



Unemployment and Youth Restiveness in Africa: Implications for Counselling

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Authors' contributions

This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

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ABSTRACT

Restiveness among youths has become one of the nagging global challenges. Consequently, its prevalence in Africa has become more worrisome now than ever before. This paper therefore examined unemployment and the incidences of youth restiveness in Africa: Implication for counseling. The paper adopted a qualitative approach relying mainly on secondary materials from documented evidences. Available data indicates persistent rise in the level of unemployment across different African countries. By the same token there have also been high incidences of restiveness among the youths in Africa within the same period. However, the paper brought to the fore specific instances of restiveness in select African countries namely; militancy and insurgency in Nigeria Niger Delta, xenophobic attacks in South Africa, socio-political crises in southern Cameroun, ethnic and religiously motivated restiveness in Mali and rising piracy and terrorism in Somalia as case studies. The paper identified poverty, unemployment, socio-economic and political inequality and marginalization as factors of youth restiveness. These factors no doubt are in high prevalence in Africa. Given the scenario, the implication for counseling is of great consequence as the concern revolves around how counselling services can be leveraged in the context so that the youths can be

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properly engaged to embrace genuine efforts towards self-development, skills acquisition, self-reliance and nation building. It is argued that the solution to unemployment and youth restiveness problems lie in part on counsellors constructive engagement with youths, on awareness creation through the media, education of the youth towards self-realization and on their pivotal roles in nation building.

Keywords: Unemployment; restiveness; Youth; Africa; counselling.

1. INTRODUCTION

Unemployment in Africa has become a recurring decimal, which threatens the stability of Nations. Hence, a major developmental challenge in Africa for a very long time. Obadian and Odusoluu [1], assert that unemployment in Africa was more acute in the 1980's and this has been on the increase ever since. In 2008, 15% of the African workforce was unemployed and in 2011, the figure rose to 20% (Lamida, 2013) and the victims of this phenomenon are the youths who till date have had the highest unemployment rate in Africa. To confirm the above statement, Akanda and Okume (2009) stated that between 40-60% of those unemployed in Africa are aged between 25 years. Rotimi [2] puts the ages between 18 - 45 years. According to Kingsley (2017), youths account for 60% of all Africa's jobless. In North Africa, the youth unemployment rate is 25% but is even greater in Nigeria, Botswana, the Democratic Republic of Congo, Senegal, and South Africa among others. Kingsley further stated that Africa has the highest population of young people in the world, with 200 million people aged between 15 and 24, but it is disheartening that more than 70% of the African youths either have no meaningful jobs or are completely jobless.

The shows Table 1 is the unemployment rate of African countries presently indicating responses to changing economic condition. When the economy is growing at a healthy rate, the job market is plentiful and the unemployment rate will fall. When the economy is experiencing a recession or turbulent times, the unemployment rate tends to rise as a result of lack of jobs and inversely result to youth restiveness.

The shows Table 1 reveals the percentage rate of unemployment across different African Countries, which covers the year 2020 and 2021. The figures are indicative of the rising rate of unemployment in several African Countries with slight changes noticed between 2020 and 2021. Overall countries like Angola, South Africa, Nigeria, Mozambique, Lesotho are worse hit. It is

worthy of note that high rate of unemployment as a primary predictor of youth restiveness in Africa.

2. CONCEPTUAL INSIGHTS

Unemployment rate is defined by Orji (2018) as the percentage of unemployed workers in the total labour force. It includes workers who currently do not work, despite the fact that they are able and willing to do so. Attah [3] also defined unemployment rate as percentage of the total labour force. Unemployment rate in Africa has its numerical strength among young people (youth). Thus, young people all over the world are vital and important segment of the society in which they live. A disciplined, focused, and law abiding youth can create a bright future for any nation. In the contrarily, a nation with high rate of unemployment can indirectly and forcefully create a situation where the youth will be lawless, indulgent, and violent, hence, this can pose a serious threat to ethics and values of the society as well as the nation's peace and security [4-7].

