ROLE OF PSYCHOLOGICAL CAPITAL AND EMOTIONAL INTELLIGENCE IN EFFECTIVE MANAGEMENT OF THE CONTEMPORARY SECURITY CRISIS IN NIGERIA

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ABSTRACT

This article theoretically reviewed the role of psychological capital and emotional intelligence in the effective management of the contemporary security crisis in Nigeria. It considered psychological capital as a core construct consisting of the positive psychological resources of self-efficacy, hope, optimism, and resilience. Similarly, emotional intelligence was also considered as the second psychological factor, which is sacrosanct in curbing the current trend of insurgency in Nigeria. Based on the literature and theories reviewed, this article concluded that the psychological conditions of citizens need adequate consideration by the policymakers and the executive arm of the government and hence, suggested systematic intervention processes of desensitization and reorientation of Nigerians.

Keywords: Psychological Capital, Emotional Intelligence, Insurgency, Security, Nigeria

INTRODUCTION

One of the fundamental responsibilities of the state is to ensure the security of the life and properties of its citizens. Others include the protection of its territoriality and sovereignty and the guarantee of its socio-economic and political stability (Babalola, 2022). Hence, the concept of security according to Afolabi (2015) denotes a situation that

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provides national and international conditions favorable to the protection of a nation, state, and its citizens against existing and potential threats. However, this protective function of the state has been threatened by local and international terrorism and terrorism-related activities (Ogbonnaya & Ehigiamusoe, 2013). This threat has been exemplified by the September 11, 2001 bombing of the World Trade Centre (WTC) in the United States by the Al-Qaeda terrorist network, and other attacks in Spain and Great Britain (Duru and Ogbonnaya, 2010).

Indeed, the worldwide manifestation of terrorism has been evident in Africa. With particular reference to Nigeria, the phenomenon has found expression in the emergence of the Boko Haram insurgency (2009-date). Since its advent, the sectarian insurgency has wreaked immense havoc in the country, especially by "using explosives and firearms with gruesome, fatal" consequences (Awake June 2008).

The conflict is taking place within the context of long-standing issues of religious violence between Nigeria's Muslim and Christian communities, and the insurgents' ultimate aim is to establish an Islamic state in the region (BBC News, 2016). The Boko Haram insurgency began in July 2009, when the militant Islamist and jihadist rebel group Boko Haram started an armed rebellion against the government of Nigeria. When Boko Haram's insurgency was at its peak in the mid-2010s, it was the world's deadliest terrorist organization, in terms of the number of people it killed (BBC News, 2015).

According to Azigbo (2008), the restiveness which started on a mild note as pockets of peaceful demonstrations to the offices of multinational oil companies by community development committees of various host communities soon degenerated into lock-ins and seizures of oil installations.

While the security challenges thrown up by the crisis in the Niger Delta were being contained, the Boko Haram insurgency surfaced with bombing attacks and killings which have resulted in the death of several thousands of policemen, soldiers, and civilians including politicians. Given the above, this paper considers the psychological

conditions of Nigerian citizens specifically, psychological capital and emotional intelligence, and theoretically examines its role in ensuring effective management of the contemporary security crisis in the nation.

PSYCHOLOGICAL CAPITAL

Psychological capital is a core construct consisting of the positive psychological resources of efficacy, hope, optimism, and resilience. It is defined as a core psychological factor of positivity in general (Luthans, et al., 2004; Luthans & Youssef, 2004). The key points of psychological capital are: it is based on the positive psychology paradigm (i.e. the importance of positivity and human strengths); it includes psychological states based on positive behaviour; it goes beyond human capital (i.e. what you know) and social capital (i.e. who you know) to 'who you are'.

Efficacy, being one of the core components of psychological capital, in the context of this study addresses the personal confidence of individual citizens of Nigeria about the ability of the present government to effectively manage the contemporary security issues such as the Insurgency both in the Northern and South-South parts of the country. It further examines the confidence levels of individuals as to whether the present security challenges of the nation will be extinct or not in the nearest future.

