

# Counselling The Traumatized And Depressed. A Panacea For Eradicating Suicidal Act: Implications For Counselling

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*Abstract: Counselling the Traumatized and Depressed: A Panacea for Eradicating Suicidal Act: Implications for Counselling. The zeal to contribute to the solving of the society abnormalities as a counsellor propels the researcher to think of how to minimize if not eliminate the human frightening Act called suicide through discouraging self-degradation and encouraging finance stances contentment with the use of counselling. Hence the topic-Counselling the traumatized and the Depressed: A Panacea for Eradicating Suicidal Act. In order to carry out this research, the researcher choose to use two (2) sub-variables which are finance stance and social self-concept. With befriending attitudes, the researcher was able to secure from Planning, Research and Statistics (P. R.S.) Directorate using purposive sampling techniques 1500 servants which is 12.4% of twelve thousand and sixty-seven (12067) population of civil servants from 20 parent ministries in Akwa Ibom state of Nigeria. To prepare grounds for the research, two research questions and two null hypotheses were formulated. The two research questions are: How does Finance stances of a traumatized and depressed beings influence their suicidal act? And how does Social Self-concept of the traumatized and depressed beings influence their suicidal act? While the two (2) null hypotheses are: The Finance stance of the traumatized and depressed beings does not significantly influence their suicidal act and the Social Self-concept of traumatized and depressed beings does not significantly influence their suicidal act. Ex-post facto research design alongside with theories like Attachment theory, propounded by Bowlby (1980), Rational Emotive Behavioral Therapy theories by Bateson and Albert Ellis and Self-deceptive theory, propounded by Warner (1997) were adopted by the researcher for the research. A Questionnaire containing 40 items titled, Finance stance and Social Self-concept of the traumatized and depressed (F.S.A.S.S.C.) was developed by the researcher for the purpose of generating data. Two experts comprising of, one subject specialist and a lecturer from test and measurement unit, carried out face validation of the instrument. During the process, the instrument underwent reliability test using Alpha Cronbach. The two null hypotheses for the study were tested at 0.05 alpha level of significance using independent t- test after organizing and analyzing the data collected for the study. It was found out that, the first null hypothesis was rejected, meaning that, finance stance of the traumatized and depressed significantly influence their Suicidal Act, while the second hypothesis Social Self-Concept was retained, meaning that, the Social self-concept of the traumatized and depressed does not significantly influence Suicidal Acts. Based on these findings, it was established that, better finance stance is the key for self-contentment. Following the results of the findings, the researcher recommended amongst others that, government should periodically wage war against Suicidal Act through seasoned professional counsellors, on the negative effects of suicide and ways of overcoming Suicidal Act by organizing campaigns, workshops, seminars and symposiums for different social groups as well as in public places like schools, hospitals, market squares, churches and mosques.*

**Keyword: Counselling, Traumatized, Depressed and Suicidal Act.**

## I. INTRODUCTION

We were made to know and believe that, all things work together for good (Romans 8:28), but the advent of technological advancement and educational attainment have injected into our existence the proliferation of improbable, unexplainable, unimaginable and undesirable situations in

human life thereby causing human to be beguiled that, it is better to die than to exist. These unpredictable and unplanned conditions can cause one to be traumatized and depressed in such a manner that, at that period of dilemma, all these uncertainty kind of life can lead, impel and even promote beyond the pale-practice by way of top oneself. On the other hand, these miserable extant to some beings calls for "Let me

go and rest action"-Suicide. All these happen upon situations can be overcome by either preventive/curative counselling sessions. For it is through counselling that unbearable, difficult and stressful life conditions (trauma and depression inclusive) can be maneuvered. The fact remains that, the battle cry for these coeval menaces that are enriched with psychosocial, socio-economical, spiri-cultural as well as political maggots which the researcher may refer to as Atomic Bomb cannot be overemphasized as its negativity hinders both human and non-human developmental progress.

These unpredictable and unexplainable occurrences can come in form of educational and work frustrations, rebellions, domestic pains, procreative contentions, character assassinations, monetary embarrassments, heartlessness challenges and even natural disasters of any kind. In earnest practice, all these occurrences are life wire to human beings' connectivity without which life suffers unbearable hence suicidal Act. Suicidal Act, whether completed/successful or attempted, does not go without negative effect. Little wonder Suicide survivors often experience grief through behavior, thoughts and even emotions. Emotions are manifested through physiological responses (e.g. the autonomic nervous system), tonic-postural responses (tension, relaxation), behavioral and expressive responses (gestures, voice) and emotional experiences, understood to be self-consciousness of an emotional state. For Prince (2018), there are four stages of grief characterized by four behavioral profiles and emotional reactions which are shock (numbness), protest (disbelief & denial), disorganization and despair, separation (reorganization) with a decrease in acute pains, acceptance and working through the experience. Other associated emotions are regret at having attempted Suicide or at its failure, happiness at being alive, the desire to die and ambivalence towards the event.

In reality, shame is an important emotion considering that, over half the interviewed patients (6 out of 10), none of the therapist felt shame. This emotion was also experienced in a large percentage of Suicide Attempter in a Swedish study (Wiklander et al, 2003). It was deemed important because it helped the patients work through the Suicidal Act and also helped health providers get patients to accept hospitalization and optimize the treatment on offer. For easier assimilation, this notion called shame can be observed in different dimensions including social and asocial as well as seen as both a signal and a reaction. While social shame means experiencing shame only in the presence of others, asocial shame means feeling shame even when one is alone. (Buttacchi & Codispoti, 1992). Shame which can either be intra-subjective or inter-subjective involves acknowledgment or admission that, one's condition has unexpectedly been revealed to others and/or to oneself and the reaction to this event. These acknowledgements and admissions may come in form of shock reaction followed by feelings as: shame, fear, rejection, anger, guilt and aggressiveness with a cognitive distortion in which the death tends to be considered accidental and not a Suicide.

