

ELEMENTS OF PSYCHOLOGICAL ADJUSTMENT AMONG CONTEMPORARY NIGERIAN ADOLESCENTS

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Abstract

This study titled elements of psychological adjustments among contemporary Nigeria adolescents is a descriptive essay that x-rays the adjustment patterns of Nigerian adolescents vis-a-vis the four elements comprising psychological adjustment patterns. These elements in the adjustment pattern include permanency and change, perception, motivation and emotion. The introduction to the study presented at the background what necessitates adjustment and went further to define adjustment underscoring the various manners adjustment could be attained namely, in the economic, religious and biological perspectives citing concrete examples of such types of adjustments. Furthermore, the background presented the definition of adolescent and went further to present an elaborate explanation of adolescents citing the three major conceptions and postulations held on adolescents, namely the biological, cultural and sociological conceptions. The study further discussed the elements of adjustment process namely persistence and change, perception, motivation and emotion and further expatiated how these factors constitute adjustments processes among the Nigerian adolescent. The study was brought to conclusion bringing to focus the situation of the adolescents and the elements of psychological adjustment. Here the study examined the adaptability of Nigeria young adolescence with respect to above cited elements. The study in presenting the Nigerian situation discovered that the Nigerian adolescents tends to respond to adjustment that suites their convenience even when such adjustments are negative and poor. Consequently, their psychosocial and socio-cognitive adjustments levels are poor, they have very poor motivation index, they tend to pressures that are negative and eschew unpleasant situation that are positive.

Keywords: Elements, Psychological Adjustment, Adolescents, Contemporary Society, Nigeria.

Introduction

The transcendental view of the nature of man would present him as a being created in the image and likeness of the maker (Gen. 1:26) and was thrown into the world punctuated with limitations (Gen.3:17FF). These punctuations confront man glaringly in his existential living and pose a lot of challenges to him. However, because man is a creative being with semblance as His creator, he in a reciprocal manner stands head-right to these challenges posed by his nature. He uses his unique gift of transcendence to devise ways of measuring up with these challenges that ranges from the basic need for food, clothing and shelter, to the sophisticated need for self-actualization and industrialization. The duo is at the apex of man's effort to survive, yet in most cases, the extent to which he achieves this success varies. There is a range at which man's need-satisfaction are met. The need satisfaction can be absolute success, partial success, little or no achievement. In areas where the achievements were not to man's satisfaction, adjustments are made to achieve the desired goal, balance or harmony.

From another angle, especially anchoring on the economic perspective, we could say that man is faced with multiple needs but the means to achieve these needs are finite, limited and scarce. Therefore, scale of values is made to approach these need values according to hierarchy or preference. Hence adjustments are said to be made in some values to accommodate the more exigent needs.

Defining Adjustment

Adjustment is operationally defined by Okoye (2001) as process of activities geared towards survival in a given environment. Defining adjustment could be herculean because psychologists are at varying opinions as what constitutes psychological adjustment. According to Okudo (2013) psychologist vary in their opinions as to what defines adjustment, what constitute good adjustments and criteria that qualifies a well-adjusted person. Some see psychological adjustment as attempts to deal with stress, (Hoyt, M.A & Stanton A. L, 2012), to adapt to one's physical and social environmental needs and to achieve harmony between the desire, demands and Constrains imposed by the environment. Other groups uphold conformity to social norms (Bazzazian S & Besharat, M.A 2012). Some mid-twentieth century psychologist such as Baron (1963), Charles (1986) and American Psychological Association (2013) disagrees with these conformist attitudes. They argue that refusal to "often is mark of a healthy character. According to them, the society is not always right. Therefore, in such situation non conformity is upheld. They see flexibility, spontaneity and creativity as signs of healthy adjustment (Okudo, 2013). They maintained that well-adjusted persons are those that have learnt to balance conformity and non-conformity, self-control and spontaneity. They change themselves when the society demand but try to change the society when that seems the better.