Hope, from the positive psychology perspective, is generally defined as the perceived capability of individuals to derive pathways to desired goals and motivate themselves via agency thinking to use those pathways (Snyder & Lopez, 2002). It has also been hypothesized as an emotion (Farran, et al., 1995) and as a dispositional and or State cognitive process (Snyder, 2000). However, as used in the psychology of positivity, hope is conceptualized as state-like and is derived from the work of Snyder and colleagues as being a positive motivational state that is based on an interactively derived sense of success.

The third component of psychological capital, which is resiliency, is defined as the 'positive psychological capacity to 'bounce back' from adversity, uncertainty, conflict, failure, or even positive change, progress and increased responsibility' (Luthans, 2002). Work in clinical

and positive psychology (Coutu, 2002) suggests that highly resilient individuals tend to be more effective in a variety of life experiences, including adjustment and development under a variety of life-course threatening conditions such as the present state of insecurity of life of citizens of Nigeria.

Optimism is the fourth component of psychological capital. Traditionally in psychology, optimism had been conceptualized as a goal-based construct that occurs when an outcome has substantial value (Scheier and Carver, 1985). According to Tiger (1971), optimism means mood or attitude associated with an interpretation of social activity that is also a life threatening situations like the insurgency.

EMOTIONAL INTELLIGENCE

On the other hand, emotional intelligence has been described as a force that drives human behaviours and actions (Akinboye, 2002). Daniel Goleman (1998) defined emotional intelligence as " the capacity for recognizing our feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships". Based on extensive research, he has proposed five dimensions of emotional intelligence consisting of 25 competencies. Self-awareness, self-regulation, and self-motivation constitute personal competence. Empathy and social skills constitute social competencies. Emotional intelligence is considered the prime factor which makes and keeps people employed. According to (Akinboye, 2002) no human action whether good or bad is based on emotional freedom. Actions, on the other hand, affect emotions. Thus emotions and actions are mutually dependent. While the character is the foundation of all human behavioral functions, emotional intelligence largely determines human character. To the management of the present national security threat, individual citizens of this nation need to actively control their emotions and not allow the situation at hand to force them into actions that are lawless in defense of their personal interest. Hence, emotion management as a coping strategy would help bother our leaders and individual citizens not to be incapacitated by the killing and kidnapping

activities of the insurgents both think of effective solutions to prevent the social menace.

NIGERIA'S NATIONAL SECURITY FRAMEWORK

National security has recently been one of the key areas of interest to scholars and humanitarian agents. Generally, definitions of national security have been about the protection of states and their citizens from threats and dangers and the ability to preserve core values (Yong, 2000). In Nigeria's context, national security is concerned with protecting the lives and property of Nigerians, preserving their sovereignty, territoriality and its economy, and enhancing socio-cultural and political harmony. To achieve these objectives, the concept of total security should be adopted for Nigeria's defence and security by the Federal Government. Total security comprises three elements – Total Defence, Diplomacy, and Internal Security.

According to Bodunde and Balogun (2019), total defence is the cornerstone of Nigeria's deterrence strategy. It provides the framework for a comprehensive and integrated response to deal with all kinds of threats and challenges including global terrorism, national security crises like Boko Haram and the Niger Delta militancy, and economic crisis. The following key sectors of the society – Military, Civil, Economic, Social and Psychological Defence, form the core interest areas of Nigeria's national security. Responsive Defence aims at uniting all relevant government agencies, private sector organizations, and all Nigerians in the defence of the country.