It is paramount to highlight that, in practice, Attempted Suicide (AS) is also accompanied by a profound emotional reaction in the Attempter him/herself and in significant others. Perhaps that is why people close to Suicide Attempter do

experience feelings such as anger, impotence, helplessness, fearfulness, sadness, despair, relief, guilt, denial and shame (Colson et al. 1986, Berman & Jobes 1999, Chapman and Dixon-Gordon 2007). But the truth is that, patients at times appear calmer after an Attempted Suicide as though the event had a cathartic effect. (Matsuishi et al, 2005, Bronisch 1992, Storach, 1972). To cap it well, the purpose of emotions according to Beatrais (2004), can be summarized as: preparation for or reaction to an emergency, communication with others and communication with oneself (Battacchi & Codispoti, 1992). It may be important to consider and work on this emotion in psychotherapy with Suicidal in order to develop awareness, work through the experience and make it part of their personal history. Another significant of emotions revealed by the interviews, particularly among patients was a feeling of guilty.

This phenomenon called guilty does not seem to be unitary because of phenomenon which can be analyzed by two structural dimensions namely punitive (normative-persecutory) dimension and a reparative (empathetic-depressive) dimension. While punitive guilt feelings arise from an extremely painful state of despair, characterized by perception of a hostile presence (persecutory) that inflict pain (remorse) or fear of punishment in response to wrongdoing, reparative guilt is a state of regret, it also elicits compassion for the victim for whose trial one feels responsible. While the feeling of punitive guilt is limited to expiation, the pain of compassion for the victim develops through a need to make repairs and to take responsibility for the harm inflicted. In shame, one is responsible to oneself for failure of self, with acknowledgement of impotence. In the case of guilt, one has a legal responsibility towards others, with acknowledgement of the power to transgress or harm. According to Grinberg (1999), persecutory guilt feelings (or blame) can be differentiated from depressive guilt feelings. This distinction goes back to M. Klein's phenomenological based concept.

Suicide Act is in nature very complicated because of its pendulum like kind of reaction put up by Suicidal Attempters. This is supported by the study conducted by Berman & Jobes (1999) in Peters (2018) that revealed that, the results of Suicidal patients are complex web due to various kinds of manifestations put up by the Suicide Attempters. Some of these manifestations like cognitive which manifest in form of denial, removal, guilt, shame give rise to myth creation, obsessive re-examination, professional fears, inadequacy and the search for meaning. In professional manifestation which involves fear, censure, damage to reputation of skills, reorganization with after come as over prudence, withdrawal from the profession, isolation, avoidance, formal case history analysis then improvement in skills and assumption of responsibility for one's errors. When it comes to behavioral manifestations, it entails partial identification and loss of structure that do lead to decline in personal and professional performance. The last but not the least of the manifestation is the affective one. This very one which happens to be intra manifestation seems to control all other kinds of manifestation because it has to do with anger, relief, despair and of course sadness in form of guilt, denial even blame.

Some studies like that of Matsuishi et al.( 2005), Jallade et al.(2005), Sarfati et al.( 2003), found that some Suicide

Attempter patients sometimes seem calmer after attempting Suicide in such a way that one could be compelled to allude that they never intend to die. The truth remains in the fact that, this calmness is as the result of decrease of depressive symptomatology that occurs just after the act based on the present of cathartic influence. Succinctly speaking, Suicidal Act is a no mean involvement because even it attempt is surrounded by catharsis which is the significant decrease in the symptoms that follow a suicidal crises caused by externalization of suicidality through a suicide attempt. To trace the pedigree of Suicidal Act, one must come to realize that, it's when one becomes traumatized to the extent of depressive stage that feelings of hopelessness as a result of illogical thinking and reasoning that instigate unhappiness and degeneracy in reasoning consequently Suicidal Act. Since Peters (2018) asserted that, no matter the type or kind of trauma or depression, there all originate from one sort of stress or the other which may be past, present or even future caused by fear of unseen.

Some of these stresses emanate from threat, death, and neurological problems like hysteria amongst others, serious injury, assaults, battery and assorted accidents. Stress, whose daughters are trauma and depression is a thing of concern because its negative effect has prolonging damages on both non-human and human matters. Just like stressful beings could retard progress through spoilage of productions, they also suffer increase of blood pressure, psychological dysfunctions due to secretion of glucocorticoids for a long period of time especially where visiting of a psychological Counsellor is neither a thing of knowledge or practice. According to Diagnostic and Statistical Manual of Mental Disorder (DSM-TR), trauma is seen as different types of experiences ranging from personal and observed ones, direct and indirect ones. Counselling of the traumatized is and should be a thing of important not because it causes depression which most often than none, insinuates Suicidal Act, but as many disciplines like Economic, Sociology, Psychology, Law, Medicine hence the diversify scope of definitions. It is worthy of mention that, just like trauma suffers diverse definitions, traumatized and depressed beings feel it in individual manner.

While some traumatized and depressed experience trauma in the manner one attaches importance to finance stance, some come through the way they think people regard and grade them, some suffer from the way they regard, look, grade and think, whereas litigation and even medication can as well instigate trauma. Traumatized and depressed can suffer from either inter or intra trauma or both. But be it inter trauma otherwise referred to as environmental trauma, which involves vital accidents, flood, plane crash, earthquake as well as fire outbreak which can be grouped as natural disaster then intra trauma that could consist of fear, sadness, heartbreak, emotional, relational, domestic, procreation pains, setback and frustration of any kind inclusive do not only affect and infect human beings, rather, there inhibit Gross Domestic Product (G.D.P) globally. In earnest, the effect and infect of emotional trauma cannot be overemphasized for it demarcation between life and death is thinner than a strands of thread because it lives in human beings both day and night. This is so because it comprises life touching occurrences including: loneliness, marital unpredictability, death of spouse, divorce, procreation

disappointments, occupation frustrations, incest occurrences, severe finance stance constraint not excluded.

