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## HEALTH BENEFITS OF KWARA BRIDGE EMPLOYMENT SCHEME (KWABES) AMONG YOUTH BENEFICIARIES IN BARUTEN LOCAL GOVERNMENT AREA Or KWARA STATE NIGERIA

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### Abstract

The study examined the Health Benefits of Kwara Bridge Employment Scheme (KWABES) among Youth Beneficiaries in Baruten Local Government Area of Kwara State. The variable examined includes KWABES and reduction of Depression, Stress and Substance abuse among youth beneficiaries in Baruten Local Government area on the bases of gender, education and constituencies' differences. Research design adopted for this study is a descriptive research design of the survey type. The population of the study consisted of the 268 beneficiaries of KWABES across the 11 electoral Wards in Baruten Local Government Area. The instrument used was researcher's structured and developed questionnaire, validated by three jurors' in the field of Health Education from the Department of Health Promotion and Environmental Health Education, University of Ilorin. Split-half method was used to test the reliability of the instrument using Spearman's Ranking order to get the reliability Co-efficient of 0.74r. Inferential statistics of Chi-square was used to analyze the data collected for this study. All the hypotheses formulated for the study were tested at 0.05alpha level of significance. The results revealed that KWABES opportunities have significant role in the reduction of depression, stress and substance abuse among the youth beneficiaries in Baruten Local Government Area. Based on the findings of this study, it was recommended among others that, youth employment scheme should be made more elaborate to impact enormous health benefits to youth beneficiaries across the state.

Key words: Health, Employment, Benefits, Youth.

### Introduction

The enormous health values attached to youth employment calls for an objective review and implementation of youth empowerment programme across the country. It is in line with this notion that Kwara Bridge Employment Scheme (KWABES) came to be. The programme was launched by the Government of Kwara State under the leadership of Governor Abdulfatah Ahmed on the 29th May 2011. KWABES is a scheme created to capture and analyse data on employable youth with the objective of getting them gainfully employed (Abdulfatah, 2011).

Abdulfatah, (2011) at the launching of the programme stated that youth represent the most important human resources in our society therefore opportunities must be provided for them to activate their latent potential through necessary support structures such as jobs and entrepreneurial support. Thus, every policy would be designed to dovetail into the youth employment generation programmes. We must make a deliberate effort to manage the youth. Youth empowerment is an attitudinal, structural and cultural process whereby, young people gain the ability and authority to make decisions and implement change in their own lives and the lives of other people (Vavrus & Fletcher, 2006).

The popular saying that a hungry man is an angry man applies here, as the society is and can never be at peace without finding solution to idle youth around who are searching for their livelihood at all cost and can go extra miles to imbibe any form of social vices. The violence, destruction of lives and properties, kidnappings, oil bunkering among others are result of uninformed youth who needs to be identified and employed.

Health is a complete state of physical, mental, and social wellbeing and not merely the absence of diseases or infirmity (World Health Organization, 1946). Actualization of healthy status in an individual will become difficult, in an idle, unemployed and a jobless youth to combat depression, stress, loneliness or isolations, unhealthy habit, and substance Abuse.

The youth constitutes 60% of African population and 36.9% of its workforce (Ibrahim, 2012). Devastatingly too, girls in Sub-Saharan Africa have the highest rate of early marriage and early motherhood, as well as the highest maternal and child mortality rate for young mothers thus account for high rate of youth unemployment and under-employment (Ibrahim, 2012).

WHO in Ottawa Charter for Health Promotion (1986), indicated that people cannot achieve their fullest health potentials unless they are able to take control of those things which determines their health. The control of the determinants of



health cannot be obtained without been employed. This informed the need for this study, health benefits of Kwara Bridge Employment Scheme among youth beneficiaries in Baruten Local Government Area, Kwara State.

The youth are the bed rock of every society who dominates the active workforce in the development of every nation. However, a critical examination of the Nigerian society shows that the youth are not properly taken care of with particular reference to joblessness and under employment. Consequences of these two economic issues result to tendencies with negative impact on the society which includes and not limited to such social vices like, insurgencies of violence, armed robberies, prostitutions, kidnapping and hired assassinations among others (Paul & Moser, 2009). Suzanne, Jennifer and Amy, (2010), opined that unemployment affects the health of an individual in the following ways depression, stress, unhealthy habits, isolation or loneliness and the risk of substance abuse.