With the above, it is expected that, any potential aggressor who takes on the Nigeria Armed Forces (NAF) would have to face the formidable task of taking on all Nigerians (Bassey and Dokubo, 2011). It has, however, been argued that total defence, diplomacy, and deterrence, as national defence and security policies, are insufficient to ensure the security of the Nigerian state and ineffective in achieving the national security goals. Other security analysts such as military personnel have contended that the current security challenges confronting the Nigerian state, are capable of making the country porous for internal and external subversion and insurrection. Thus, they

have called for more stringent security measures and policies rather than being saddled with peace-keeping operations in other countries while lacking the ability to deal with an internal security crises, conflicts and tensions.

Finally, these analysts have submitted that the current national defense budget and policy should be properly channeled toward economic, social, and political development (Dixon, 2012; Azazi, 2012). However, the present paper is sensitizing the government and all stakeholders to the importance of the psychological states of citizens, which is the result of all governmental efforts, be it budgeting or policy formulation. If an average citizen of this country does not have a positive mind frame about the country, the nation will not develop while crisis prevails, and security of life and property will not be guaranteed.

The hope of everybody is shaking most especially, on the efficacy of the present government being perceived by citizens and international bodies as lacking the required acumen to lead the country out of the "wilderness" she found herself for about one decade now. The people of the country seem not able to bounce back from the shock of the havoc, which the Boko Haram sect has been causing in the Northern part of the country where hundreds of live have been sent to an untimely death on a weekly basis. Even our elder state men such as the past presidents of Nigeria and some who had earlier handled top political positions have almost lost their hope in this country because this issue of insecurity is getting worse every day. The general public are even more confused on this take, consequently making their actions to be dictated by emotion, while some are calling for the disintegration of the nation such as Biafran agitation and those agitating for Yoruba nation, while a few other politicians are advocating for the unity of Nigeria perhaps because of their socio-economic and political interests.

THEORETICAL FRAMEWORK

Social Learning Theory (1989)

Social learning theory is based on the premise that environmental contingencies play an important role in guiding

behaviour. The theory balances the understanding of an individual as a social being, as well as one who is cognitively aware of their surroundings. The primary difference between Bandura's social learning theory (1989) and previous learning theories is the idea of observational learning, that is, individuals learn not only by experience but also by observing others. This applies to the situation of individuals in this country. Nigerian youth have perhaps observed our political leaders and see no hope in their leadership styles, which is full of corruption, nepotism, partiality, favouritism, and various forms of atrocities committed without having the fear of God and the interest of the masses in their political ideologies and practices. This inhuman situation of the country made the youth to learn not only by experience but observing and reacting for a positive change. The type of militant behavior exhibited by Nigerian youth is learnt through training, observation or experience.

Similarly, basic reinforcement principles highlight that individuals learn about the world and their behaviour through the process of reinforcement. Maladaptive behaviours such as aggression and violence, which may be inadvertently reinforced by the society, will continue because they provide some reward in form of recognition and liberation from the bondage of our capitalist leaders.

THE HUMAN NEEDS/SOCIO-ECONOMIC PERSPECTIVE

The socio-economic perspective of the Boko Haram challenge in Nigeria essentially attempts to de-emphasise the interpretation of this being a particularly Muslim or Northern crisis (Kukah, 2012). The perspective which blames social conditions for violence is anchored on the human needs theory of social conflicts. Its central thesis is that all humans have basic needs which they seek to fulfill and failure caused by other individuals or groups to meet these needs could lead to conflict. The theory is similar to the frustration-aggression theory of violence, which posits that aggression is always a consequence of frustration (Dougherty and Pfaltzgrate Jr, 1990). According to the theory, relative deprivation is a perceived disparity between value expectation and value capabilities and the lack of a need satisfaction –

defined as a gap between aspirations and achievement generally – relies on the psychological state of frustration and aggressive attitudes emanating from it (Midlarsky, 1975).