Little wonder emotional trauma is a brain behind Suicidal Act decision (Peters, 2017). However, Nwakwo (2017) opined that, trauma reactions differ between individuals according to their subjective experiences and these in no small measure causes traumatized and depressed to react to similar traumatic and depressive events, Post-traumatic stress disorder (PTSD) inclusive but differently based on environmental and temperamental factors which Bless (2018) refers to as protective factors. Since Suicidal Act is not only dangerous, frightening, diabolical, shameful but spirit Dom in nature, traumatized and depressed beings deserve wis utmost and precautionary attention as these ailments called trauma and depression though seen deceitful in manner and appearance is capable of misleading humans' thinking and action towards Suicidal Act hence this research study for better and successful survival. Counseling a traumatized person should be a must concern to all, especially family counsellors in order to reduce the rate of mental disorder that could ordinarily be transferred from a traumatized and depressed couples (mothers in particular) to their children thereby increase percentage of nuisance.

According to Luis (2019) in his study to establish the correlation between size of hippocampus and it susceptibility to stress, established that, trauma and depression tamper and affect morphological and hippocampus aspect of adulthood. Whereas from the view of professionals like medical personals, psychologists, sociologist and the rest come to acquiesce that, persistent feeling of forlornness, loss of interest, worthless existence, displaying of aberrational attitude in terms of feelings, behaviors, acts, thoughts all of which lead to non compos mentis thereby stimulate and encourage emotional, domestic, psychological and social misfortune is a condition of beings which ordinary is refer to as depression while medicals see such as major mood disorder. This condition is not a condition of less important as it can snatch not only the life of the sufferer but the life of any unfortunate being through Suicidal Act or Man-slaughter. A life example could be, the case of 1995 in Harvard University where a classmate was killed by a depressed student. (anonymous). Though women happens to be more diagnosed of depression than men perhaps because men are less medical conscious, generally, depression though not of any limited age often set in around age of 20s or 30s years (Clarks, 2018).

Development alongside human beings do suffer the negative effect of this phobia called depression almost in totality. Just like symptoms of trauma and depression vary in terms of thinking capacity, speaking and body movement, loss of interest in most normal activities including socializations mention them, caused by factors such as biological, chemistry, genetic as well as hormonal differences and most people can feel better with medication and/or psycho-therapy according to social scientists, there should not be snap out of them as there are more than just a bout of the blues. Therefore, deserve long term treatment since there are no mere weakness. It is worthy to mention that, depression is never and will never be a normal part of growing older, as such, should not be taken lightly hence required diagnose and treatment. Bassey (2019)

expanded how depression can come to be when he postulated that, conditions like:

- ✓ Traumatic or stressful events such as physical or sexual abuse, the death or loss of loved one, a difficult relationship or finance stance problem.
- ✓ Serious or chronic illness, including cancer, stroke, chronic pain or heart disease.
- ✓ Certain personality traits, such as negative social self-concept, low self-esteem, self-critical or pessimistic and being too dependent.
- ✓ Self-medication like taking of high blood pressure drugs or sleeping pills without consulting a medical doctor can promote and encourage trauma hence produce traumatized and depressed beings.

The true of the matter lies on the fact that, depression has chain symptoms just like it chain causes and negative effects. Some of such are tiredness, lack of efficient energy for even small tasks, thinking, remembering, concentration, decision making, a sorted sickness like physical pains revolving around the entire body, loss of appetite, lack of interest in sexual activities, panic disorder, family conflict, relationship difficulties, sleep problems, school/work problems, obesity, finances lamentation as well social phobia just to end the endless list. These conditions on their own can/do promote hypertension, diabetes, heart break then lead to untimely sudden death. To circumvent these deadly conditions and override the world menace called Suicidal Act, which is irrespective of human race/status and cannot only destroy the perpetrator alone but put a dent in the family history of such perpetrator, social scientists should be willing and ready to battle with these psycho-social bomb named trauma and depression that could emanate from worries and end up stigmatizing the person as a traumatized and depressed being (Sirach.30: 21-24).

By way of minimizing if not eliminating this bombed menace, taking personal responsibilities become paramount. These according to Egnew (2005), will encourage the understanding of how to heal traumatized and depressed through expression of self-love. Such modus operandi include but not limited to making sleep and self-care priority, accepting of partners through forgiveness, focus on gratitude and also aim optimism then avoidance of negative self-talk but develop praising of one's self. According to Jayakody, Rukmalie, Stauffeer and Dawn (2014), traumatized beings who are not economically fixed do appearance sky-rocket levels of frustration hence depression. This could be one of the grounds to ginger Suicidal Act. Suicide can be defined as a death caused by injury to ones with an intent to die. While Suicidal Act in this research context refers to one's likeliness or willingness to commit or attempt to commit Suicide. However, not all who carries out this Act complete it successfully. Those that start the Act without completing it because of one reason or the other are known as Attempted Suicide. Suicidal Act can be in various ways like: jumping from skyscrapers, jumping into river, by hanging, and /or by drinking carbon monoxia poison.

Whether the Suicidal Act is successfully completed or aborted- that is attempted suicide, the victims cannot go unwounded as such victim shall suffer from different kinds of injury ranging from irreversible damage to multiple organs

including the brain and spine depending on the type method adopted. Though Suicidal Act is irrespective of countries, race, tribes, culture and even religion, the Act is viewed differentially. For instance, while United State and most countries in Europe do not consider Suicide/ Attempted Suicide as crime, even though the properties of the victim can be seized by government and the bills for the treatment of the corpse sent to the person's survivors or living family. Jet most countries like Ghana, India, Japan, Singapore, most especially Nigeria who believe that, life belong to aside from God Almighty government see Suicide as illegal and criminal (Criminal and Penal Code).The fact is that, many other countries still prosecute Suicide (whether complete or not) with variation in punishments. According to Scocco, Frasson, Costacurta (2013), Attempted Suicide was criminalized in Ghana but in country like India, Attempted Suicide was an offence punishable under the India penal Code until December 2014 when it was repealed.