As earlier noted, adjustment is seen as processes of activities geared towards Survival in a given environment. Hoyt, M.A & Stanton A.C (2012) views adjustments as positive attitude that has to do with individual qualities of life. Both authors cited above maintained that adjustment is the ability of the individual to experience harmony and be relevant in the society. Consequently, Okudo (2013) views adjustment as a process of altering behavior to attain harmonious relationship with the environment.

Generally, adjustment is a positive attitude that has to do with individual quantity of life Sul, J.M, Luger. T. & Martin, R (2010) stated that most adjustment/adaptations are basically done for amelioration either to aid health condition or improve life qualities. Implying that when people say that they are undergoing adjustment process, this typically mean that they are going through a process of change and search for some level of balance and acceptance with the environment, others or themselves. The search for some level of balance could be experienced in any of the following ways, namely, biologically, psychological, religiously or economically etc.

Biological adjustments are actions that exist in both voluntary and involuntary levels. Voluntary adjustments are consciously sought actions which an individual carry out to solve a bodily need. In winter for example somebody feeling too cold in the room can decide to adjust the room temperature by putting on an electric heater. In doing this he has changed the room temperature and indirectly making an alteration in his body temperature.

Voluntary adjustments could also be made in diets, sex and weight. Some terminal disease can make one to have a change of diet. Emphasis on planning the family has led many couples to some form of sexual adjustments to wit, abstinence, onanism and other forms of birth control (Okudo 2016). Furthermore, people have been involved in some form of gender adjustment through sex transplant. This is a situation in which a gender changes his or her natural sex gender to the opposite. Some engaged in facial or plastic surgery to change their complexion.

Involuntary biological adjustments are those regulatory functions of the body which individuals cannot consciously influence to significant extent. They include the regulatory function of the body system and organs such as homeostasis, osmosis, respiration, excretion, temperature regulation, diffusion etc.

Furthermore, Adjustment can also be seen from the perspective of adaptation, the things we do to survive. They include the various uses of technological inventions which aid man in his daily living such as airplane, air conditioner, auto-mobiles, mobiles phones, cutleries and industrial machines. Adaptive adjustment could also be done in the form of economic change such as newly married couples reducing expenses on entertainment, night clubs and other recreational values to accommodate the demands of their expecting baby.

Again, adjustment could take the shape of psychological adjustment. This happens when the concept of self is such that the sensory and visceral experiences of the organism are assimilated on a symbolic level into a consistent relationship with self-concept (Okudo, 2013; Weiten 2006). Okoye (2001) in this regard maintained that there must be harmony between the sensory and visceral experience an individual encounter within his ambience.

Adjustment could be further illustrated using religious sects and trends. This is evident in the usefulness of various councils, synods and conventions which took place in the past. In the Roman Catholic Church, during the era of Council of Trent, emphasis was on the hierarchy, the central focus of Catholic worship was on the priest, little or no role expectation was bestowed on the laity, however the Vatican II council shifted the emphasis and greater stress was laid on the relationship between the laity and hierarchy. In the Anglican Church, great

change came with the 1999 Lambert conference, feminism was upheld women episcopacy and Liberal rights such as (Gay union) were upheld. This apart, the society of our time is bi-Polarized by the Liberal – orthodox debates on family critical values such as family planning, contraception, gender adjustment, Abortion, Euthanasia, invitro fertilization, capital punishment etc. while the Liberals advocate for a shift from status quo, the orthodox are maintaining their conformity to status quo.

Apart from the above mentioned adjustment patterns, one can also do adjustment towards oneself, concrete examples are changing from one career to another, relocating from one country to another etc.

Finally, adjustment could also be other-person centered in this context we speak of interpersonal relationships. This has to do with attitudinal values towards others or the way we perceive and relate to others in the group or society.

The Adolescents

The concept of adolescent dates back to the ancient times and has been variously defined by experts in different fields. According to Melgosa (2000), adolescent is the transition period between childhood and adulthood. Other authors such as Okudo (2013), Uba, makinde...et al (1990) held similar view. For them, it is a period between childhood and adulthood and it varies from culture to culture. Virtually in most culture no specific age bracket has been accepted as the adolescent age. They are variations as seen in postulations upheld by various group. The biologist conception of adolescents involves the developments of the organs of the body towards maturity. It includes the maturation of both the primary and secondary sexual characteristics in both boys and girls such as sperm production, voice change, pubic hairs in males, while menarche, enlargement of breast and hip in female.