The socio-economic perspective goes beyond the trigger to focus on the underlying factor(s) that could have bred such groups. It has its largest proponents from the intelligentsia and is particularly viewed by some foreign governments such as those of the United States and Britain as explanations for the problem. Nigeria's socioeconomic indexes seem to validate the assumption of Human Needs Theory. The Human Development Index Trend, for instance, ranked Nigeria 156 out of 186 in 2011. The socio-economic factors being adduced as the root causes of violence in Nigeria include unemployment, especially among the youth, poverty and a deteriorating standard of living, especially in the north. But perhaps its relevance in the interpretation of the Boko Haram problem is that while its proponents admit of endemic poverty and hopelessness generally in Nigeria, they note its severity in the North. Hence for Professor Jean Herskovits of the *State University of New York*, to whom "it was clear in 2009 when the insurgency began that the root cause of violence and anger in both the North and South of Nigeria is endemic poverty and hopelessness," the government must address socio-economic deprivation, which is most severe in the North (Herskovits, 2012).

Indeed, the very high incident of poverty in Nigeria is generally seen as a Northern phenomenon. A study by Professor Charles Soludo, shows the three Northern regions have an average poverty incidence of 70.1% compared to 34.9% of the south's three. The ten states in Nigeria with the highest incidence of poverty also are all Northern states, whereas the ten states with the lowest incidence of poverty are all Southern states. Thus, "70% of the people living in the North live below $1 per day, which is equivalent to N129 per day". The high conflict potential of the developing areas could indeed be a function of frustration caused by economic deprivation, (Dougherty and Pfaltzgrate, Jr. 1990).

Frustration-aggression tendencies often also manifest misplaced aggression. This trend has featured in the series of violence inflicted

upon the ordinary citizens of Nigeria, most of who have no direct connection with political and economic elites whose mismanagement of the country's resources engenders unemployment, poverty and deprivation that breed frustration and foster violence. As Dougherty and Pfaltzgrate Jr. have rightly noted, hostilities in such instances, are directed "toward someone or something not responsible for the original frustration".

PSYCHOLOGICAL CAPITAL THEORY

The theory's roots are in the work of Adam Smith and William Petty. Yet it was Block and Kreman who extensively developed the human capital theory in 1996. The concept of psychological capital claims that not all individuals are equal and that the individuals' quality can be increased by investing in them (Block and Kreman, 1996). Implicatively, Nigerians are not similar in behavior, attitude, perception, orientation, culture, value and tolerance. As there are about four hundred and sixty (460) ethnic groups in the country, behaviors and attitudes of individuals vary across the ethnic groups and are to a large extent depend on the social orientations and cultural values of the immediate society to individuals belong. The government of the nation should as a matter of fact consider individual groups' peculiarities in the governmental processes and invest massively on youth development with a zero tolerance for political interference. If the youth are in the right frame of mind and engage productively in activities, which promote their psychosocial well-being, Nigeria will likely experience peace.

According to Block and Kreman, (1996), self-efficacy, optimism, resilience and hope are the most important traits in psychological capital. Optimism, as included in Psychological capital, is both realistic and flexible (Luthans, et al., 2007). Seligman (1998) defines an optimistic explanatory style as one that attributes positive events to personal, permanent, and pervasive causes, and negative events to external, temporary, and situation-specific ones. As a way of application, an average Nigerian's optimism level is low such that many of the youths do not even expect any positive benefit from the government, since our

political leaders could not afford standard education for the youth, no employment, basic social amenities are lacking, and everyone is struggling for his or her survival.

Optimism is amenable to development through such methods as Schneider's (2001) three-step process, which includes leniency for the past, appreciation for the present, and opportunity seeing for the future. Average youth of the country have never tasted any good in the past, the present is bad and therefore they are foreseeing a hopeless future.