Whereas in Japan, committing of suicide is illegal but not punishable. Still, a person who attempts Suicide in Nigeria and Singapore can be imprisoned for up to one year or more. It is worthy to mention that, in the late 19<sup>th</sup> century, in Great Britain, attempted suicide was deemed equivalent to attempted murder and therefore punishable by hanging. This is a proof that Suicidal Act does not prevail over nor exempt any particular race/tribe. These notwithstanding, Suicide Attempt seems acceptable in some subcultures. From the assertions of Matsuishik, Kitamura, and Mita (2005), Emonains subculture reports in recent times high attitudes of accepting suicidal behavior and self-injury. For the Emonians, the identification with the Emo youth subculture is considered to be a factor for strengthening vulnerability towards risky behaviors. In terms of religion, Suicidal Act remains a criminal offence in both Christian and Islamic faith. That is why historically, by Christian faith, Attempted Suicide was made to face ex-communicated because of the religiously polarizing nature of the topic. Suicidal Act or behavior which is considered a psychiatric emergency refers to talking about or taking actions that relates to ending of one's own life is not always a happenstance because certain behaviors and warning signs do preside the Act.

It is therefore important to note that Suicide is not a mental illness in itself than a serious potential consequence of treatable mental disorders such as anxiety disorder, eating disorder like bulimia and anorexia nervosa, major depression, bipolar disorder, post-traumatic stress disorder, borderline personality disorder, and Schizophrenia. All of these could be brought to a positive standstill with proper and good communication that can provide connections as connecting is the ability to identify with people and relate to them in a way that increases your influence with them. Without much ado, a communicator who is vested with the power and knowledge of connecting as he/she speaks, can in no time limit, destroy the quest for Suicidal Act then safe the life of the being concerned (Maxwel, 2010). The above assertion supports the findings of Okoye (2001) when he advised the couples to focus on communications as only through good and true communication can love be made better, possible, ultimately then the joy of love realized and Suicidal Act hindered.

For Anyamone (2012), communication is the glue that cements a good, positive character and conduct. No wonder negative thoughts (Suicidal Acts inclusive) springs up when communication connectivity breaks down. In the view of Ochoemalam, Chima, Justin, Ikepeazu and Iboanusi et al (2003), one of the most common causes of Suicidal Act besides marital instability is poor communication because communication is the process of passing information from one source to another. By this, it therefore means that, with positive connective information of hopeful survival, irrational thoughts that can be seen as a fertilizer for Suicidal Act can be mutilated. Positive all-round communication skills are important for achieving satisfaction in human livelihood then promote spirit of contentment thereby impede Suicidal Act. Effiong & Denga (2011) assert this when they found that, couples happiness depend on more pleasing and positive compliments and fewer negative communications, especially criticism. For them, couples' (any other relationship inclusive) intent or quantitative as well as qualitative communication seize every possible moments to talk respectfully about and with one another as such scare off Suicidal Act thought.

This their findings of (2011) placed emphasis on Bright and Mayor (2001) that asseverated that, communication breakdown leads to unstable marriage, consequently, hinder marital/relationship stability, by that, expedite Suicidal Act. This assertion supports Okoye (2001) that observed that, failure of marital partners to interact with each other will lead to marital quarrels or when they fail to adequately say what and how they feel in a non-threatening manner, Suicidal Act may be introduced. Perhaps, these may have caused Uwe (2017) to see poor communication as a serious unhealthy factor in human beings' existence/ relationships. According to her, the language used by a spouse (or any human relationship) can generally bring resentment and anger that may eventually lead to crisis then Suicidal Act instinct. For Uwe, since human beings seem insatiable in terms of needs and wants along with his/her difference in personalities' traits, values, interests and temperament, proper and adequate communication cannot be overemphasized in order to make life contentment for possible overriding of Suicidal Act. On top of connectable communication, there are many psychological variables as far as traumatized and depressed are concerned, but the ones in this perusal are finance stances and social self-concept.

The truth remains that as far back as many decades ago, finance stance amongst human beings from the age of adolescents have been noted as one of the most common factors that can instigate restlessness, confusion, disturbances, worries, conflict, which if not properly and early handled, may promote issues that could lead to Suicidal Act (Bumpas, Crouter, Utale.1999). Finance stance management disturbances are no respecter of any race, tribe, profession, religion or status. That is why these observations lack limitation. To prove the widespread of finance stance involvement in human relationship, Graddock (1991) in an attempt to produce a structural typology of relation systems, conducted a circumflex model of marital and family system study using 100 Australian couples who married for an average of eight (8) years with the two dimensions of cohesion and adaptability. According to him, amongst other things,

there existed positive correlation between Suicidal Act and finance stance agreement. This result was affirmed by the observation of Nwoye (1991) that says that, for the purpose of rapid and constant marital adjustment and stability, professionals should pay urgent attention to family economic in order to help as the area seems to experience much crisis. (Woolley, 2000, Olanyinka, 2000).

Many theorists in Nigeria have different propositions about couples' finance stance management and agreement as there relate to marital stability. But all the theories in one way or the other look or see couples (all mankind inclusive) finance stance management as an act that can ginger Suicidal act where proper consciousness derived from connective communication during counselling session is not achieved. In the case of couples, this could be based on the fact that, the olden belief or practices that placed husbands as the sole head and winner of the family while the position of the wives is at helping in aging the husbands' estate in terms of the home, farm and the children have changed because of modernization. Goode (1986) in Udoh (2004) in investigating family disorganization with the use of 1200 couples as samples postulated that, money, companionship and quality time between the couples are the three facets of marital stability which lack of one can generate this atomic bomb called Suicidal Act. This postulation was because, more than two-third of the respondents confirmed that, money management and agreement are issues that can either ginger or hinder relational stability.

This observation is supported by Nwoye, (1991) when he asserted that, the modern economic pattern of the family has aggravated couples' adjustment pattern and in turned, causes conflict dissension in marriage as well as more confusion because the couples neglect the sharing of family financial burden together not minding the couples' working and earning status. This could be because of issues like

- ✓ Argument over amount of money to set aside for charity, donations, parents, in-laws, recreation, personal needs and entertainment.
- ✓ If settled on banking, the type of account to adopt.
- ✓ Who controls the money in the case of pool income procedures?
- ✓ The modus operandi as regards self-control over this joint account.
- ✓ The individual ratio for daily and fixed family expenses.

