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INFLUENCE OF RESILIENCE AND SOCIAL SUPPORT ON PSYCHOLOGICAL WELLBEING AMONG VICTIMS OF BANDITRY ATTACKS IN SOUTHERN KADUNA NIGERIA

***SABO, SULEIMAN USMAN; *ANJUGU, EMMANUEL JOHN; & **OKPALA, OLUCHUKWU L.**

*Department of Psychology, Nasarawa State University, Keffi. **Psychology Department, Behavioral Medicine Unit, Karu General Hospital

Corresponding Author: sabosuleiman94@gmail.com

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ABSTRACT

This study examined the influence of resilience and social support on psychological wellbeing among victims of banditry attacks in Southern Kaduna Nigeria. 89 (53.3%) male and 76 (46.7%) female participants were randomly selected using convenient sampling technique. The instruments used for the study were the Connor-Davidson Resilience Scale (CD-RISC 25), Multidimensional Scale of Perceived

Introduction

Over the decades, the study of factors predicting psychological wellbeing of victims of banditry attacks most especially in Nigeria cities has become a concern to psychologist and other social scientists. In this view, therefore, Psychological well-being refers to a person's psychological experience of affirmative psychological states, such as pleasure, life fulfillment, and a sense of purpose. It is a holistic theory that encompasses different traits of a person's mental and emotional health, including positive relationships, personal growth and development, positive self-esteem and self-acceptance, and a feeling of being in charge of one's life (Lobo et al., 2022). The World Health Organization (WHO) defines psychological wellbeing as "a state of mind in which an individual is able to develop their potential, work productively, and creatively,

Social Support and Psychological wellbeing Scale . Data collected were analyzed using linear regression analysis and T. test for independent sample test the stated hypotheses. Findings from the first hypothesis indicated that there was a significant influence of Resilience on Psychological Wellbeing of Victims of Banditry Attacks in Southern Kaduna [β = .502, t = 7.405; p<.001]. Findings from the second hypothesis indicated that there was a significant influence of Social Support on Psychological Wellbeing of Victims of Banditry attacks in Southern Kaduna [β = .171, t = 2.221; p<.05]. Also, findings from the third hypothesis indicated that there was a significant interactive influence of resilience and social support on Psychological Wellbeing of Victims of Banditry attacks [R = .503 and R^2 = .253; F (2, 162) = 27.417; p<.001].The findings were discussed in line with other related works and it was recommended among others that, Government of Nigeria and any part of the world should put in place instruments and policies that could be geared towards employment creation especially those that target the young population.

Keywords: Resilience, Social support, psychological well-being, victims and Banditry Attacks

and is able to cope with the normal stresses of life" (WHO, 2021). This definition highlights the multidimensional nature of psychological wellbeing, with the presence of affirmative emotions, psychological functioning, and a sense of purpose and significance in life; simply said, psychological well-being is about feeling good about oneself and one's life, having satisfying relationships and a sense of purpose, and feeling capable of managing life's challenges. It is a multi-faceted construct that goes beyond just the absence of mental ailment and encompasses a person's overall sense of happiness, contentment, and fulfillment in life.

However, there is dearth need of studies to look into the phenomena in the direction of the victim's resilience and social support. This study is therefore set out to fill the research gap.

Statement of the Problem

Banditry, characterized by acts of violence, kidnapping, and attacks on communities, has emerged as a significant security concern in Nigeria. The traumatic experiences

endured by victims of banditry can have severe psychological consequences. However, the impact of resilience and social support on the psychological wellbeing of these victims' remains understudied. In fact, only few cases of banditry victim's experiences hit the headlines of Nigeria dailies; this means that, reporting these cases to statutory authority has been grossly underestimated. For instance, it is estimated that there are about 30,000 bandits spread across numerous groups in northwest Nigeria, with the groups' numbers ranging from 10 to over 1,000 fighters. Banditry is a composite crime that includes kidnapping, massacre, rape, cattle rustling, and the illegal possession of firearms. The impact of their actions has been devastating, with a staggering 1,087,875 individuals in rural communities displaced as of December 2022; Furthermore, between 2010 and May 2023, approximately 13,485 deaths have been attributed to banditry (Attah et al., 2021).