Sociologically however, it has also been argued that adolescent phase is a stage of total dependence of the child on the parents until the person assumes an autonomous status in terms of financial well-being. Invariably for the biologist, the period of adolescents falls within the age limit 11-18 for early maturers and 14-21 for late maturers.

Apart from these two obvious stands, there are some cultures where adolescent phase seems not to exist. Obiukwu (1987) noted that in lower income families, the sociological perspective does not hold because young people are typically put on their own much sooner than in higher income families. Supporting this view, authors such offer & offer (1975) Ebenebe & Unachukwu (1997) were of the view that the image of the troubled and confused adolescents is erroneous and misleading. They maintained that majority of the adolescents do not encounter serious negative attitudes towards their parents. The view of stress and storm depends largely to the different ways the adolescents respond to the physical and psychological change of the teenage age. Buttressing this view Melgosa (2000:10) reporting her experience on meeting of teachers quoted an interpretation a teacher gave this idea of adolescence.

“I am convinced that this whole idea of adolescence is a set-up of pupils to take advantage of us. They do not want to study; we have to understand them because they are adolescents. They don’t obey the school rules because they are at a difficult age. They don’t obey their

parents because they are suffering from the change of this very delicate stage. In short, they are controlling the situation raising the flag of adolescence.

On the contrary however, adolescence defined by the world health organization (WHO) as a second decade of life (10-22 years of age) is a time when significant physical, psychological and social changes occur. During this period of development, adolescents gain more advanced patterns of thinking and reasoning, seek to forge their own identities, form social relationships and attachments and develops an increasing sense of responsibility and independence. It is a time when adolescents may face social challenges such as inadequate educational opportunities, limited prospects of finding rewarding work and health challenges such as early pregnancy, anxiety, depression, violence etc.

Giving the above circumstances, there is no gain saying the fact that the adolescent phase is a troubling moment. Authors such as Ali M ;Farron M; Ouedraogo, L. et al (2018) remarked that the adolescent phase is a period of storm. It is sometimes marked by turbulence and confusion. Ancient philosophers such as Socrates in 399BC saw adolescents as bad mannered, contemptuous for authority and disrespectful to elders. Blum R.W, Mmarik and Moreau C (2017) see them as undergoing constant bombardment of experiences and expectations which places them under a lot of pressure. This view was also shared by authors such as Melgosa (2000) and Great Theorists such as Hall (1904) and Erickson 1963. They believed that adolescent period is a time of “storm” and “stress” on the overall according Anjul Mathotra and Priya Nanda (2019) the common denominator in all adolescent experiences irrespective of cultural variations is the biological changes from child hood into mature adult status capable of sexual activities.

These changes may be physical, emotional, moral and socio-economic oriented. It is also the time they are personality conscious. According to Okudo (2013), it is said to be a period when they ask such basic questions such as who am I, what will i do with my life and do I accept the ideas of the previous generations. It is a period when they sought to resolve personality identity. Because of this, the period is marked by various adjustments. All other periods are built on this primordial action of protecting the shame, rationalizing over the Id, taming the instinct and educating the mind. Also associated with the biological adjustment of the adolescent is the attainment of sexual maturation. According to Norton, Chandra Mouli and lane (2018), a young child at the onset of sexual awaking is confronted with the emotional turbulence of sexual drives and gratification. His sexual adjustment will reasonably be determined by the norms of the society. In cultures where teenage sex is prohibited and frowned at it may lead to sexual deviations such as masturbation, same sex relationship and other exploratory activities to the point of orgasm. Consequently, Uba (2002) Maintained that the attainment of sexual maturity and the accompanying increase in sex drive during adolescents may precipitate some major adjustment problems. How these adolescents learn to handle their recently strengthened drive will depend on his personal history and social adjustment. This apart, it is also important to underscore that other forms of adjustments are made in other significant aspect of the adolescent life to accommodate his physical, moral, social and emotional development.