This, of course may be the reflection of individuals' character and attitude. Nwoye (1991) considering the anticipated conflict surrounding this couples' joint account, suggested six models which to him, could go a long way to solve family money management conflict because this had underwent test with couples from Plateau and Anambra as a case study during his research findings and as such, can promote marital stability and from there, degenerate the zeal of Suicidal Act.

The six models are thus: the shared economy, the wife's money as emergency fund, the pooled or mixed economy, the fifty-fifty contributed formula, the equal salary and the wife's salary for her needs models. It is worthy of mention that, this wife's support may be discouraged by side talks from colleagues, peers, even relatives through accusing the husband of committing adultery whereby experiencing financial short

fall. On this ground, Nwoye, (1991) postulated that, this model is a sure way to enhance marital instability which is a shorter way or means of depression which though depends on individual stamina can be an instigator of this menace called Suicidal Act.

This episode known as marital stability as related with finance stance management has being a thing of concerned to many researchers with different views/opinions. To Nwobi, (1997) in Ada (2011), where a husband is unable to provide for his wife as well as the family their material possessions, this situation may cause him to suffer resentment and frictional attitude. Illustrating finance stance management conflict, Olayinka (2002) opined that, some women accuse their husbands (Fiance or boyfriend) of extravagant spending on adultery, smoking, alcoholic drinks etc. To add to that, Olanyinka (2000) earlier propounded that, financial maturity is very important because a husband can easily lose control of his marriage where he cannot finance his family's needs. Olanyinka further postulated that, a husband's inability to finance his financial needs can be a ground for stability threat thereby hinder marital stability and direct or indirectly promote Suicidal Acts.

As had earlier mentioned, Suicidal Act is not a kind of performance that do suddenly erupt. There are bound to be certain moods or characteristics that do preside the act. One of such acts is negative Social self-concept. Social self-concept is very useful for marital stability. It could be in every situation because they can influence others during social interactions. Ormrod (2006) asserted that, social self-concepts is the acquisition of skills that developed exclusively or primarily within a social group which can affect positively or negatively self- efficacy which is the extent or strength of a person's belief in his/her ability to complete tasks and reached set goals. And since self-efficacy is developed from external experiences and self-perception and is influential in determining the outcome of many events, it becomes imperative to add that, social self-concept can hinder or ginger Suicidal Act based on the group the person finds his/herself. Bandura (2004) defines self-efficacy as one's belief in one's ability to succeed in any situation. Bandura went further to add that, people with high self-efficacy who are those who believe they can perform well are more likely to view difficult task, finance stance involvement, marital demands and any strenuous expectations inclusive as something to be mastered as such are life demands/expectations.

Smith and Betz (2006) postulated that, social self-concept is an individual's confidence in his/her ability to engage in the social interactional tasks like marital responsibilities necessary to initiate and maintain interpersonal relationship like stable martial union for married people. They discovered these when the measured social self-concept using an instrument of their own devise called the scale or perceived social self-efficacy which measured six domains like:

- ✓ Making of friends Pursuing romantic relationship
- ✓ Social assertiveness
- ✓ Groups or parties
- ✓ Giving or receiving help

These discovery ascertained the fact that, social self-concept can instigate caprice in human existence. Matsushima and Shiomi (2004) established that, one's social self-concept

can affect either positively or negatively one's pattern of friendship when they measured social self-concept by focusing on self-confidence about social skill in person of the previous researchers. It therefore becomes likely that, negative social self-concept can endanger campaign against Suicidal Acts. Therefore social self-concept of the people should be treated or considered important and vital for Suicidal Act free world.

## II. SIGNIFICANCE OF THE STUDY

The significant of this study cannot be overemphasized as it is of not only important but of help as well to professional counsellors, the clergies, the students' counsellors, the government, families and even the traumatized and the depressed beings themselves. To the professional counsellors, having known through this research findings the extent of damage trauma and depression can cause, would be provoked to sensitize the citizenry through preventive/curative counselling sessions, the generational danger of trauma and depression and on the other hand, know how to go about should they happen to counsel a traumatized and depressed clients. To the clergies, this findings will build their interest to include during sermons, talks as regards the negativeness of trauma and depression. For the students' counsellor, they will on top of knowing the negative effect of trauma and depression, avail themselves with the knowledge of the extent to which trauma and depression can destroy progress holistically as it tampers with the internal, external and some things, it ends up taking life. The knowledge from this finding will boast their precautiousness and through this way, increase energy in fight in form of campaign against this atomic bomb called Suicidal Act. Government should having through the findings of this research come to know the negative effect a traumatized and depressed being have on the economic advancement and attainment of any country, sponsor activities in form of seminars, workshop and symposium that tilt towards minimizing if not eliminating trauma and depression. Family members as well as the traumatized and depressed should be counseled to practice positive self-verbalization and positive high self-esteem attitude.

## III. THEORETICAL FRAMEWORK

In this study, the researcher employed two theories which are the marital communication theory developed in 1956 by Bateson and Rational Emotive Behavior Therapy Theory (REBTT) which later in 1976 became proposed by Ellis Albert as cognitive behavior change therapy because they best fit this study since they have to do with one's emotional problems perhaps caused by one's behavior, thoughts, beliefs and attitudes and these are causer of traumatization and depression which can control finance stances and social self-concept being sub-variables understudied. Speaking concisely, the most pressing concern of these theories are treating of humans' disorder of any kind including traumatization and depression specifically as there relate to human beings worries, unhappiness, confusion hence Suicidal Acts. This is so because the main focus of these theories is on the role of

thinking and belief systems as the roots of personal problems. For the theorist, rational thinking and man's happiness should be promoted and encouraged rather than negative feelings, thoughts, and maladaptive beliefs since these in their nature are instrumental to unhealthy thinking and unhappiness thereby end up producing traumatized and depressed people.

The efficiency of these theories to this study especially that advanced by Ellis (1976) to assist clients rest on, as far as REBT is concerned, the fact that, for Ellis, counselling intends to:

- ✓ Teach the clients straightening of his/her thinking so as to improve or better self-verbalizations for more efficient and logical well-beings.
- ✓ Demonstrates to clients that self-verbalization can cause emotional disturbance.
- ✓ Demonstrates to the clients that self-verbalization vise a vise the undesirable ones is illogical and irrational.

