 2.522  | 0.61     | Accept |
| 35.   | Extreme Mistrust          | 2.51 | 0.37     | Accept | 2.56   | 0.680    | Accept |
| 36.   | Melancholy                | 3.00 | 0.46     | Accept | 2.52   | 0.61     | Accept |

**Note:** X = Mean, Std Dev. = Standard Deviation

Table 3 indicated that the mean effect of the male gender ranged from 3.10 to 2.51 which are above the cut-off point of 2.50. The standard deviation ranged from 1.17 to 0.37 which showed that the male respondents were not far from one another in their responses. On the contrary however, the mean effect of the female gender ranged from 3.22 to 2.51 which are above the cut-off point of 2.50. The standard deviation ranged from 1.24 to 0.60 which showed that the female respondents were not far from one another in their responses. This revealed that domestic violence has significant effect on adolescents by gender in the study area. Figure 1 further presents the comparative relations of the mean values for the effect of domestic violence on adolescents among male and female in Borno State.



**Figure 1: Comparative Relations of the Mean Values for the Effect of Domestic Violence on Adolescents among Male and Female in Borno State**

**HO<sub>1</sub>:** There is no significant relationship between domestic violence and adolescent academic performance by gender in Borno State, Nigeria.

**Table 4: T-test Analysis of the Relationship between Domestic Violence and Adolescent Academic Performance by Gender in Borno State, Nigeria**

| Variable | No. | Mean | SD   | Df  | Cal. t-val. | Crit. t-val. |
|----------|-----|------|------|-----|-------------|--------------|
| Male     | 155 | 3.51 | 1.20 | 210 | 1.96        | 0.72         |
| Female   | 145 | 4.25 | 0.89 |     |             |              |

Table 4 indicated that the calculated t-value of 1.96 is greater than the critical t-value of 0.72 at 0.05 Alpha level. Thus, the null hypothesis is rejected in favour of the alternative.

### Discussion

The findings of this study revealed 20 types and 11 effects of domestic violence on adolescent in Borno State, Nigeria. Finding on research question one revealed the physical, sexual and psychological violence that adolescents are exposed to in Borno State, Nigeria. The topmost types of domestic violence include: Slapping, choking, hitting by object, forceful pushing, forcing the ingestion of substance, use of disparaging weapon, twisting of body part, pouring hot water on body parts, forced exposure to sexual intimacy, vaginal penetration, threats of killing and material denial. The lower most types of domestic violence include: Pouring acids on body parts, forced nudity, unwanted oral sex, forceful anal sex, use of pejorative statements,

forceful isolation, suicidal ideation and emotional abuse. This finding corroborates the earlier findings of Newton (2001), Volpe (2006), Kefas (2016) and Adubi & Ashara (2018) who expressed that adolescents are confronted with numerous forms of domestic violence ranging from external to internal violence which are detrimental to human life and indeed against human rights. Kefas (2016) for example, asserted that the different types of domestic violence that adolescents are exposed to on virtually daily basis can be grouped into physical, sexual and psychological types and the impact extends beyond the boundaries of family, health and social relations of adolescents but their economic and educational activities.

On research question two, this finding indicates downheartedness, low self-esteem, poor academic performance, nervousness, social desertion, school dropout, trauma and melancholy as the major effects of domestic violence on adolescents in the study area. The least effects of domestic violence on adolescents in Borno State, Nigeria include: Substance abuse, resentment, feelings of incompetence and extreme mistrust. This finding agrees with the studies of Imam (2002), Umar (2009), Margolin & Gordis (2000) and Adubi & Ashara (2018) that adolescents are self-conscious of their physical and social appearances. Thus, they tend to frown at anything that will deform their appearances looking different from peers due to physical marks that may be uncalled for. Umar (2009) and Adubi & Ashara (2018) for example, affirmed that adolescents exposed to domestic violence tend to become reserved, anxiety, worries, angry, trauma, depressed, and dissociate with peers for fear of embarrassment especially at home. Adolescents exposed to domestic violence seldom invite their friends or colleagues home to safeguard themselves against threat to their self-esteem. In some instances, however, the Center for Disease Control and Study as reported by Adubi & Ashara (2018) confirmed that adolescents exposed to domestic violence become violent, aggressive and troublesome with peers at home and school and has negative effect on their association and social relation with peers.

Finding of this study on research question three revealed that both male and females are exposed to virtually same degree of domestic violence and the effects are detrimental physically, sexually and psychologically. The major effects identified by the male gender are downheartedness, low self-esteem, poor academic performance, nervousness, social desertion, school dropout and melancholy while the female counterpart identified low self-esteem, substance abuse, school dropout, downheartedness, poor academic performance, trauma and melancholy in that order as their major effects of exposure to domestic violence. Similarly, the males acknowledged that substance abuse, resentment, feelings of incompetence, trauma and extreme mistrust are their least effects of being subjected to domestic violence while the female respondents identified nervousness, resentment and extreme mistrust as their effects of being exposed to domestic violence. In upholding the finding of this study, Center for Disease Control (CDC, 2006), Kefas (2016) and Sepper & Pious (2011) reported that the effects of adolescents' subjection to domestic violence has both physical and internal consequences on the victim irrespective of gender, years of exposure and location. Sepper & Pious (2011) for example, affirmed that domestic violence results in permanent physical or internal injuries on the victims which are extreme violations are human rights.