The National Youth Development Policy of Nigeria [8] defines youth as people aged 18-35. This category represents the most active, the most volatile, and yet the most vulnerable segment of the population socio-economically, emotionally, and in other respects. They constitute about 40 percent in African countries. Incidentally, youth are leaders of tomorrow, they outnumber the middle aged and the aged [9]. Apart from being populated, they have energy and ideas that are society's great potentials and when this energy and ideas are not employed for economic development, it will be converted or dispersed to violence, negative conspiracy and destruction, hence, will disrupt the peace, progress, morals, values, ethics and security of a nation. In congruence to the above assertion, the National Youth Development Policy [8] states that "youth are the foundation of a society; their energies, inventiveness, character and orientation define the pace of development and security of a nation. Through their creative talents and labour power, a nation makes giant

Table 1. Unemployment rate in Africa [10]

COUNTRY	YEAR 2020	2021
Namibia	33.4	2.79
Angola	31.4	30.5
South Africa	29.1	32.6
Mozambique	25.04	3.39
Lesotho	23.5	24.7
Nigeria	23.1	33.3
Swaziland	22.9	23.4
Gabon	19.6	20.5
Ethiopia	19.1	19.1
Senegal	19	16.7
Botswana	18.2	23.3
Libya	17.3	18.63
Rwanda	15.4	17
Tunisia	14.9	17.8
Sao Tome and Principe	13.4	13.9
Zambia	13.2	12.2
Sudan	13	17.7
Cape Verde	12.2	12.3
Algeria	11.4	11.4
Morocco	10.5	12.5
Democratic Republic of Congo	10.4	10.3
Mauritania	10.33	10.7
Mali	9.8	7.5
Tanzania	9.7	2.16
Equatorial Guinea	9.2	9.2
Gambia	8.9	9.6
Egypt	7.7	7.4
Ghana	6.8	4.5
Central African Republic	6.5	4.3
Eritrea	6.5	7.4
Mauritius	6.4	9.8
Burkina Faso	6.1	5
Malawi	5.4	6
Kenya	4.9	7.2
Zimbabwe	4.9	5.7
Sierra Leone	4.3	4.6
Guinea Bissau	4.1	3.2
Comoros	3.7	8.4
Guinea	3.6	4.4
Seychelles	3.5	4
Cameroon	3.3	3.6
Ivory Coast	2.4	3.5
Chad	2.3	2.3
Benin	2	2.5
Liberia	2	2.7
Uganda	1.8	2.44
Togo	1.7	4.1
Madagascar	1.6	1.9
Burundi	1.5	0.8
Niger	0.3	0.7

SOURCE: Trading Economics [10], <https://tradingeconomics.com/country-list/unemployment-rate?continent=africa>

strides in economic development [11]. In their dreams and hopes a nation finds her motivation; on their energies, she builds her vitality and purpose through effective and constructive use of production ventures like employment creation, engagement in economic production, academic and community development activities, [12] sports, setting good moral standard among others. Moreover, as a result of their dreams and aspirations, the assurance of the future is made and secured.

The aforementioned statement addresses the role of the youth in the economic development of a nation and this could be greatly achieved through creating room for employment. When their services are dutifully employed, peace, progress, moral and security will be assured politically, economically, financially and otherwise. But if their human capital is neglected, it will give rise to youth restiveness or antisocial behaviour such as hostage taking, riot, kidnapping, armed robbery etc. However, youth restiveness is most cancerous and tractable problem facing Africa [13-18]. This comes as a result of unemployment which increases yearly, graduates pass out in thousands yet, 80 percent have no meaningful employment. No wonder the unemployed youths channel their energies into anti-social vices like robberies, kidnapping, advance fee fraud, and other forms of criminality.

3. MEANING OF UNEMPLOYMENT

Unemployment is a situation in which people (who fall within the labour force) who are capable, willing and legally qualified to work cannot find jobs [3]. Also Chigbu, [19] gave credence to the above assertion by defining unemployment as a situation in which people who are capable and willing to work are actively seeking for job but are unable to find a job, thereby making them to be idle. Ajufo [10] defined unemployment as a term which is referring to individuals who are employable and seeking a job but are unable to find a job. Unemployment is further seen a situation which a person is skillfully, actively looking for job, however, he cannot find some, [21].

More so, unemployment, also refers to as joblessness, occurs when people are without work and actively seeking employment [22]. Tejvam [23] defined unemployment as a situation where someone of working age is not able to get a job but would like to be in full time employment. According to the Organization for Economic Co-

operation and Development [24] has to do with persons above a specific age (usually above 15) not being in a paid employment or self-employment but currently available for work during the reference period. Amadeo [25] defined unemployment youths as people who do not have a job, have looked for work in the past four weeks, and currently are available for work. In the context of this study therefore, unemployment is referred to as a situation where an individual is willing to work and actively seeking employment but has no job. It also involves people who are temporarily laid off and are waiting to be called back to that job or another job [26-31]. Most times, people in between the age are the youth. Youth unemployment, therefore could be described as the conglomerate of youths with diverse background, willing and able to work, but cannot find any. Thus, when the supply of labour outstrips demand for labour, it causes unemployment.