Irrespective of the fact that Ellis theory is broad base and eclectic in nature, the summary of it all is intention to show through demonstration, the negative effects of one's irrational philosophies on the very person and by extension the society. These illustrations were not without methods like self-management and modelling strategies, active and directive teaching of logic, suggestions persuasions, confrontations, de-indoctrinations and prescriptions of behaviors to clients.

#### IV. EMPIRICAL STUDY

In an empirical study, Bermon (2009) under sought the relationship between trauma and depression in southern Cameroon in respect to child bearing with 304 traumatized and depressed beings. Various instruments including Traumatized-Depressed Child-Bearing Indexes (TDCBI) were used to measure the economic attainment of couples. Using the (TDCBI), a Modified Couples Attitude Measure (MCAM) and sub-scales. A three stage regression procedure was used to test the model. For stages one and two, everyday stressors were the strongest predictor of self-degradation. High self-degradation and control variables accounted for 43% of variance in traumatization symptoms. The third stage capitulated by sub-scale, only control variables of depression symptoms where the strongest predictor for the total MCAM which was 32% variance and the inappropriate emotional expectation sub-scale was 23%. This study relates to this present study because both discuss traumatized and depressed as it affects their economic attainment. Later in 2018, Louis and Lowrani conducted a research in Australia on problems encountered by traumatized and depressed as regards self-esteem. A sample of 110 traumatized and depressed beings were selected using snowball sampling technique.

The result of the study revealed that illogical and irrational thinking were the major stressors for a significant number of traumatized and depressed beings. These behaviors and practices affect negatively in no small measure the emotional life style of the traumatized and depressed beings. From the investigation according to their findings, most of the traumatized and depressed beings complained of loneliness as they often shy away from social gathering due to lack of confidence, security, hope and even help as they would

envisage. This study relates with the present study because both discussed traumatized and depressed self-esteem which is the ground norms for ones kind of self-actualization. Other researches like that of Beautrais (2004), while studying Attempted Suicide, asserted that, the attempter's emotional reaction contributed to the prediction of subsequent suicide (e.g. lack of relief at having survived or wishing to die before engaging in self-injury) These considerations are particularly important, since the emotional reaction of the Suicidal Attempter should be carefully assessed and documented during psychiatric consultations as a significant parameter for monitoring and intervention purposes and with a view to reducing the probability of Attempted Suicide being repeated. This study filled the gap created in literature reviewed by researching on how counselling the traumatized and depressed beings can annihilate Suicidal Act of human beings in Akwa-Ibom State in South-South by extension, Nigeria.

#### V. STATEMENT OF THE PROBLEM

In these precarious era, traumatized and depressed beings have become a case of rampant either by chance or by choice. In fact, the researchers observed that, peoples' demands out weight their finance stance capacity and ability, thereby mounting what seems or could be described as unbearable pressure on human beings to the existent of being compel to think and believe that, dead is better than life. With continuous threatening human and natural abnormalities occurrences, couple with undiagnosable ailment eruption, one becomes encircled with worries that happens to be a magnet substance to trauma and depression, hence the illogical and irrational thinking of embracing no mean form of escape than, according to this frustrated being, Suicidal Act. Suicidal Acts, whether Attempted or completed, would not have been a thing of much worries but for their negativity remnant which is also rich in generational diabolic effect. Having been aware of this type of negative footprint that can be kept for even the generation jet unborn, the researcher becomes fumes to the extent of joining in the campaign of minimizing if not eliminating this devilish menace. It is a universal knowledge that, education is the key for type of change that emanates and promotes development and sustainability of any country. And on the other hand, from time immemorial, the present of Counsellors is to accomplish success by aiding the successful establishment of purposes -positive ways of life inclusive (Proverbs15: 22) then the Counsellor, being conscious of her Biblical injunction, academic attainment expectations and as well as professional obligations, swing into action of combating this menace for humans' survival interest and development attainment by researching to establish the position of these sub-variables (Finance stance and Social Self-concept) as regards Suicidal Acts. Since the researcher can only find the way forward of the problem which is the Suicidal Acts through research, Counselling becomes a necessity for the traumatized and depressed so as to overcome such menace called Suicidal Act therefore the urgent necessity of this research topic. In earnest, the problem of this study is the adverse effect of Suicidal Acts of traumatized and

depressed civil servants in Akwa-Ibom State of South-South Nigeria.

## VI. PURPOSE OF THE STUDY

The purpose of this study was to determine the impact of counselling on the traumatized and depressed Suicidal Act. Specifically the study sought to:

- ✓ Determine the influence of Finance stance of the traumatized and depressed persons on Suicidal Act.
- ✓ Determine the influence of Social Self-concept of the traumatized and depressed persons on Suicidal Act.

## RESEARCH QUESTIONS

- ✓ How does Finance stance of traumatized and depressed person influence his/her Suicidal Act?
- ✓ How does Social Self-concept of traumatized and depressed person influence his/her Suicidal Act?

## VII. HYPOTHESES

To conduct this research two null hypotheses were formulated and tested at 0.05 level of significance.

Ho1. There is no significant influence of finance stance of traumatized and depressed persons on Suicidal Act.

Ho2. There is no significant influence of Social Self-concept of traumatized and depressed persons on Suicidal Act.

## VIII. METHODOLOGY

Since the researcher could not control trauma or depression nor able to manipulate the independent variables the researcher adopted ex-post facto design since the phenomenon studied had occurred and shall still be occurring.