Hope is commonly used in everyday language, but within the context of positive psychology has a specific meaning with substantial theoretical support (Snyder, 2000). Hope is defined as a "positive motivational state that is based on an interactively derived sense of successful (1) agency (goal-directed energy) and (2) pathways (planning to meet goals)" (Snyder, Irving, & Anderson, 1991). In other words, hope consists of both willpower (individuals' agency or determination to achieve their goals) and "way power" thinking (being able to devise alternative pathways and contingency plans to achieve a goal in the face of obstacles). In application, nothing around is motivating the citizens, as efforts of ordinary citizens are truncated by tribalism, favoritism, nepotism, and all sort of corrupt practices of the nation's political leaders.

Resilience, the "developable capacity to rebound or bounce back from adversity, conflict, failure, or even positive events, progress, and increased responsibility" (Luthans, 2002) is arguably the most important positive resource to navigating a turbulent situation. This is where the government is mostly getting it wrong. Government is not really sharing the pains with the youths. For instance, many of the youth future has been jeopardized as a result of the dirty politics of our leaders. They politicized such inhuman occurrences such as the Boko Haram attacks in the North and insurgency at the South-South and embrace it to disstablelize the political atmosphere of the nation for their selfish interest.

Lastly, self-efficacy which is the last of the four components of the core construct of psychological capital is defined in this theory as an individual's personal conviction that he has the ability to do and can do

what he desires or wants. In application, the personal confidence of individual citizens of Nigeria about the ability of the present government to effectively manage the contemporary security issues such as the Insurgency both at the Northern and South-South parts of the country is very low. Similarly, people are not really sure of their ability to cope with similar future occurrences.

EMOTIONAL INTELLIGENCE THEORY

Emotional intelligence theory has its root from social intelligence theory. Thorndike (1920) developed social intelligence theory, which includes interpersonal and intrapersonal intelligence. However, Psychologists, Salovey and Mayer, first formally identified the term emotional intelligence in 1990. Salovey and Mayer (1990) therefore, defined emotional intelligence as "the subset of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions." This definition consists of 3 categories of ability as: (1) The appraisal and expression of emotions in oneself and others: knowing how you feel, how others feel and what to do about it. (2) The regulation of emotion in oneself and others: knowing what feels good, what feels bad and how to get from bad to good. (3) The utilization of emotions to facilitate thought: including decision-making, flexible planning, creative thinking, redirected attention, and motivation.

Nonetheless, Goldman's emotional intelligence model (1998) is the most widely used. He defines emotional intelligence as "the capacity for recognizing our own feelings and those of others, for motivating ourselves and for managing emotions well in ourselves and in our relationships". Goleman even concluded that intellectual is even more important than intellectual intelligence in achieving success in life (Goleman, 1996). Boyatzis, et al., (2000) refining the Goleman emotional intelligence model used in 1998, from five dimensions (Self-awareness, Self-regulation, Motivation, Empathy and Social Skills) to four dimensions of emotional intelligence as: Self-awareness, Self-management, Social Awareness, and Relationship Management to

capture the full scope of emotional competencies and became a widespread used model of emotional intelligence. This is also the model the researcher used in this study.

As a way of application, the ability of Nigerian Political leaders to monitor one's own and others' feelings and emotions is very low, because the government keeps giving irrational excuses over his failure to satisfy the needs of citizen . Amongst the excuses frequently given is central around political sabotage and ethnocentric actions of Northern Nigerians to destabilize the government. The present government of the nation needs to systematically examine prevalent factors such as deprivation, marginalization, poverty, illiteracy, jobless and idleness of the youths and use this information without any biased mind to guide one's thinking, perception and actions in coping with the contemporary violence engulfing the country."

Our government is not identifying with ordinary citizens, to know their plights, share their feelings and relate intimately with them such that the average citizen can have a say towards ensuring a better government and wellbeing of the people (Igwe, 2020). Our democracy in Nigeria is not yet a government of the people neither is it by the people nor for the people because the political leaders do have any genuine feelings of the pains and sorrow the people are experiencing. The government ought to be emotionally intelligent and proactive in managing the contemporary security situation rather than being 'defensive' and shifting blames on political oppositions.