4. CAUSES OF YOUTH UNEMPLOYMENT

In the context of the present paper, the following factors are identified as causes of youth unemployment in contemporary African countries; Financial crisis Skills mismatch, Lack of entrepreneurship and life skills education, and lack of access to technology or the internet.

5. MEANING OF YOUTH RESTIVENESS

Youth restiveness is a kind of human behaviour geared towards the realization of human or group needs. It emerges as individuals or groups are unable to meet their needs through legal means and hence are compelled to attaining such needs through other means, which may not be conventional. Ukwueze [32] described restiveness as a function of one's emotional and temperamental reactions to events or situation, due to wrong cognitive perception, appraisal and interpretation of such events with resultant state of nervousness, restlessness, uneasiness, obstinacy and uncontrollable behaviour. Thus, restiveness encompasses all forms of youth activism that pose threat or have the tendencies of destroying life and property because it is marked by violence and disruption of lawful activities. Abudah (2004) also views restiveness as a self-generating theory of conflict process within social group. According to Inyang [33], the incessant and riotous dimension of youth restiveness in the region is clearly the consequences of the long period of neglect by the government, oil production, massive and

indiscriminate exploitation and depletion of resources, which degrade the environment and the denial of the youth's sustainable employment and livelihood opportunities.

According to Mallami [34], youth restiveness is a despicable act being perpetrated by a significant portion of the youth in various communities that can no longer be ignored. Thus, it is a combination of any action or conduct that constitutes unwholesome socially unacceptable and unworthy activities engaged in by youths in any community. It is a phenomenon which in practice has led to a near breakdown of law and order, low productivity due to disruption of production activities, increasing crime rate, intra ethnic hostilities and harassment of prospective developers and other criminal tendencies. In the words of Ogbeifun [35], youth restiveness comes under different headings as the motivation and orientation of actors differs. He identified three forms of restiveness based on actors motivation and interests as youth engaged in genuine agitation for their rights and restoration of the dignity of their group or race: youths engaged in self-seeking and criminal activities such as kidnapping or hostage taking in exchange for levied ransom's and youth's seeking revenge for the oppressive attitudes towards members of the elites class or a manner of responding to a repressive state [36-40]. In the context of this study therefore, youth restiveness simply refers to all those destabilizing, anti-social and seemingly criminal behaviours and activities collectively engaged in by certain negative conditions they found themselves in society.

6. CAUSES OF YOUTH RESTIVENESS

Several factors are responsible for incidences of youth restiveness in Africa. It may be attributed to adult's coercive control over their children, denial of participatory opportunities to youths, resource scarcity and financial constraints and leader's failures, peer group and foreign interference. Abdallahi [41] stated that the current youth restiveness has been caused by youth exuberance, imitation of activities in video film, vicious poverty cycle, unemployment, incapability of parents, families and the school to organize counseling sessions and education that will be functional and which tap the potentials and the talents of the youth for production.

In a different view, Onyekpe [9] noted that the denial of the youth to have access to qualitative education in Nigeria because of the exorbitant cost of acquiring education, leads them to be

disoriented and readily available for antisocial act such as restiveness. Similarly, Aworawo [42] establishes a link between poor educational attainment, poverty, loss of livelihood, inequality in sharing national resources with youth restiveness as evidenced by the numerous violent protests among the wielders of power in Africa. In contrast, Ifodon and Ahiauzu [43], noted communication and information flow as a factor responsible for youth restiveness. Furthermore, Malami [34], identified causes of youth restiveness in Africa as poverty, corrupt leaders, unemployment, lack of vocational skills, lack of humanitarian and societal welfare. In congruence with the above causes of youth restiveness, Igbo and Ikpa [44] perceived the following as the causes of youth restiveness, poor leadership, economic exploitation, poverty, illiteracy and political manipulation. Zakaria, [45] firmly believe that the absence of job opportunity in developing countries is responsible for youth restiveness with disastrous consequences and the case of Nigeria is not an exception as traces of youth involvement in highly organized violent crime become ever more disturbing and are indeed on the rise without any feasible solution in place by government to confront these dangerous trends frontally.