Resilience plays a crucial role in determining an individual's psychological wellbeing after traumatic events. While there is a significant body of research on resilience in general a trauma population, there is a dearth of specific studies focusing on victims of banditry in Nigeria (Afolayan & Galadanchi, 2020). Understanding the influence of resilience on the psychological wellbeing of these victims is essential to develop targeted interventions. However, the specific factors contributing to resilience among victims of banditry in Nigeria are not well understood. Investigating the role of psychological, social, and cultural factors in fostering resilience in this population is crucial to inform intervention strategies.

Social support, encompassing emotional, instrumental, and informational assistance from family, friends, and the wider community, has been recognized as a vital protective factor for psychological wellbeing among trauma survivors (Olashore & Olukotun, 2018). However, the specific impact of social support on victims of banditry in Nigeria remains inadequately explored. Social support can provide emotional validation, practical aid, and a sense of belonging, all of which contribute to psychological resilience and recovery. It is imperative to investigate the availability and effectiveness of social support systems for victims of banditry in Nigeria to identify gaps in the current support infrastructure and develop strategies to enhance support provision.

The interaction between resilience and social support is likely to have a significant impact on the psychological wellbeing of victims of banditry in Nigeria. Resilience may enhance an individual's capacity to seek and utilize the available social support effectively, while social support may contribute to the development and maintenance

of resilience (Galadanchi & Yusuf, 2018). This underscores the importance of understanding the interplay between resilience and social support for psychological recovery among victims of banditry. Investigating the combined effect of these factors will provide a more comprehensive understanding of their influence on psychological outcomes. Therefore, this study aims to address this research gap by examining the influence of resilience and social support on the psychological wellbeing among victims of banditry attacks in Kaduna.

The present research will be guided by the following questions:

i. What is the influence of resilience on psychological wellbeing of victims of banditry attacks in Southern Kaduna?
ii. What is the influence of Social Support on psychological wellbeing of victims of banditry attacks in Southern Kaduna?
iii. What is the interactive influence of resilience and social support on psychological wellbeing of victims of banditry attacks in Southern Kaduna?

This study aims to examine the influence of resilience and social support on psychological wellbeing among victims of banditry attacks in Kaduna, with the following objectives.

i. To examine the influence of resilience on psychological wellbeing among victims of banditry attacks in southern Kaduna.
ii. To assess the influence of social support on psychological wellbeing among victims of banditry attacks in southern Kaduna.
iii. To investigate the interactive influence of resilience and social support on psychological wellbeing among victims of banditry in southern Kaduna.

This research will be guided by the following hypothesis**.**

i. There will be a significant influence of Resilience on Psychological Wellbeing of Victims of Banditry Attacks in Southern Kaduna.
ii. There will be a significant influence of Social Support on Psychological Wellbeing of Victims of Banditry attacks in Southern Kaduna.
iii. There will be a significant interactive influence of Resilience and social support on Psychological Wellbeing of Victims of Banditry attacks in Southern Kaduna.

Significance of the Study

The findings of this study will not be a mere test of theories and their universality, but it is intended to add to the body of knowledge by providing genuine additional knowledge, relevant to resilience and social support on psychological wellbeing among victims of banditry. The study will also help in understanding the role of resilience and social support can aid in developing effective interventions that promote psychological recovery and well-being among victims of banditry. By identifying factors that contribute to resilience and effective social support networks, interventions can be tailored to address the specific needs of this population, ultimately enhancing their psychological well-being.

LITERATURE REVIEW

This chapter looks at the theoretical framework and the review of relevant empirical literature

Theoretical Framework

Theories related to resilience, social support and psychological well-being were reviewed in this section.

Developmental Psychopathology Theory of Resilience (Garmezy et al. 1984)