The samples are civil servants across the entire state as the researcher picked samples from the state secretariat. The study was conducted in Akwa Ibom State which is named after Qua Ibo River, created by General Ibrahim Babangida on 23rd September, 1987 out of Cross River State on behalf of the Nigerian Federal Government. Akwa Ibom State that has thirty-one (31) Local Government Areas with Uyo as the state capital lies between latitudes 4<sup>0</sup>32' and 5<sup>0</sup>33' North of Equator and longitudes 7<sup>0</sup>25' and 8<sup>0</sup>25' of the Greenwich Meridian. Akwa Ibom State's 6,900 square kilometer land area is bordered on the East by Cross River State, on the west by Abia State and Rivers State on the sandy coastal plain of Guinea. On the south, it is bordered by the Atlantic Ocean which spans a distance of 129 kilometers from Ikot Abasi in the west to Oron in the east. Rainfall is expected every month of the year. The state is made up of Ibibio, Annang and Oron popularly known as Oro nation indigenes who are mostly civil servants with few traders and farmers. Akwa Ibom State is bless with several types of government and private educational and health institutions alongside different kinds and forms of tourism. A sample of one thousand five hundred (1500) civil servants as 12.4% from the target population of

twelve thousand and sixty-seven (12067) civil servants were drawn with the help of purposive sampling technique for this study.

The researcher formulated a questionnaire for data collection for this research and titled it: Finance Stance and Social Self-concept of Traumatized and Depressed persons Questionnaire (F.S.A.S. S.Q). Two experts from Departments of Guidance and Counseling, Tests and Measurement from University of Calabar, Calabar validated the questionnaire that contained sections A and B with 40 items which later became 25 items after face validation. The questionnaire underwent trial-tested on 35 civil servants in the secretariat that were excluded from the main samples of the study. The questionnaire reliability was determined with the use of Cronbach Reliability Method. From there, a very high reliability index of 0.82 reliability coefficient according to Udoh and Joseph (2005) was realized.

## A. PROCEDURE FOR DATA COLLECTION

Civil servants were intimated before the commencement of the exercise that, participation was voluntary and all information got from them for this exercise shall remain confidential and solely for educational purposes for better development.

## B. METHOD OF DATA ANALYSIS

To analysis the data, mean and standard deviation were used for answering the research questions.

## IX. RESULTS

### A. HYPOTHESIS ONE

Finance stance does not significantly influence Suicidal Act of Civil Servants in Akwa Ibom State.

Independent variable: Finance stance, (Positive or negative)

Dependent variable: Suicidal Act.

Statistical tool: Independent t -test.

The result in Table 1 reveals that the calculated t-value of 6.37 is greater than the critical t-value of 1.96 at .05 alpha level of significance with 1118 degree of freedom. With this result, the null hypothesis of no significant influence of Finance stance on Suicidal Act of civil servants in Akwa Ibom State was rejected. This means that, Suicidal Acts of traumatized and depressed are influenced by their finance stance.

| Variable     | Finance Stance | N   | Mean  | SD   | t-cal | t-crit | Decision at .05 alpha |
|--------------|----------------|-----|-------|------|-------|--------|-----------------------|
| Suicidal Act | Negative       | 624 | 74.16 | 8.50 | 6.37  | 1.96   | Rejected              |
|              | Positive       | 776 | 76.21 | 6.29 |       |        |                       |

*S = Significant at df= 1118*

Table 1: Results of Independent t-test analysis on the influence of finance stance on Suicidal Act

With this result, the null hypothesis of no significant influence of finance stance on Suicidal Act of Civil Servants



in Akwa Ibom State was rejected. This means that Suicidal Act of civil servants in Akwa Ibom State is influenced by their finance stance.

Thus, the attitude to finance stance is a determinant factor in the Suicidal Act of Civil Servants in Akwa Ibom State.

## HYPOTHESIS TWO

Social self-concept of civil servants in Akwa Ibom State does not significantly influence Suicidal Act.

Independent variable: Social self-concept (Positive or Negation)

Dependent variable: Suicidal Act.

Statistical tool: Independent t-test

The result in Table 2 reveals that, the calculated t-value ratio of 1.37 is less than the critical t-value of 1.96 at .05 alpha level of significance with 1393 degree of freedom.

With this result, the null hypothesis of no significant influence of social self- concept on Suicidal Act of civil servants in Akwa Ibom State was retained. This means that Suicidal Act of civil servants in Akwa Ibom State is not influenced by their Social Self-concept. The kind of social self-concept is not a determinant factor for Suicidal Act of civil servants

| Variable         | Social self-<br>concept | N   | Mean  | SD   | t-cal | t-crit | Decision at<br>.05 alpha |
|------------------|-------------------------|-----|-------|------|-------|--------|--------------------------|
| Suicidal<br>Act. | Low                     | 818 | 75.38 | 8.21 |       |        |                          |
|                  | High                    | 582 | 75.92 | 6.21 |       |        |                          |

*S = Significant at df= 1393*

Table 2: Results of Independent t-test analysis on the influence of Social Self-concept on Suicidal Act of civil servants in Akwa Ibom State

## X. DISCUSSIONS

Finance is another crucial issue in human relationship especially as it involves different human beings from different background. On the issue of finance stance, the result of this findings supports that of Bumpas, Crouter and Mchale (1999) that commented on money as source of power and security when they said that, a woman or man who does not have independent access to finances from their employment or other means, feels loss of power and security when their relationship with a financial stable partner is threatened. These conditions necessitated the interventions from specialists like sociologist, psychologist and marriage counsellors in an attempt to highlight the essentiality of economic strength which include present of money when it comes to abstaining from this diabolic practice called Suicidal Acts (Woolley, 2000). Olanyinka (2000) threw more light to their assertion when he added that, once a person be it boyfriend, girlfriend, husband, wife, father, mother and/or anybody saddled with financially responsibility is handicap perhaps as the result of extravagancy or lack of money to the extent of not being able to carry out his/her responsibility, there is bound to be crisis that may lead to frictions, disagreement, conflicting situations hence Suicidal Act.

In analyzing finance management, Woolley (2000) suggests that, woman's increase in finances whether through

paid employment or quasi wage from domestic jobs is spent more on children's needs including their health, schoolings, personal restaurant meals and her clothing. Whereas when a man's allocation increases, either through paid job or home benefits, he spends on tobacco, alcohol or men's clothing and this is a kind of action that lead to depression then up in Suicidal Act. The difficulty experienced by human beings especially couples in finance management has contributed to Woolley (2002) classifying management of family finances into three styles or approaches which are the whole wage system, the management and control of family finance and the shared management system. According to Woolley, while the whole wage system involves a man handing over most of his pay packet to his wife for housekeeping but make important discussion on how much money to be reserved for his own personal spending, the management and control of family finance involve the husband giving the wife a set of allowance for house keep, take decision on what to keep and the absolute managing of the family finance.