Elements of psychological Adjustments

By elements of psychological adjustment, it is meant those features or qualities that are central and essential to psychological adjustments, they are:

- i. Persistence and change
- ii. Perception
- iii. Motivation
- iv. Emotion

Persistence and change as elements of psychological adjustment process

Persistence and change are two opposite related words. In other words, change is the antonym of persistence. When something is not persisting, it changes or varies. Conversely some synonyms explain the concepts of persistence and change properly. Similar concepts such as permanence, constant and static are for persistence, while for change words such as flux, dynamic, and variations are applicable. It is Heraclitus who posits change as the only permanent thing. In his assertion, everything is continually in a state of flux changing to attain perfection. Change here means an alternation in the nature of an action, event or phenomenon. Change can be either qualitative or quantitative changes more over psychological changes can be either positive or negative; however, positive changes are psychologically termed normal development and almost all negative situations are termed abnormal cases.

Generally, psychological adjustments are commonly related to positive changes. In fact, adjustments are changes in conformity to positive values or need value which an individual aspires. They are alterations made in the environment, self (biological, hereditary), relationships and society.

Furthermore, it is also important to note that change is a growth and development related phenomenon. According to Ugwuegede (2006) development refers to qualitative and quantitative changes while Weiten (2007) sees growth as a physical increase in size across many bodily dimensions simultaneously.

Change could be illustrated physiologically by increase in size, height and weight. The cognitive psychologists emphasizing on change as it relates to growth proffered a four stage transition which an individual undergoes from childhood to adulthood. In this regard, Ebenebe and Unachukwu (1997) writing on the cognitive development of piaget outlined these four main stages as sensory motor stage, preoperational stage, concrete operational and formal stage.

The stages mentioned above have features and characteristics particular to each stage and growth occurs when the individual moves from one stage to another in a progressive manner implying that transition or change of stage has occurred which resulted to growth, therefore growth is an example that illustrates change while change (size, height etc) indicate growth. Hereditary and environment are further example that elucidates change. This is typically noticeable in individual differences even among identical twins. The change/variation through hereditary endowment could be in terms of height, voice, color of eye, body built, skin pigmentation, size and shape of ear, lips and eyes etc.

Concerning permanence or persistence, they are used to explain qualities that are stable, static and do not fluctuate. It could be said to be those things that do not accept change and cannot be altered. Any alternation in its nature, quality or essence becomes abnormal. Examples could be seen in things like rationality. Welten (2007) stated that humans essentially are rational beings and that rationality is a value that distinguishes human from all other species. It is also a value at the formation of every positive adjustment an individual makes. It elicits and aids adjustment but cannot in itself change since a change of the minutest variation will alter its true essence. The same applies to intelligence. It is one of the qualities that could be used to illustrate permanence; again, character and gender are psychological and physical qualities that tend to persist and re-occur in humans. Such re-occurring behaviors may be positive or negative. While positive re-occurring behaviors lead to good adjustment, the negative re-occurring behaviors lead to poor adjustment. Concerning gender, Mmari, Blum et al (2017) noted that they are permanent physiological features determined by the gene the individual received from parents (Ugwuegede 2006). Genders are classified into two namely, male and female genders. The Christian scripture remarked that they were created male and female. Therefore, gender is a permanent physiological quality one receives at birth. While the males are said to be masculine in gender, the females are termed feminine although exceptionally some degree of adjustment is traceable to the minority class born as hermaphrodites or she males, modern science recommends that sex transplant be carried on them.