Developmental psychopathology theory of resilience is a comprehensive approach to understanding resilience in individuals who have experienced adversity. This theory emphasizes the importance of considering both risk and protective factors in the development of resilience. It recognizes that resilience is not just the absence of negative outcomes, but also the presence of positive outcomes in the face of adversity. The developmental psychopathology theory of resilience posits that resilience is a dynamic process that is influenced by both personal and environmental factors. The theory recognizes that individuals who have experienced adversity may have different outcomes depending on their individual strengths and vulnerabilities, as well as the support and resources available to them. One of the key features of developmental psychopathology theory is the concept of risk and protective factors. Risk factors are those factors that increase the likelihood of negative outcomes, while protective factors are those factors that promote positive outcomes. According to this theory, resilience develops when protective factors outweigh risk factors. This means that individuals who are exposed to a high level of risk can still develop

resilience if they have access to protective factors. Another important feature of developmental psychopathology theory is the concept of developmental pathways. This theory suggests that there are multiple pathways that can lead to resilience. These pathways are influenced by a range of factors, including genetic, environmental, and personal factors. Furthermore, the theory suggests that resilience can be developed at any point in the lifespan, and that it is a dynamic process that continues to develop over time. According to this theory, individuals who possess certain personal characteristics, such as high intelligence or a positive self-concept, may be more resilient in the face of adversity. Additionally, individuals who have supportive relationships with family, peers, and teachers are more likely to develop resilience. The theory also recognizes the importance of environmental factors in the development of resilience. Factors such as poverty, exposure to violence, and social isolation can increase the risk of negative outcomes in individuals who have experienced adversity. However, the presence of protective factors, such as access to healthcare, education, and social support, can mitigate these risks and promote positive outcomes. The developmental psychopathology theory of resilience emphasizes the importance of understanding resilience as a process rather than a static trait. It recognizes that resilience can develop and change over time, influenced by ongoing experiences and interactions with the environment. This theory stresses the importance of early intervention and prevention efforts to promote resilience in individuals who are at risk for negative outcomes.

The Resilience-Needs-Challenge model by Te Brake (2014)

The Resilience-Needs model was developed by Te Brake (2014) as a graphical translation of earlier research in which he studied how organisations of uniformed forces (e.g. police) can improve the resilience of its members when dealing with very stressful circumstances. He also co-designed a measuring tool for psychosocial resilience among citizens (Hoijtink et. al., 2011). His model is elegant, simple, yet clear. This is the first time an adjusted version, the Resilience-Needs-Challenge model, is being used to look at the situation of victims of terrorism after an attack. By connecting it with needs and challenges, the model enhances thinking in a more structural way, when considering how to achieve or facilitate psychosocial resilience. The model can help identify what victims may need to regain control of their lives again, and what obstacles may interfere, hamper or complicate coping among victims of terrorism. It can be used to design, implement and review activities, to make sure

the right information is available at all levels, and to implement actions that correspond to both needs and challenges. To make this effective, cooperation between victims, governments and relevant non-governmental organisations is highly recommended. The adjusted Resilience-Needs-Challenge model_ is organised in three columns (light green, light blue and light red) at three levels: individual (victims), organisational (self-help or support group for victims) and societal (society at large).

Social Support Theory by Sidney Cobb (1970)

One of the foundational figures in social support theory is Sidney Cobb, a social psychologist. In the late 1970s, Cobb and his colleagues developed the Social Support Theory, emphasizing the importance of social relationships in providing individuals with the resources and assistance they need to cope with stress, adversity, and challenging life circumstances. Their work laid the groundwork for understanding the multifaceted nature of social support and its impact on individual well-being.

Social support theory focuses on the interpersonal relationships and networks that individuals have and how these connections can provide various forms of assistance, including emotional, instrumental, informational, and appraisal support. This theory has had a significant impact on understanding the role of social relationships in individual well-being and has influenced various fields, including psychology, sociology, and public health. In this essay, we will explore the origins of social support theory, its key author, criticisms, and its development over time.

Social support theory posits that individuals who have strong social networks and supportive relationships are better equipped to cope with stress, adversity, and life challenges. This theory identifies different types of social support, such as emotional support (expressions of empathy, love, and care), instrumental support (tangible assistance and resources), informational support (advice, guidance, and information), and appraisal support (feedback and affirmation). These forms of support play crucial roles in helping individuals manage stress, maintain psychological well-being, and navigate difficult circumstances.

Empirical Review

Previous works done by other researchers were reviewed in this section.