Linn, Sandifer and Stein, (1985) reported that symptoms of somatization, depression, and anxiety were significantly greater in the unemployed than employed. It was also observed that unemployed men made significantly more visits to their physicians, took more medications, and spent more days in bed sick than did employed individuals.

Henkel, (2011) stated that risky alcohol consumption (associated with hazardous, binge, and heavy drinking) is more prevalent among the unemployed. They are also more likely to be smokers, to use illicit and prescription drugs, and to have alcohol and drug disorders (abuse, dependence).

Robert, (2013) addressing the psychological and lifestyle effects of unemployment could significantly impact longer-term health of these individuals. Moreso, the unemployed should be counseled to pay special attention to better health habits. Indeed, during the time of unemployment, a key emphasis on counseling should be on healthy lifestyle, including diet, exercise, reduced drinking, eliminating smoking and reducing stress.

### Research Questions

The following research questions were raised for the study:

1. Does KWABES reduce depression among youth beneficiaries in Baruten Local Government Area of Kwara State?
2. Does KWABES reduce stress among youth beneficiaries in Baruten Local Government Area Kwara State?
3. Does KWABES reduce substance abuse among youth beneficiaries in Baruten Local Government Area Kwara State?

### Research Hypotheses

The following research hypotheses were formulated for the study:

1. KWABES will not significantly reduce depression among the youth beneficiaries in Baruten Local Government Area Kwara State.
2. KWABES will not significantly reduce stress among the youth beneficiaries in Baruten Local Government Area Kwara State.
3. KWABES did not reduce substance abuse among the youth beneficiaries in Baruten Local Government Area Kwara State.

### Research Methodology

Descriptive research design of the survey method was used for this study. The population comprises all the 268 beneficiaries of KWABES in Baruten Local Government Area of Kwara State as at March, 2013. Purposive sampling technique was used whereby all the 268 beneficiaries from eight Secondary Schools, four District offices and health facilities where the beneficiaries are serving, across the 11 electoral wards of the Local Government including the Secretariat, participated in the study.

A researcher's structured and developed questionnaire was administered on the health benefits of Kwara bridge employment scheme among youth beneficiaries in Baruten local government area, Kwara State. The questionnaire was the 4-point Likert scale format which elicited information from each of the postulated hypotheses. The questionnaire was validated by experts in the field of health education. A test-retest method was used to establish the reliability level of the instrument used for the study. A reliability coefficient of 0.74 was obtained used for data collection with the aid of two trained research assistants. In all a total of 268 copies of questionnaire were administered (to all KWABES beneficiaries). The data emanating from the study were subjected to inferential statistics of chi-square ( $\chi^2$ ) at 0.05 alpha levels.

### Results

#### Hypothesis 1

KWABES will not significantly influence the reduction of depression among the youth beneficiaries in Baruten local government area of Kwara State.

Table 1: Chi- square analysis on KWABES and reduction of depression among the youth beneficiaries in Baruten Local Government Area

S/ N	Variables	SA	A	D	SO	Total	$\chi^2$	D F	Table Value	Deci- sion
1	KWABES have reduced the prevalence of emotional problems among beneficiaries.	82 (30.60 %)	98 (36.57 %)	47 (17.54 %)	41 (15.30 %)	268 (100 %)				
2	KWABES have reduced the prevalence of psychological disorders resulting from joblessness in beneficiaries.	74 (27.61 %)	108 (40.30 %)	51 (19.03 %)	35 (13.06 %)	268 (100 %)	223.73	12	21.03	Ho Re- jected
3	KWABES have reduced the prevalence of Suicidal thoughts resulting from joblessness	80 (29.85 %)	107 (39.93 %)	41 (15.30 %)	40 (14.93 %)	268 (100 %)				
4	KWABES didn't reduce depression among beneficiaries.	98 (36.57 %)	93 (34.70 %)	37 (13.81 %)	40 (14.93 %)	268 (100 %)				
5	KWABES didn't help in the improvement of mental well-being among beneficiaries.	99 (36.94 %)	92 (34.33 %)	37 (13.81 %)	40 (14.93 %)	268 (100 %)				
	TOTAL	433	498	213	196	1340				

Significance > 0.05 alpha level.

Table 1 above revealed that the calculated chi-square ( $\chi^2$ ) value of 223.73 was greater than the table value of 21.03. Therefore, the null hypothesis was rejected.

This implies that, KWABES helped in reducing depression among the youth beneficiaries in Baruten Local Government Area. This is against the high prevalence of depression among the youth before the launching of KWABES in Baruten L.G. A. of Kwara State.