Perception as element of psychological adjustment process

Perception could be easily understood when we make recourse to phenomenal realities in our existence. In physics we speak of the mirage. The mirage is a simple phenomenon where by a pool of water appears on the road when seen from afar, but as you approach the spot it vanishes. Other examples are cases of illusion, real and apparent depth, looking at yourself from the mirror, prisms and binocular etc. In philosophy, we speak of appearance and reality and certain slogans such as “not all that glisters are gold or the allegory of the elephant and the five blind men that touched the elephant each described the elephant from the perspective experienced. In psychology however, perception is illustrated using a vase. At the background, the vase appears like two faces when critically examined, but at first glance it looks like a wine glass having two formations. Perception ordinarily taking comes from the verb root “to perceive” and it has a link with the sense. It is a sensory phenomenon and it is associated with the process whereby individuals recognize the phenomenal activities and event in the environment. Ugwuegede (2006) stated that “perception involves the way the eye, the nose, the ear, the tongue, skin and common sense pick information from the environment. Obidigbo (2005) describing perception from the psychological perspective sees it as the way our environment looks, feels, tastes, sounds, and smells and how the individuals perceive them. It is the window to the individual awareness of his environment”. Obidigbo also noted that perception involves selecting, organizing and interpreting sensory stimulus meaningfully. It is the ability to process raw data an individual receives into meaningful patterns.

Motivation as element of psychological adjustment process

Historically, motivation is derived from the Latin root “Movere” which means to move into action. Ugwuegede (2006) stated that they are those drives that impel people to behave the way they do. Okoye (2001) defined motivation as psycho - physiological or internal processes,

initiated by some need, which leads to an activity to satisfy that need. Uba (2002) refers to motivation as an intervening variable used to account for factors within the organism which arouse, maintain and channel behavior towards a goal. Different psychological schools have emphasized different aspects of motivation process. Some groups see the expedient drive as coming from the external or extrinsic drive while others believe the drive is intrinsic or internal. The intrinsic drive forces include such impulses that might compel man into action such as hunger, sleep, anger, passion etc. the extrinsic drive forces on the contrary are those drive forces that impinges on man compelling him to solve or act in a way resolute to the demand of the compellant. Typical examples of such extrinsic factors are job, friendship and academic. Furthermore, Weiten (2007) categorized these psychologists into those that concentrate on tissue (physiological) need propelling force (sex, hunger, thirst) and (social) needs such as (friendship, job, economy, wealth, e.t.c). He concluded that both the social need and physiological needs constitute this motivational process. Thus motivation is conceived as involving both the internal or intrinsic drive and the external or extrinsic drive. While the internal or intrinsic drive mainly comprises of the inner needs such as Freudian drives, instincts, appetites and habits etc. the external or extrinsic drive also known as incentive drives includes those that induces individuals into actions and need perception.

Emotion as an element of psychological adjustment process

Emotions are easily felt than described. It is easier to talk about emotion than to define them in a scientifically accepted manner. However, the word emotion is derived from the latin word "emovere" which means to "stir up" in defining emotion, attention is directed towards bodily actions involved and the overt behavior accompanying feelings and impulse. Uba (2002) sees emotion as an aroused state of an organism involving conscious, visceral and behavior changes. Ugwuegede (2006) stated that emotion is the stirred up condition of the organism involving external and internal changes of the body. According to her, emotion is an outward expression of an individual's inner feelings which are aroused by his behavior or behavior of others and events in the environment. Weiten (2007) defined emotion basically as stirred up or arouses state of being. It is something one is basically moved to do for instance, we are moved to tears, laughter, to feel sad, angry, aroused, happy etc. There are two types of emotions namely the pleasant and unpleasant emotions. Pleasant emotions are internal and dynamic reactions that accompany the satisfaction of one's basic needs such as laughter, happiness, joy, sexual arousal etc. On the contrary unpleasant emotions are internal dynamic reaction that accompanies either the satisfaction or frustration of one's basic needs

The Nigeria adolescents and elements of psychological adjustment

Psychological adjustment is most commonly attained with variations in individual life. Within adolescent age for instance, adjustment is most radically observed and tend to be associated with the phases of development and growth especially the physiological needs of sexual maturation, the social needs of interpersonal relationship, cognitive needs of academic achievement and the psychological needs of the concept of self. In respect to the aforementioned factors, namely, sexual behavior, social integration, good academic self-worth and good self-image, how do the contemporary Nigeria adolescents adopt to these psychological adjustment variants namely, change and permanence, perception, motivation and emotion?