Elegbeleye [46] identified three major factors responsible for youth restiveness. These factors are the peer motivated excitement of being students, the jingoistic pursuit of patriotic idea and perceived victimization arising from economic exploitation. However, Ofem and Ajayi [47] identified lack of good government, corrupt practices of government officials, inadequate training programmes, inadequate recreational facilities, lack of quality education as the reasons for incessant youth restiveness.

In summary, youth restiveness in the context of this study is caused by high rate of unemployment as a result of bad governance, feeling of betrayal and marginalization, neglect and denial of their basic right from their father land, perceived deceit, greed as a result of selfish political leaders, anger and unruly attitude resulting from chronic poverty and hunger, rebellious attitude, intolerance, controversial mindset, and poor value system.

7. INCIDENCES OF YOUTH RESTIVENESS IN AFRICA

Youth restiveness in Africa manifests in the form of students unrest, ethnic nationalism, and

religious fundamentalism and quite often provokes lots of violence. Some acknowledged that there is a link between insecurity, socio-political inequality, poverty, unemployment and restiveness [48]. Restiveness among youths has thus become one of the nagging global challenges and more so among African and developing countries. In Africa, the problem is manifest in the increasing spate of crime and agitation across its constituent nations. Indeed, various forms of youth restiveness that are economically, politically or religiously motivated are increasing by the day. Among them are militancy in Nigeria's Niger Delta region and insurgency, banditry and Boko Haram terrorism in the Northeast. Besides Nigeria, other African countries have witnessed instances of youth restiveness. The xenophobic violence in parts of South Africa is not ruled out. Over several decades there have been instances of socio-political crises in southern Cameroun and South Sudan, ethnic and religiously motivated crises in Mali and Ethiopia as well as piracy and terrorism in Somalia. Below we shall briefly review some of the cases of youth restiveness among youths for emphasis [49,50].

With reference to Nigeria, from 1999 youth restiveness in Niger - Delta took a new dimension. The new form of militancy and restiveness include, kidnapping of foreign oil workers, kidnapping of top notches in government and those supporting government, arson, assassination, and other forms of gruesome murder. Coleman (1996) argues that the unequal socio- economic development of the various ethnic groups in Nigeria led to inter-ethnic and intra ethnic conflict. Once there is uneven development in all or some facets of human existence within a given society, the different groups will definitely become immersed in the competition for the goods of modernity which invariably leads to restiveness or a conflict situation.

Asobie (2004) says that there are approximately 300 spills per years in the Niger- Delta region. And he blames restiveness of the Niger- Delta youths on the oil multinational corporations that operates in the region that are not committed to the plight of their host communities. Again, he argues that the oil multinational corporations and Federal Government of Nigeria are implicated in the collaboration of militarizing the Niger Delta region.

Besides Nigeria, other African countries have witnessed instances of youth restiveness. The

xenophobic violence in parts of South Africa is not ruled out. Despite a lack of directly comparable data, xenophobia in South Africa is perceived to have significantly increased after the election of a Black majority government in 1994 [51]. According to a 2004 study published by the Southern African Migration Project [52], the ANC government – in its attempts to overcome the divides of the past and build new forms of social cohesion ... embarked on an aggressive and inclusive nation-building project. One unanticipated by-product of this project has been a growth in intolerance towards outsiders. Violence against foreign citizens and African refugees has become increasingly common and communities are divided by hostility and suspicion [53].

On 12 May 2008 a series of riots started in the township of Alexandra (in the north-eastern part of Johannesburg) when locals attacked migrants from Mozambique, Malawi and Zimbabwe, killing two people and injuring 40 others [54]. Some attackers were reported to have been singing Jacob Zuma's campaign song UmshiniWami (Zulu: "Bring Me My Machine Gun"). In the following weeks the violence spread, first to other settlements in the Gauteng Province, then to the coastal cities of Durban and Cape Town. Attacks were also reported in parts of the Southern Cape, Mpumalanga, the North West and Free State [55]. Hadland [56] identified four broad causes for the violence: relative deprivation, specifically intense competition for jobs, commodities and housing; group processes, including psychological categorization processes that are nationalistic rather than superordinate; South African exceptions, or a feeling of superiority in relation to other Africans; and exclusive citizenship, or a form of nationalism that excludes others.