Resilience and Psychological Wellbeing

The role that resilience plays in determining the psychological wellbeing of an individual cannot be overemphasized, and its conceptualization varies. For example, Luthar et al. (2000) view resilience as an individual's distinct feature that helps them to mitigate the negative consequences of stressful events and minimize episodes of depression. The American Psychiatric Association (2004) describes it as a process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. Also, in the opinion of Bonanno et al. (2012) resilience is a process that encompasses positive adaptation within the context of adversity. More recently, Craparo et al. (2018); Magnano et al. (2016) also recognize resilience as the competence and the capacity to undertake responsibility and to handle certain changes rebounding from adversity and negativity and bring about positive changes from uncertainty. In this study, we understand resilience as the unemployed distinction graduates' developable capacity to thrive in the time of adversity and lessen the negative effects of its related stress. The relationship between resilience and psychological wellbeing have been proven to be positive over time (Aiena et al., 2015; Downie et al., 2010; Windle, 2011), as it increases optimism, gratitude, self-discipline, self-esteem, wellbeing and life satisfaction (Jain and Cohen, 2013; Konaszewski et al., 2021). It has been established that those youths who demonstrate high levels of resilience experience fewer emotional, mental and psychological health problems (Sood et al., 2013). Tempski et al. (2015) pointed out that the risk of psycho-emotional and behavioural problems among adolescents is reduced when resilience is strengthened. It should be emphasized that the state of wellbeing of an individual is determined by resilience, either directly or indirectly, based on the ability of the person to cope with stress. The study of Akanni and Otakpor (2016) revealed a negative association between resilience and the psychological distress of school going adolescents in Benin, Nigeria. Other studies have demonstrated a positive and significant correlation between resilience and reduced task-based stress (Harms et al., 2018; Konaszewski et al., 2019; Memarian et al., 2015). Conversely, some other studies have shown that resilience also correlated negatively with some factors such as avoidance/ denial, distraction, self-blaming, and chronic depression (Smith et al., 2016; Stratta et al., 2015). Thus, the relationship between the psychological wellbeing and the resilience of unemployed distinction graduates has not been confirmed.

Social Support and Psychological Wellbeing

Social support is conceptualized as the perception or the actuality that one is cared for and esteemed within a social network of mutual assistance and obligations (Wills, 1991). The concept of social support can be divided into different categories when stressing on action or perception. Enacted support, or received support refers to actual supportive actions such as advice given by providers (Pierce et al., 1996). The perceived social support represents subjective awareness of assistance and support offered by family, friends, and significant others (Zimet et al., 1988; Cauce et al., 1994). Theoretically, Cohen and Wills (1985) argue that social support is important for the receival of positive emotions and a sense of value (thus, a likely predictor of psychological wellbeing). Further, social support may protect one from the adverse impact of stressful events (Cohen and Wills, 1985) and promote the effectiveness of coping strategies and reduce distress (Lakey and Cohen, 2000). It follows that there is empirical evidence for an association between social support and psychological wellbeing. For example, a converging literature has shown that social support is related to psychological wellbeing among college (e.g., Berndt, 1989) and university samples (e.g.,Holliman et al.,2021). Associations between social support and wellbeing outcomes such as self-esteem, positive affect, and life satisfaction, have also been demonstrated among Chinese samples. Moreover, Dollete and Phillips (2004) found that social support protected university students from psychological distress and operated as a buffer against stressful circumstances. While few would dispute that social support is important for the psychological wellbeing of university students, few studies have examined these relations among Chinese international (overseas) students, where many social networks may not be as readily available as before: this may be particularly impactful for Chinese students, who come from a collectivist culture where relational (or inter-dependent) self-construal (identity) is more commonplace.

RESEARCH METHODOLOGY

This chapter deals with research design, population, sample, sampling techniques, methods of Data collection, procedure, techniques for Data analysis and ethical considerations

Research Design

The study adopted a survey design. This is because; it has obtained data from those available to the researcher at the time of the study.