On the null hypothesis tested at 0.05 alpha level, which stated that there is no significant relationship between domestic violence and adolescent academic performance by gender in Borno State, Nigeria, the hypothesis was not upheld. It was endorsed in favour of the

alternative, meaning that significant relationship exists between domestic violence and adolescent academic performance by gender in Borno State, Nigeria because the calculated t-value is greater than the t-critical. In support of this finding are the earlier studies of Bwadi & Ahmadu (2009) and Sepper & Pious (2011). In buttressing this finding, Bwadi & Ahmadu (2009) for example maintained that domestic violence contributes to about 46% of students' poor performance in private schools and over 38% of students' failure in achievements (WASSCE and NECO) can be attributed to extreme subjugation to domestic violence in Yobe State, Nigeria.

### ***Implications for Counselling***

Based on findings of this study, arresting the menace of domestic violence requires a multi-dimensional approach blending the positive actions of the government at all levels, community and religious leaders, the youth and women groups, inter and intra-national organizations, community based non-governmental organizations, counsellors, the media, educators, ministries of education, health and youths & sports, local education authorities as well as other stakeholder.

The Borno State Government should in collaboration with the ministries of education, health, youth and sports, local education authorities, justice and house committee on education (the legislators in the State House of Assembly) promulgate a stringent law, edict, Bye-law or policy that will deter any form of domestic violence with no option of financial charges.

The school counsellors and para-counsellors should in collaboration with curriculum designers and implementers as well as the ministries of education (Federal and State) and local education authorities enshrine all forms of violence and conflicts into the school curriculum to be studied at all school levels. Additionally, the counsellors and para-counsellors should with the supports of principals and time-table master/officers incorporate counselling hours into the mundane class timetable. The school counsellors and para-counsellors should also encourage the formation of Counselling Clubs and Societies in various schools to engage students especially in the weekends.

The Counsellors should in collaboration with the Borno State Government, Inter and Intra-National Non-Governmental Organizations construct/built and equip counselling clinics at various schools and the community for consultations on professional guidance. The professional counsellors should be made effective to be rendering individual/personal, family, and social, group, vocational and other forms of counselling services at the Community Counselling Clinics with a view to eradicating anti-social and undesirable behaviour.

The Counsellors and para-counsellors should in partnership with ministries of education, justice, educators, youth and women groups, religious based organizations, community leaders and other stakeholders organize workshops, talk shops, seminars and conferences at regular intervals to enlighten the public on the detrimental effects/consequences of domestic and all forms of violence on the victims socially, economically, physically, educationally and in all round development of the adolescents.

The counsellors and para-counsellors should in friendship with the media, parents, school principals/proprietors, Community Based Organizations (CBOs), Faith Based Organizations

(FBOs) and other Non-Governmental Organizations (NGOs) organize talk shows and other Radio/TV programmes/jingles to educate/enlighten the wider community on the effects of school, domestic and all other types of violence on adolescents in the language they comprehend at best. In the same vein, the media both electronic (visual and blind) and print (dailies, magazines, posters, billboards, handbills) should assist the counsellors and para-counsellors in launching campaigns against all types of violence.

### Conclusion

Based on the findings of this study, it can be concluded that adolescents are subjected to various forms of physical, sexual and psychological domestic violence in Borno State, Nigeria and the effects cut-across gender with attendant internal and external consequences on the victims. It is alarming as confirmed by the tested null-hypothesis that domestic violence has negative relationship on the academic performance of adolescents in Borno State, Nigeria which requires counselling interventions.

### Recommendations

Based on the findings, the following recommendations were made:

1. Borno State government should enforce the existing laws/bye-law, introduce stringent edicts or legislate on jail terms with no option of fine on any person that violates human rights of instilling school, domestic or any form of violence on adolescents.
2. Borno State government should in collaboration with Ministries of education, health, youths and sports, local education authority, social workers and counsellors organize sensitization workshops, talk shops, seminars and conferences on regular intervals for parents/guardians, head teachers and other stakeholders on the negativities of all forms of violence on adolescents.
3. Borno State government should construct counselling clinics and employ professional counsellors to counsel parents/guardians, faith based, traditional and community leaders on effects of domestic violence every fortnight and as well involve the media in organizing phone-in-calls and media chats using both electronic and print media to intensify enlightenment campaign against domestic violence.
4. Borno State government in collaboration with Ministry of Education, curriculum developers and implementers should consider fashioning school curriculum to suit socio-cultural and faith-based aspirations, individual and group counselling to transform parents'/guardians ambivalent attitudes towards adolescents' domestic violence.
5. Counsellors should with the authority of the school principals/proprietors be given time during Parents Teachers Association (PTA) meetings, Year Group Tutor Assembly (YGTA) and general school assemblies to address issues on domestic and school domestic violence and adoptive behaviours.

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