Also a subsequent report, "Towards Tolerance, Law and Dignity: Addressing Violence against Foreign Nationals in South Africa" commissioned by the International Organization for Migration [57] found that poor service delivery or an influx of foreigners may have played a contributing role, but blamed township politics for the attacks. It also found that community leadership was potentially lucrative for unemployed people, and that such leaders organized the attacks [58-61]. Local leadership could be illegitimate and often violent when emerging from either a political vacuum or fierce competition, the report said, and such leaders

enhanced their authority by reinforcing resentment towards foreigners.

Furthermore, over several decades there have been instances of socio-political crises in Cameroun. The Anglophones of Cameroon, 20 per cent of the population, feel marginalized. Their frustrations surfaced dramatically at the end of 2016 when a series of sectorial grievances morphed into political demands, leading to strikes and riots. The movement grew to the point where the government's repressive approach was no longer sufficient to calm the situation, forcing it to negotiate with Anglophone trade unions and make some concessions. Popular mobilization is now weakening, but the majority of Anglophones are far from happy. Having lived through three months with no internet, six months of general strikes and one school year lost, many are now demanding federalism or secession.

In recent years, armed conflicts with religious overtones in countries like the Central African Republic (CAR), Mali, Nigeria and Somalia have been on the rise in sub-Saharan Africa. One possible explanation of this rise is religious discrimination. According to Ted Gurr's relative deprivation theory [62], discrimination should breed grievances and hence result in aggression and violence. The theory is straightforward and plausible. Feeling marginalized creates frustration and the resulting aggression may lead to violence. At closer look at the literature however reveals that the relationship is empirically not as evident as assumed. For more than two decades it could not be confirmed [63]. Only a few years ago, a string of articles showed that ethnic groups that are politically excluded tend to be more involved in conflicts. The jury is out on religious groups. While some evidence suggests that ethno-religious minorities have a slightly increased conflict risk (Akbaba & Taydas, 2011), group level analyses show that discrimination, grievances and violence are largely unconnected [63] Africa South of the Sahara is rarely investigated in detail and if religion and conflict are analyzed, religious discrimination seems to play a minor role [63].

With reference to Mali, a landlocked West African state straddling the Sahara Desert and the Sahel, a semi-arid belt which runs from east to west across Africa, and a home to a large number of diverse ethnic groups; restiveness has persisted. Tensions between these groups mounted in 2012 when Tuareg

rebels proclaimed a breakaway state in northern Mali with heavy weaponry they had used to fight as mercenaries on the side of Muammar Gaddafi during the war in Libya. The separatist Tuareg, a tribe which primarily inhabit northern Mali and other parts of the Sahara, allied for a time with Ansar Dine, a local al-Qaeda affiliate, before they both turned their guns on one another.

Further in 2013, a military intervention led by French troops dislodged the separatists and Ansar Dine from the vast desert in the north. But in central Mali, community tensions had begun to fray. As Malian authorities turned their focus on the rebellion in the north, they left a power vacuum in their wake which allowed for bouts of violence between members of neighbouring communities to occur. Caught in the middle - both as victims and perpetrators of violence - were members of the Fulani tribe. Vulnerable to pillage by Tuareg rebels, some Fulani herders living in central regions adjoining the north had joined armed groups such as Ansar Dine for protection, but nevertheless committed atrocities. When they returned to their central Mali villages after the French intervention, the army followed, persecuting those Fulanis suspected of joining armed groups [64].

A turning point came in 2015 with the formation of the Katib Macina (KM) by Fulani preacher Amadou Koufa whose fiery radio sermons infused with religious rhetoric in the Fulani language struck a chord with those who harboured grievances over government corruption and persecution. The al-Qaeda-linked KM soon began a series of attacks on army and government positions as it sought to overthrow the Malian state and establish rule according to its own interpretation of Islamic law. While the makeup of the KM was not exclusively Fulani, some neighbouring Dogon interpreted its violent rise as a sign of Fulani tribal aggression and began to organize for their own protection. The formation in 2016 of the feared Dan Na Ambassagou and other ethnic Dogon militia was then met with the formation of ethnic Fulani militia, setting the stage for a cycle of violence that has become increasingly brutal [64].