Concerning change and permanence, they are two sides of the same coin because the opposite of change is permanent. However as regards to both with respect to the four aforementioned variable, it is noticed that the present day Nigerian adolescents are attuned to and adapted to change more readily than tilting and accepting orthodox and permanent things. For many adolescents, things that are permanent are seen to be out of fashion, not in vogue and obsolete even when they encourage positive and good adjustments. For instance, the older generation encourages prudent dressing for all adolescents. However, young adolescents (boys and girls) of nowadays are seen almost half naked on the streets and in the campuses Ifeakor (2018). This seemingly because they are more adapted to current trends even when such things may lead to mal-adjustment. This explains the reason for the debased sexual orientation prevalent among them, poor relational attitude and disrespect for elders, involvement in examination malpractices and campus cult as well as poor image of self (Odoemelam, 2006).

In the overall, the adolescents are seen to majorly manifest poor psychosocial adjustment. Concerning the way, the Nigeria adolescents perceive things; it is observed that their perception significantly is characterized by aberration and alteration. This is due to the fact that adolescent phase is seen as a period of turmoil. Most psychologists present it as a time of crisis, a period known to be stormy and stressful in the life of teenagers. Jerome Amir Singh, mmahil siddigi et al (2019) refer to adolescent phase as a “period” in every person’s life when all seems to be confused, when nothing is well in the eyes of the perceiving adolescent.

Furthermore Santruct (2021), Unachukwu and Ebenebe (1997) refer to it as a period when his/her role is not clearly delineated. This confusion and false perception are clearly seen practically in most values held by the adolescents. The principle of transference explains the relationship between their actions and state of being. Here one notices these deficiencies in the way they select, organize and interpret data. With respect to the way they select data, although series of stimuli impinge their senses, they tend to select those appealing to them. For instance, the Nigeria adolescent are acquainted with the use of cell phone, the cell phones in the real context was geared towards enhancing communication and could as well facilitate proper learning. However, these adolescents instead of profiting from the wealth of advantage provided by information technology, they use their smart phones to watch obscene pictures Qkudo(2013), listen to mundane lyrics, engage in cyber criminality, send nude pictures, create media propaganda etc. The above are obvious consequences of the impact the stimuli impinge on their senses.

Furthermore, it’s been observed that they Nigerian adolescent are unable to organize and make their interpretation of data in the pattern unbiased in approach. They tend to approach reality from their own mirror and give interpretation to reality based on what they believed they perceived from their mirror.

Giving this background, it then becomes obvious that their understanding of reality determines the way they take their adjustment; implying that their adjustment is a direct function of their perception. When their perception changes, adjustment follows. These juxtaposed with psychological variants of sexual maturation, interpersonal relation, cognitive need and concept of self, it is generally observed that pattern of adjustment reflects their phase of growth. For instance, their sexual maturation, boys and girls are usually shy of each other at early adolescent and they show attitude of dislike. But at late adolescent, their perception

of each other changes from attitude of dislike to heterogeneous affiliation, contrary to the homogeneous affiliation notice in early adolescents. Furthermore, the Nigeria adolescents from their perception of the environment believe in immediate gratification especially in Nigeria where accolades are poured on the rich and the so called “successful people”. These false encomiums attract these young adolescents who engage in immediate and instant money yielding endeavors in response to the way they perceive their environment. Consequently, hard work is deemphasized, poor study habit, disrespect for elders, indiscipline, quick money, certificate racketeering and other deviant attitudes Ifeakor (2018) are developed. The overall result is poor socio-cognitive adjustments of these young adolescents