Population, Sample and Sampling Techniques

The Population of this study comprised of 500 victims of banditry attack, kidnap, and displaced in Mercy Internally Displaced People Camp at Zonkwa, Zangon Kataf Local Government Area of Southern Kaduna, Kaduna State. Convenience sampling technique will be used in selecting the participant. The sample size used for this study was determined mathematically using Z –Score formula

S= Z2 × P × (1–P)M2(1–P)M2

Where,

- S = sample size for infinite population
- Z = Z score
- P = population proportion (Assumed as 50% or 0.5)
- M = Margin of error

Given: Z = 500, P = 0.5, M = 0.05

Using sample size formula,

S= Z2 × P × (1–P) M2 (1–P)2

S= (500)2 × 0.5 × (1–0.5)0.052(1–0.5)0.052

= 221 × 0.25 / 0.0025

S = 222

Methods of Data Collection

Three instruments were used for data collection. These are:

The Connor-Davidson Resilience Scale (CD-RISC 25)

The CD-RISC is a second wave resilience assessment tested with clinical and general sample populations. The original scale includes 25 items and was developed by Connor and Davidson (2003). It was developed in a clinical setting where the authors wanted to examine individual differences in psychological resilience in relation to treatment results for conditions including anxiety, depression, and stress reactions (Connor and Davidson, 2003). The developmental samples included patients from primary care outpatients, psychiatric outpatients, anxiety disorder study sample and PTSD clinical trial participants.

(Connor and Davidson, 2003). The scale measures resilience characteristics or protective factors across 17 domains of functioning (e.g., commitment, recognition of limits of control, viewing stress/change as a challenge/opportunity and tolerance of negative affect). Items were scored on a 5-point Likert scale ranging from 0 = not true at all to 4 = true nearly all the time.

Respondents select the best answer after considering their feelings within the past month. The instrument uses a variety of personal characteristics related statements, including items that ask people to self-report on their ability to adapt to change, to take the lead in problem solving, and to handle unpleasant feelings (Connor and Davidson, 2003, p. 78).

A multitude of factors may contribute to people's adaptation and resilience, including their prior experiences of managing stressful events effectively or ineffectively.

Multidimensional Scale of Perceived Social Support (MSPSS, Zimet et al., 1988)

The Multidimensional Scale of Perceived Social Support (MSPSS) is a widely used self-report measure of perceived social support. It was developed by Zimet, Dahlem, Zimet, and Farley in 1988, and it consists of 12 items that assess perceived social support from three sources: family, friends, and significant others.

The MSPSS is designed to measure perceived social support, which refers to the extent to which individuals perceive that they receive emotional, informational, and instrumental support from others, Zimet (1988). This construct is considered important because social support has been linked to a range of positive outcomes, including better mental health, improved physical health, and increased resilience.

The MSPSS items are rated on a 7-point Likert scale, with responses ranging from "very strongly disagree" to "very strongly agree". Sample items include "My family really tries to help me" (family subscale), "I have friends with whom I can share my joys and sorrows" (friends' subscale), and "There is a special person in my life who is around when I am in need" (significant others subscale).

Psychological Well-being Scale Ryff (1995).

Psychological wellbeing was measured using the 18 item Psychological Well-Being Scale (PWB-S) developed by Ryff (1995). This scale is a structured, self-report instrument based on the six dimensions of psychological well-being: Autonomy, environmental mastery, personal growth, positive relationships with others, purpose in life and self-acceptance. The scale is 18-item scale. Some items on the scale are: "I tend to be influenced by people with strong opinion", and "I am quite good at managing the many responsibilities of my daily life". Each item will be responded using a 5-point Likert scale format ranging from (1) strongly disagree to (5) strongly agree. Some of the items are reversely scored: 1, 5, 9, 10, 12, 13, 15, 18. The psychometric properties of the six dimensions as reported by Ryff which ranges from

.86 to .93. Mefoh, Odo and Ezeh (2016) revalidate this scale using 71 prisoners from Nigerian prison Nsukka. The reliability analysis of the pilot study shows Cronbach's alpha of self-acceptance .72, positive relations .50, autonomy .46, environmental mastery .60, purpose in life .62 and personal growth .57. Also, the reliability coefficient of the composite variables is .87. In this study a Cronbach Alpha of .81 was reported.

Procedure

The researcher first obtained a letter of introduction from the Department of Psychology, Nasarawa State University, Keffi and present it to the ethical Committee/head of Zangon Kataf Local Government authorities and the management of Mercy internally displaced persons Camp at Zonkwa seeking for permission to conduct research in the IDP camp. Thereafter, the selection of the participants continues, an interpreter was not provided because the researcher trained the participants on how to answer the questionnaires and an informed consent form would be given to the participants to seek for their consent because the research will not be compulsory, and participants are free to back out at any point in time.

Technique for Data Analysis.