In the case of Libya restiveness has remained the order of the since 2011. The Libyan crisis refers to the ongoing conflicts in Libya, beginning with the Arab Spring protests of 2011, which led to a civil war, foreign military intervention, and the ousting and death of its

former strongman President Muammar Gaddafi. The civil war's aftermath and proliferation of armed groups led to rising restiveness, violence and instability across the country, which erupted into renewed civil war in 2014. The ongoing crisis in Libya has so far resulted in tens of thousands of casualties since the onset of violence in early 2011. During both civil wars, the output of Libya's economically crucial oil industry collapsed to a small fraction of its usual level, with most facilities blockaded or damaged by rival groups, despite having one of the largest oil reserves of any African country. U.S. President Barack Obama stated on 11 April 2016 that not preparing for a post-Gaddafi Libya was probably the "worst mistake" of his presidency [65].

The youths constitute a large percentage of the African population. A few of them appear to have access to formal education while larger majority do not seem to have access to formal education nor opportunity to benefit from non-formal/vocational education and therefore do not possess skills necessary to guarantee their upkeep. Without proper guidance and promise for a better livelihood, some of these youths seem to engage in some destructive social vices as a way of registering their grievances.

In the light of the above, Ofehe (2008) opined that unemployment and sufferings among the Niger-Delta youths brought about youth restiveness which manifests in increase in armed robbery, kidnapping of and hostility to oil companies' staff and family, prostitution, ritual killing etc. Supporting him, Alaiye [66] noted that 'there is high population of unemployed, semi-skilled, half educated youths in the Niger-Delta', this makes a large number of them idle and vulnerable to negative influences. Many of these youths appear to be easily recruited by politicians as thugs, paid huge sums of money, armed, given promises of juicy packages and used for electioneering purposes.

8. NEXUS BETWEEN UNEMPLOYMENT AND YOUTH RESTIVENESS

The rising tide of unemployment and the fear of a bleak future among the youth in Nigeria and elsewhere in Africa, have made them vulnerable to the manipulations of agents "provocateurs" as can be seen from the increasing cases of violent crimes such as armed kidnappings for ransom

payments, targeted/hired assassinations and other manifestation of organized crimes like drug/human trafficking that have become unprecedented in our clime. Have we ever wondered why armed kidnappings seem to have become larger than life in our modern day Nigeria? The shock however is that Governments at every level in Africa pay lip service to actually providing workable panacea to these disturbing cases of youths' involvement in violent crimes. Unemployment has been identified as one of the major causes of social vices, including armed robbery, destitution, prostitution, political thuggery, kidnapping and many more. Youth unemployment in Nigeria is a multi-dimensional problem that needs to be addressed on macro basis. Youth unemployment poses a risk to national development. The consequence of this problem, if no major corrective initiatives are taken, could be disastrous for the nation and continent at large. Youth unemployment has both national and global impacts, notably among which are increased violence, crime, drug abuse and political instability all of which constitute restiveness. Desperation can drive many people into living outside the law in order to survive and as a means of expressing dissatisfaction at the apparent neglect of their very existence. Therefore, negative consequences of unemployment include poverty, psychological problems of frustration, depression, hostility, abduction, murder, armed robbery, and all manner of criminal behaviors causing general insecurity of life and property in Nigeria and Africa in general

The various security challenges been faced by the country have been attributed to unemployment in many cases. According to the popular maxim, "The idle hand is the devil's workshop"; the situation whereby majority of the people are poor and hungry and a lot of youths are jobless and unemployed, will, doubtlessly, engender high insecurity in the country. Thus, unemployment has driven many Nigerians into various activities that constitute a threat to the country's security. There have been instances in which young graduates were arrested for being involved in one form of crime or another. Most of these criminal graduates attribute their involvement in these crimes to the unemployment situation in the country. For instance, the cover story of The News Magazine (26 September 2011) was captioned "Graduate Bandits on the Prowl". According to the report, most of the graduate robbers that were

interviewed argued that they took to crime for lack of job.

9. CONSEQUENCES OF YOUTH RESTIVENESS

Consequences of youth restiveness in Africa are not farfetched from the upsurge of social vices and crimes (banditry, cultism, kidnapping, armed robbery, hostage, abduction) among others and destruction of lives and properties. For instance, during the late General Sani Abacha military junta, Ken-SaroWiwa and the members of his restive group were arrested, tortured and gruesomely murdered by hanging. Chukwuemeka and Agbara [67] agreed that the invasion of the multinational oil companies by restive youths in Niger Delta, the abduction and kidnapping of foreign nationals working in oil companies, the incessant harassment of traders in Lagos and the everyday clash in Jos, Nigeria are consequences of youth restiveness.