Concerning the Nigerian adolescent motivation or what moves them to psychological adjustment. Santruck (2018) and Ugwuegede (2006) enumerated three factors as sources of their motivation; they include tissue needs, external condition and perception of their environment or self. Put in another way, we talk of their physiological needs, interactional needs and perceptible needs. These determine their psychological adjustments which generally tend to be positive when these need values are positive and negative when the need values are negative. However, the Nigeria adolescent’s motivation “index” is poor in that majority of them seem to adjust to negative values because they are poorly motivated. The false value standard Ifeakor (2018) in the society have led too many of the Nigerian adolescents to the street in search of quick riches. This apparently leads some of them into engaging in demeaning activities such as cyber criminality, drug trafficking and dropping out from school. They engage in other social vices such as gambling and robbery to make money. Finally, on emotion, as an element of adolescent psychological adjustments, it is observed that the Nigeria adolescents like their counterparts tends to pleasant actions even when they are negative and could lead to maladjustment and they withdraw from unpleasant actions even when they are positive and could lead to positive and good adjustment. For instance, some Nigerian adolescent may enjoy and desire more of alcohol and parties at expense of very studious moment because of the pleasure inherent there-in, despite the fact that such may hinder their proper socio-cognitive adjustment. Equally some may detest teachers that give too much homework and assignment because of the resulting displeasure.

Conclusion

Discussing the elements of psychological adjustments among contemporary Nigerian adolescents, four psychological variants plays very significant roles and they include perception, motivation, emotion, change & persistence. These factors summarily presented, firstly, sees perception as the window to the individual’s awareness of his environment, the way the environment looks, feels, tastes, sounds, smells and how the individuals perceive them. Perception also involves selecting, organizing and interpreting sensory data meaningfully. It is the ability to process raw data into meaningful patterns (Ugwuegede, 2006). Secondly, it presents motivation as those drives that propel people to behave the way do. Those intervening variables used to account for factors within the organism which arouse, maintain and channel behavior towards a goal. The source could be either external such as job, academics and friendship or internal drives such as hunger, thirst etc.

Thirdly, it presents emotion as an outward expression of an individual’s inner feelings which are aroused by his behavior or behavior of others or events in the environment (Santruck,

2018). It could be classified as pleasant or unpleasant emotions. It is something one is basically moved to do.

Finally, it presents change and persistence as one of the four elements influencing the psychological adjustment of the adolescents (Santruck, 2021). Then we look at how readily these adolescents accept new trends or maintain an equipoise with respect to emerging trends. In the mirror of the above four factors, it could be said that the Nigeria adolescent have poor awareness and ability to interpret their environment, not goal oriented because they seem to have very low motivation index, they are apparently tilted towards negative values (Ifeakor, 2018). They tend to things that are pleasant even when such is a disvalue and could lead to poor adjustment. They equally shy away from unpleasant and positive values even when such could lead to positive adjustment. Sequel to the above factors, it could be said that some Nigeria young adolescents in a litmus of the four psychological elements tend to exhibit poor socio-cognitive and psychosocial adjustments readily seen in examination mal-practices, cultism, disrespect for elders and lack of confidence. The reasons for the poor socio-cognitive and psychosocial mal-adaptation seen among some of the Nigeria adolescents have been traced to the following three factors, namely: poor socialization, disinterestedness of the Government and religious aberrations. These affect the young Nigeria adolescents and the overall effect is their poor adjustment as was observed by (Odoemelum, 2005).

It is a Latin adage that says, "Nemo dat quod non habet" nobody gives what he/she has not. It is only what one has that one gives. It is a way of saying that our adolescents are reflections of what the society, Family, religious institutions and the Government imbued on. They follow after the footsteps of the adult members of the society (cutting corners, greed, nepotism, extortion, bribery, corruption, licentiousness, cultism, examination mal-practice Dimkpa (2011), etc. Like the proverbial ewe that learns how to chew curd from the mother. Ours is a typical reflection of poor socialization and bad Governance.

Recommendations

The socialization agents especially the family, which is the first, pivotal and principal agent in the socialization process should be conscious of their nurturing role play and adapt positive stands that will impact on the concept of self (self-esteem, self-worth, self-image) of these young adolescent in other to be properly motivated, and moved into choosing positive values. The leadership of time should place high premium on positive values standards in the society and give incentives to motivate adherers. By doing the above, they will impact positively on the perception and emotion of this young adolescents thereby motivating them towards goal oriented behavior and making meaningful choices realizing that not all that glitter is gold.

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