The data for this study was analyzed using both descriptive and inferential statistics. Descriptive statistics involves frequencies, simple percentages; mean and standard deviations were used to analyze the demographic features of the respondents. On the other hand, inferential statistics that involved linear regression was used to test hypotheses one and two while multiple regression was used to test hypothesis three. The whole analysis was performed via statistical packages for social sciences (SPSS) version 21.

Ethical Considerations

In line with the ethical principles of research, the researcher observed the following ethics of research thus;

1. Participation was voluntarily as informed consent was sought.
2. Permissions was obtained from the authorities of Mercy Internally Displaced People Camp at Zonkwa, Zangon Kataf, Local Government Area of Southern Kaduna,
3. Assurances were given for feedback from the outcome of the study.

DATA PRESENTATION AND ANALYSIS

This section presents the analysis and the corresponding interpretations of the data collated in the field. The researcher used the Statistical Package for Social Sciences (SPSS) version 26 for analyzing the data. The inferential statistics used for the test of hypotheses was regression. The results of the analysis were presented in tables

Frequency and Percentages of the Characteristics of Participants

DEMOGRAPHICS		FREQUENCY	PERCENTAGES
Gender	Male	89	53.3
	Female	76	46.7
	Total	165	100.0
Marital Status			
	Single	75	45.5
	Married	72	43.6
	Divorced	18	10.9
	Total	165	100.0
Age Grade			
	15-25 years	53	32.4
	26-35 years	94	56.5
	36-45 years	18	11.1
	Total	165	100.0
Educational Qualification			
	Primary School	83	47.8
	Secondary School	52	33.5
	Tertiary Institution	30	18.7
	Total	165	100.0

The table above shows the frequencies and percentages of the participants across gender, marital status, religious affiliation, educational qualification. The characteristics are explained thus: Gender (Male: N= 89, 53.3%; Female: N= 76, 46.7%); Marital status (Single: N= 75, 45.5%; Married: N= 72, 43.6%; Divorced: N= 18, 10.9%); age grade (15-25 years: N= 53, 32.4%; 26-35 years: N= 94, 56.5%; 36-45 years: N= 18, 11.1); Educational qualification (Primary: N= 83, 47.8%; Secondary School: N= 52, 33.5%; Tertiary Institution: N =30, 18.7%).

Data Analysis and Results

The data of the study has been analysed and the results are presented below

Hypothesis One: This hypothesis stated that there will be a significant influence of resilience on psychological Wellbeing of Victims of Banditry Attacks in Southern Kaduna. This hypothesis was tested using simple linear regression and the result is presented in table 2.

Table 2: Summary of Simple Linear Regression showing the influence of resilience on Psychological Wellbeing of Victims of Banditry Attacks in Southern Kaduna

Model		Unstandardized Coefficients		Standardized Coefficient	t	Sig
1		B	Std. Error	β		
Psychological Wellbeing	Constant	.904	5.504		1.673	.000
	Resilience	.454	.061	. .578	3.405	.031

Result in table 2 shows the influence of Resilience on Psychological Wellbeing of Victims of Banditry Attacks. The result shows that there was a significant influence of Resilience on Psychological Wellbeing of Victims of Banditry Attacks in Southern Kaduna [β = .578, t = 3.405; p<.001]. Based on the presented result, hypothesis one which stated that 'there will be a significant influence of Resilience on Psychological Wellbeing of Victims of Banditry Attacks in Southern Kaduna was therefore accepted.

Hypothesis Two

This hypothesis stated that there will be a significant influence of Social Support on Psychological Wellbeing of Victims of Banditry attacks in Southern Kaduna. This hypothesis was tested using simple linear regression analysis and the result is presented in table 3.

Table 3: *Summary of Simple Linear Regression showing the* influence of Social Support on Psychological Wellbeing of Victims of Banditry attacks in Southern Kaduna.

Model		Unstandardized Coefficients		Standardized Coefficient	t	Sig
1		B	Std. Error	B		
Psychological Wellbeing	Constant	48.703	1.874		2.334	.000
	Social Support	.048	.022	.183	4.079	.023

Result in table 3 shows the influence of Social Support on Psychological Wellbeing of Victims of Banditry attack. While, the result shows that there was a significant influence of Social Support on Psychological Wellbeing of Victims of Banditry attacks in Southern Kaduna [β = .183, t = 4.079; p<.05]. Based on the presented result, hypothesis two which stated that 'there will be a significant influence of Social Support on Psychological Wellbeing of Victims of Banditry attacks in Southern Kaduna was therefore accepted.