It needs to be mentioned that Xenophobic attacks in South Africa which has claimed many lives were the outcome of youth restiveness in African. It could also lead to poor economic growth and development because of high rate of insecurity hence, investors are discouraged from operation. Godwin [68] narrated the speech made by a former president of Tanzania Jakaya MrishoKikweta, at the UN General Assembly in September 2009 on a graphic presentation of unemployment situation in Africa; "youth unemployment has consequences that extend beyond the economy, we have seen how some youth with no job prospects and little hope of getting any job become the petrol to raging fires of conflict. They easily fell prey to war lords, criminal gangs, religious demagogues, greedy multinationals and political manipulators to the detriment of peace and stability in their countries"

10. SOLUTIONS TO UNEMPLOYMENT AND YOUTH RESTIVENESS

Youth restiveness, as a social phenomenon needs to be tackled at every specter of the society: Governmental (National, state & local levels); educational and religious institutions. Leaders at these different levels need a wide range of abilities and skills that would enable them work together with the people, perceive their dispositions and gain their confidence, in order to know how to deal with issues concerning them as they arise. At the school level, Ukeje et

al. (1992) advocated that to play a leadership role accurately, the school administrator needs to have a fairly accurate perception of his role-expectation, which is an accurate perception of the kind of activities and behaviors he should engage in, in order to perform his job well. This is because; role perception determines the direction in which the individual applies his efforts. Youths seem to see the leadership in the nation to have failed them. With the long years of military rule in the country and high spate of political crisis, rights of individuals such as to education, health, etc are being neglected. Unemployment becomes a common feature, and the youths seem to be the worst hit. There is, therefore a tendency for them to look at their plight as the making of a government/ leadership that does not seem to care for them. Hence, Enyinnaya (2006) reported Spiff who advocated that 'the panacea to youth restiveness in the Niger-Delta is educating the youths in the region and ensuring that they pursued courses that are unique and relevant to the nation's needs'.

Since it has been established in this paper that poverty and unemployment are basic contributors to youth restiveness in Africa, it stands to reason that dealing with the rising menace of unemployment has the potency of ameliorating restiveness in the continent. To curb the menace of youth restiveness in Africa, job opportunities should be created. Chukwuemeka and Aghara [67] maintain the opinion that if youth in Africa is gainfully employed, restiveness would die a natural death since, "an idle mind is a devil's workshop". In agreement with the above assertion, Sun Newspaper of 17 February [69] stated that member countries of African Regional Labour Center (ARLAC) were urged at the 46th session of the meeting held at Kampala, Uganda, to adopt pro-active policies and programmers' to tackle unemployment in African countries, which according to them gave rise to youth restiveness, terrorism, armed banditry and arson among others.

As worrisome as it is, the director general of the International Labour Organization (ILO), Guy Ryder during the international youth conference in Abuja in 2019 called for the faithful implementation of the pro-people development model as articulated by (ILO) development template. The template is to strategize operationalization of an integrated employment and empowerment strategy in the national development paradigm. From all indications, it is obvious that youth restiveness could be curbed

through provision of varied employment opportunities. To the above extent, Garvin [70] outlined the following measures, which are apt for dealing with unemployment and youth restiveness in Africa as follows: education and training programmes, Youth access to capital, Universal internet access and greater availability of cheap tech and Skills matching.

More so, Achieving Sustainable Development Goals and ensuring everyone is able to secure decent work means ending the youth unemployment crisis, working with young people and giving them the chance to maximizing their potentials and this would in the long run reduce restiveness among youths in Africa to the barest minimum.

11. IMPLICATIONS FOR COUNSELLING

The fact that unemployment and youth restiveness brings enormous negative consequences to development and peaceful coexistence among all nations in Africa spells out a number of implications for professional counselling practice. Counselling is a profession that assists individuals to understand themselves better, manage their life activities, develop their own points of view and make their own rational decisions. Oguzie and Nwokolo [71] emphasized that the inculcation and maintenance of desirable behaviours among clients are entrusted upon the shoulders of guidance counsellors. Youth restiveness manifest as a maladaptive behavior, which must be addressed by adequately exploring and effectively dealing with the possible causative factors directly from their root. There is no doubt whatsoever that unemployed youths are highly susceptible to restiveness. In the light of the above, therefore a key implication of this study is that there is a great need for African nations to acknowledge, embrace and incorporate professional counselling services in all their empowerment and developmental curricula for the youth. Also professional counsellors should take the bull by the horn and be at the forefront to fight against unemployment and youth restiveness which has become a cankerworm ravaging virtually the entire African continent in resent time. Professional counsellors in their best practices should as a matter of responsibility display their expertise, proficiency and ingenuity to ensure that African youths are provided with adequate psychological empowerment so as to thrive successfully as productive members of the African society. Thus, professional counsellors should apply various