REVIEW OF LITERATURE

Insurgency and human security crises go hand in hand. Amalu (2016) observes that these realities is implicated in Boko Haram insurgency and new trends in the global security agenda that have assumed greater urgency in the 21st century. Fwatshak and Larab (2004) clearly posit that since independence, not a single decade has passed without at least one major cataclysmic crisis in Nigeria. In 2002, Nigeria came face to face with a new security challenge arising from the activities of Boko Haram sect (otherwise known as the Yusufiyya

movement). The movement was founded by a radical Islamic cleric, Mohammed Yusuf (Ngare, 2012).

Xan (2012) posits that in line with strict Islamic practices, Boko Haram opts for policy and curriculum reforms on the present education system. This position is represented in the following citation: He did not want mixed schools, or the teaching of evolution in schools. He wanted children to have more time to study their religion. Democracy is also alien to him because he succinctly stated that he will not support a government whose constitution was not based on the Koran (Xan, 2012).

Forest (2012) contend that Boko Haram is largely a product of wide spread social – economic and religious insecurity whose repercussions resonate among certain communities in the North. Forest (2012) avers that the membership of Boko Haram sect cut across ethnic divide with greater membership primarily drawn from the Kanuri ethnic group. It is believed that the contact the group had with Al-Qaeda in the Maghreb (AQIM) and al-Shabaab in Somalia must have been achieved during this period (Wikipedia, 2012).

However, many factors can be attributed to the emergence of terrorist activities within any society. Crenshaw (2009) mentions socio-economic factors as a potential driver of extremist activity. She specifically observes that the socio-economic situation of the people within the state, including the lack of employment opportunities and access to education and to social services could determine its resort to extremism. Crenshaw (2009) also indicates that even though the socio-economic factors were important in explaining terrorism and insurgency, there is no empirical evidence to support the arguments that the reduction of poverty and rapid change in economic growth alone could eradicate terrorism once it forms. She also indicates that most violence of a non-political nature could be attributed to economic inequalities.

According to Alderson (2010) absence of political reforms and the failure to establish a participatory politic could result to violence. The lack of politics of inclusion and representation could lead to terrorist activities by the aggrieved parties as argued by Khan et al.,

(2015). Moreover, Alozieuwa (2012) stresses that weak democratic governance could also be responsible for violence in the society.

CONCLUSION AND RECOMMENDATION

There is no doubt about the fact that violence or crisis is a barrier to peaceful living and harmonious relationship amongst people in the society. Consequently, causes a low level of socio-economic development, political instability, enmity and negatively affects the psychosocial functions and well-being of individuals. This paper has theoretically examined the role of psychological capital and emotional intelligence in the effective management of the contemporary security crisis in Nigeria. Having critically reviewed the literature on terrorism and security, it is wise to conclude that for the state to survive her present state of insecurity, the psychological conditions of individual citizens of the country need to be given adequate consideration by the police makers and the executive arm of the government. Assurance of a desirable state of individuals' hope, resilience, self-efficacy and controlled emotion will help all stakeholders to look inward and see to the importance of empathy in managing the present security situation.

Systematic intervention processes of desensitization and reorientation have to be embarked upon by the government. This is very important because many people are living with the shock of the activities of the insurgents as they have incapacitated the armed forces, citizens are hopeless and have lose confidence in the ability of the government to restore peace into the nation. Similarly, a method of national orientation that will inculcate the principle of positivity and positive thinking into the mentality of individuals is urgently needed at this time.

The government should take adequate interest in engaging the social media as a means of mobilizing and refocusing the youth towards peaceful co-existence and national unity. The Government at all levels and the private sector should create job opportunities for the teeming unemployed youth and encourage entrepreneurship. Above all, this paper suggests that the government should look into the individual needs of the youths and effectively manage this segment of the national

population, because youths are the most vibrant and productive human resource of any economy-driven society, yet they could be significantly destructive and counter-productive if not well managed.

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