Then the third approach involves partnership management of finances by the couples. Woolley discovered that, this system is common in Northern America when 56 percent men and 44 percent women confessed when questioned on the management of finances, that they jointly manage and control their finances at homes compare to Asian families where wives dominate financial decision making. Whereas in a country like Nigeria, for good family life, sharing of family expenditure is common among Nigerian couples, be it dual-earner family or not. Through this survey result, Woolley affirms that, couples' finances management varies across different cultures, social classes even of the same country. Based on this result, Woolley confirmed that, family financial management pattern is not only on pro male and female but it is egalitarian as well. Therefore concluded by suggesting that couples, irrespective of their religious affiliation, life orientation, race, their previous finance management styles, should for the sake of achieving and maintaining love and fair play adopt and appreciate equitable finance management methods since no couple can enjoy stable marriage without objective and effective management of house hold finances.

The whole truth about finance stance as regards marriage is that, no matter the system used by couples in the household finance, marriage is a correlate of finances therefore poverty does not solely determine the happiness and stability of marriage. Rather contentment of the heart and whatever each partner can voluntarily and joyously invest into the relationship can also be a factor towards contentment thereby reduced the tendency for Suicidal Act. The result of this finding in Akwa Ibom State may be based on the fact that, Akwa Ibom State wives irrespective of their academic status, are entrepreneurs. And as such, generate money into the marital union not only from white collar jobs but through mediums like farming of large or small scale, trading of different sorts and even through vocational skills practices. Therefore demand explanation over marital finances management. And the husbands on the other hand are still maintaining the traditional belief of the husbands (men) being the head (ABOM) of the family therefore should not be question, investigated or seek explanation for finance management hence the gingering of Suicidal Act.

In terms of the result of one of the sub-variables known as Social Self-concept. This result is surprising because just like other research results, the researcher thought that, the result would have been negative. Meaning that, the null hypothesis would have been rejected. The issue is that, though the finding differs from other previous findings, the research was comfortable because it is the true result from the field. The bottom line is that, research findings differences do not in any way constitute fault or surprise based on individual's difference in terms of thinking and reasoning. The result of Social Self-concept as regards the research conducted amongst civil servants in Akwa Ibom State to find out whether Suicidal Act could be influenced by it falls within the postulation of Bandura (2004). Bandura postulated that, those with positive social self-concept are bound to see life challenges/ demands and expectations as something to be mastered rather than some to be avoided. Akwa Ibom State people being set of people that are vested by nature with the spirit and practice of pushing ahead with the believe that, he/she can do it and come out from it successfully. And with this kind of thinking, practice and believe, such a person's Social Self-concept can never be negative hence cannot be influenced by Suicidal Act. Going on the establishment of Matsushima and Shiomi (2004) as relates to Social Self-concept, the result from the finding becomes true and real taking Akwa Ibom State people's nature into consideration. For Matsushima and Shiomi, one's social self-concept can affect either positively or negatively one's pattern of life (Suicidal Act instinct inclusive) when they measured social self-concept by focusing on self- confidence and discovered that, negative social self- concept which Akwa Ibom State civil servants lack can endanger marital stability of couples and by this instigates Suicidal Acts.

Later, scholars in persons of Smith and Betz ((2006) while using an instrument of their own devise called the 'scale or perceived social self- efficacy' during measuring of six domains postulated that, social self- concept is an individual's confidence in his/her ability to engage in the social interactional tasks responsibilities therefore positive social self-concept should be considered and treated as needful for competent human relationship. This is truism because one's belief, social orientation, attributes, thinking, affiliations, exposure, mannerism which could be seen as one's moral standard go a long way in controlling one's choice of words, friends, behaviors, reasoning and even one's level of empathy which are elements of social self-concept and should be placed as very essential factors to avoiding of Suicidal Acts practices in totality.

#### XI. IMPLICATIONS FOR COUNSELLING

- ✓ Due to the result of this research, the following counselling implications hold that:  
Having come to know through empirical studies that, the traumatized and the depressed can negatively affect the economy of the globe, the government should be counseled on the importance of employing a seasoned counsellor into each ministries whose duty shall be inter alia: to organize, periodically, group preventive/curative counselling session sui generis on: the causes, negative

effect and of course remedies for trauma and depression hence Suicidal Act.

- ✓ Since the findings of this research reveals that, negative Social Self-concept as well as poor finance stance can embolden Suicidal Act, counsellors whose primary responsibility is to assist people arrive successfully at the destination of choice by overcoming any kind/type of obstacles, as a matter of professional demand and proof of responsibility organize in churches during Mothers', Fathers', Youths', Valentine and of course family day celebrations preventive/curative counselling session on: causes, negative effects and of course, remedies for traumatization and depressions as a wherewithal to abrogate Suicidal Act.

#### XII. CONCLUSION

From the research result, it became concluded that finance stance can adversely affect the Suicidal Act of traumatized and depressed beings. Moreso, the study further concluded that, Social Self-concept of traumatized and depressed can significantly influence Suicidal Act of civil servants in Akwa Ibom State of South-South Nigeria.

#### XIII. RECOMMENDATIONS

Relying on the bases of the research results, recommendations were inter alia:

- ✓ Seasonal and professional counsellors should be employed by the government into each ministries for periodic group preventive/curative counselling session for entire civil servants.
- ✓ That during Fathers', Family's, Mothers', Valentine's and Youths' day celebrations, professional seasoned counsellor(s) should organize counselling talks on the: cause, negative effects and remedies for traumatization and depression for all categories of human race.
- ✓ Christian Association of Nigeria should make some policies that, by way of eliminating or minimizing Suicidal Act, Clergies should include in their sermon, talks that discourage Suicidal Act no matter the situation in life.

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