counselling techniques and strategies such as vocational education, career day, workshops, learning to know/learning to do training, transformative paradigm, field trip, among others to empower the youth with appropriate skills and abilities for a smooth transition into the world of work.

More so, African counsellors should come together and form a forum to address the issue of youth restiveness in Africa. Professional counsellors in Africa should also create adequate platform where African leaders and various interest groups in the society can come together periodically to have dialogue with the youths. This will provide a veritable avenue for meaningful suggestions and decisions on how to properly harness and redirect the fresh energy of the African youths into useful ventures for utmost peace, tranquility, progress and effective development in Africa.

In the light of the above, Obi and Oguzie [72] pointed out that one of the main goals of counselling is to enable clients gain proper insight into their own thoughts, behaviours and problems, in order to think in the right direction, make rational and informed decisions and choices so as to be able to proffer solutions to their problems and thrive properly as productive members of the society. It is therefore very imperative that professional counselling services be made available to all African youths, parents, caregivers and political leaders at various levels of governance in the continent. Finally, the Counselling Association of Nigeria (CASSON) in agreement and collaboration with government should promote family and community counselling so as to reach a wide range of the African youths with their career and personal-social counselling needs. The present researchers believe that these would go a long way in curbing the problems of unemployment and youth restiveness in Africa.

12. CONCLUSION AND RECOMMENDATIONS

It is clearly evident that the absence of job opportunities in developing countries is responsible for youth restiveness with disastrous consequences and the case of Africa is not an exception as traces of youth involvement in highly organized violent crimes become ever disturbing and are indeed on the rise without any feasible solution in place by Government to confront these dangerous trends frontally.

Ensuring the wellbeing of its citizens remains the most important responsibility of government. By the same token, safeguarding the lives and property of citizens as well as the provision of enabling environment for job provision are very germane to peace, development and stability. In fact, once security is not guaranteed in any nation, its economic development will be gravely affected since no investor invests in an environment of crisis. Government must therefore wake up from slumber and implement measures to create jobs or at least opportunities so that younger persons can be economically empowered to become self-employed and not allowed to be deceived by reactionary forces or use them as agents of societal destruction. Those persons who can use these restive youths to achieve their selfish agenda include aggrieved politicians, religious demagogues, and greedy multinationals that employ these youths to achieve their selfish ambitions. This leaves in its trails the following consequences; low productivity; intra-ethnic hostilities; unemployment; poverty-prostitution and environmental degradation. Such tendencies can give rise to violent youth restiveness if not comprehensively tackled.

Therefore to massively work out methods for curbing youth restiveness, government officials should among other pragmatic and practical steps:- Increase allocations and realistically/transparently utilize these financial resources for youth development and youth-related programme such as capacity building workshops and the delivery of skills on entrepreneurial leadership for the youth; Ensure accessibility of information for skill acquisition, self-employment, job opportunities, and self-reliance among youth through seminars, workshops, and lectures whereby youth are selected on merit to attend and benefit from the outcome and inputs into such empowerment programs.

Importantly, Governments of different African countries must not relent in the crusade against all forms of corruption in public and private lives; Government must play its constitutional role by creating enabling socio-economic and political environment including the provision of infrastructure to make industrial climate investment friendly.

Finally, the present researchers believe just like other scholars have severally affirmed, that unless a reasonable standard of living is

guaranteed and equitably provided for the youth, they will continue to tend towards violence and crime. Social order can only be promoted particularly in Nigeria and Africa in general when children, youths and the aged are protected against any exploitation whatsoever and against moral and materialistic neglect. Unarguably, the present society is rapidly becoming more sophisticated and the labour market appears saturated. It is therefore only by providing adequate psychological support for the youths and by gainfully engaging in meaningful ventures that we can successfully break the link between unemployment and youth restiveness in African, and the achievement of this noble goal rests upon the shoulders of professional counsellors and Government alike.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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