Hypothesis Three

This hypothesis stated that there will be a significant interactive influence of Resilience and social support on Psychological Wellbeing of Victims of Banditry attacks in Southern Kaduna. This hypothesis was tested using multiple regression analysis and the result is presented in table 4.

Table 4: Summary of Multiple Regression Analysis showing the significant interactive influence of Resilience and social support on Psychological Wellbeing of Victims of Banditry attacks in Southern Kaduna

DV	Predictor(s)	R	R^2	F	df	B	t	p
Psychological Wellbeing	Constant	.503	.253	27.417**	2, 162			
	Resilience					.473	3.501	<.001
	social support					.241	6.962	<.001

Table 4 shows the result of the interactive influence of Resilience and social support on psychological wellbeing of Victims of Banditry attacks in southern Kaduna. The result shows that there was a significant interactive influence of resilience and social support on Psychological Wellbeing of Victims of Banditry attacks [R = .503 and R^2 = .253; F (2, 162) = 27.417; p<.001]. While, observation of coefficient of determination confirms that both resilience and social support interactively accounted for 25.3% of the total variance observed in psychological wellbeing. Based on this result, hypothesis three which stated that 'there will be a significant interactive influence of resilience and social support on psychological wellbeing of Victims of Banditry attacks was therefore accepted.

Discussion of the Findings

The first hypothesis stated that there will be a significant influence of resilience on Psychological Wellbeing of Victims of Banditry Attacks in Southern Kaduna was confirmed. This means that resilience is a factor that influences psychological well-being of Victims of Banditry Attacks in Southern Kaduna.

This finding is in line with the works carryout by Sagone & Caroli, (2014), which stressed that the more the individuals would be likely to resist under stressed situations, the more they would score highly in their psychological well-being. In addition, individuals who are able to choose suitable personal needs see themselves as improving and growing, and to feel satisfied, they would also feel resilient. This outcome demonstrated that psychological resilience is a good predictor of psychological well-being

The second hypothesis which stated that there will be a significant influence of social support on Psychological Wellbeing of Victims of Banditry Attacks in Southern Kaduna was also confirmed. This implies that social support is also another factor that influences psychological well-being of Victims of Banditry Attacks in Southern Kaduna. This finding was supported by the research of Olanrewaju, et. al., (2015), that investigated into the family social support and socio-economic status as determinants of psychological wellbeing among the aged in Oyo North, Nigeria. The findings showed that the psychological wellbeing among aged is significantly correlated with family social support.

Finally, the third hypothesis which stated that there will be a significant interactive influence of resilience and social support on psychological wellbeing of Victims of Banditry attacks in Southern Kaduna was also confirmed. This means that both resilience and social support influences psychological wellbeing of Victims of Banditry attacks in Southern Kaduna. The finding is consistent with the work of Galadanchi & Yusuf (2018), that posited that resilience may enhance an individual's capacity to seek and utilize the available social support effectively, while social support may contribute to the development and maintenance of resilience.

Conclusion

The findings of the study indicate that resilience and social support influences psychological wellbeing of Victims of Banditry attacks in Southern Kaduna. On the whole, the findings show that Psychological wellbeing could help in providing the Victims of Banditry attacks in Southern Kaduna with sense of creativity,

psychological skills as well as ability to alleviate stress, and make decisions that help them to improve the thought after the incident of the attack.

In the overall analysis of this study, findings show that Psychological wellbeing has assisted Victims of Banditry attacks in Southern Kaduna to change their attitude towards the unpleasant experiences encountered during the attacks by setting and pursuing meaningful goal in life.

Recommendations

Based on the findings of this study, the following recommendations were made:

1. There is need to for the government to address the root problems that often drive people to violence by providing education to people, addressing poverty and inequality in the society.
2. There is need to for government to increase funding for police and security forces to effectively oversee rural areas, control cross- borders arms proliferation.
4. Government of Nigeria and any part of the world should put in place instruments and policies that could be geared towards employment creation especially those that target the young population.

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