#### Hypothesis2

KWABES will not significantly influence the reduction of stress among the youth beneficiaries in Baruten Local Government Area Kwara State.

Table 2: Chi- square analysis on KWABES and reduction of stress among the youth beneficiaries in Baruten Local Government Area

si N	VARIABLES	SA	A	D	SD	TO- TAL	X <sup>2</sup>	DF	TA- BLE VALU E	Deci- sion
6	KWABES has reduced cases of stress among beneficiaries	69 (25.53%)	96 (35.52%)	53 (19.70%)	50 (19.25%)	268 (100%)	186.5	12	21.03	Ho Rejected
7	KWABES has reduced uneasiness of job search among beneficiaries.	72 (26.87%)	88 (32.84%)	52 (19.40%)	56 (20.90%)	268 (100%)				
8	KWABES has no impact in stress reduction	80 (29.6%)	84 (31.8%)	37 (13.72%)	67 (24.88%)	268 (100%)				
9	KWABES has put in place it's schedules, to minimize stress	104 (38.81%)	50 (18.66%)	65 (24.25%)	49 (18.28%)	268 (100%)				
10	All beneficiaries are now aware of the impact of KWABES to stress reduction	67 (25%)	103 (38.43%)	39 (14.55%)	59 (22.02%)	268 (100%)				
	Total	392	421	246	281	1340				

Significance > 0.05 alpha level.

Table 2 above revealed that the calculated chi-square ( $X^2$ ) value of 186.5 was

greater than the table value of 21.03. Therefore, the null hypothesis was rejected. This implies that, KWABES significantly helped in reducing stress among the youth beneficiaries in Baruten Local Government Area. This is against the high prevalence of stress among the youth before the launching of KWABES in Baruten L.G.A. Kwara State.

### Hypothesis3

KWABES will not significantly influence the reduction of substance abuse among the youth beneficiaries in Baruten L.G A.

Table 3: Chi- square analysis on KWABES and reduction of substance abuse among the beneficiaries in Baruten L.G A

si N	VARIABLES	SA	A	D	SD	TO- TAL	X <sup>2</sup>	DF	Table Value	Deci- sion
11	KWABES has improved the attitude of the beneficiaries to drug use	71 (26.4\$ %)	81 (30.2 2%)	90 (33.58 %)	26 (9.70% )	268 (100 %)	133. 67	12	21.03	Ho Re- jected
12	KWABES has reduced prevalence of mental disorders resulting from drugs.	86 (32.09 %)	69 (25.7 5%)	83 (30.97 %)	30 (11.19 %)	268 (100 %)				
13	Beneficiaries of KWABES are now involved in the fight against substance abuse.	69 (25.75 %)	96 (35.8 2%)	48 (17.91 %)	55 (20.52 %)	268 (100 %)				
14	KWABES has reduced the number of youth who smoke substances.	51 (19.03 %)	99 (36.9 4%)	54 (20.15 %)	64 (23.88 %)	268 (100 %)				
15	KWABES beneficiaries are now aware of the health implications of alcohol	67 (25%)	101 (37.6 9)	51 (19.03 %)	49 (18.28 %)	268 (100 %)				
	TOTAL	344	446	326	224	1340				

Significance > 0.05 alpha level.

Table 3 above revealed that the calculated chi-square value of 133.67 was greater than the table value of 21.03. Therefore, the null hypothesis was rejected. This implies that KWABES significantly helped in reducing substance abuse among

the youth beneficiaries in Baruten Local Government Area. This is against the high prevalence of drug abuse among the youth before the launching of KWABES in Baruten L.G. A.

### Discussion

The findings on hypothesis I revealed that, KWABES significantly helped in the reduction of depression among the youth beneficiaries in Baruten Local Government Area. This is against the prevalence of depression among the youth before the launching of KWABES in Baruten L.G. A. of Kwara State. This finding is in consonance with the postulation of World Health Organization (1986), that Mental Health as “a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.

Hypothesis II also found that, KWABES significantly helped in the reduction of stress among the youth beneficiaries in Baruten Local Government Area. This is against the prevalence of stress among the youth before the launching of KWABES in Baruten L.G. A. of Kwara State. This finding is in line with the postulation of Suzanne, et, al, (2010) observed that stress is one of the most common health effects of unemployment.

Hypothesis III also stated that, KWABES significantly helped in the reduction of substance abuse among the youth beneficiaries in Baruten Local Government Area. This is against the prevalence of substance abuse habits among the youth before the launching of KWABES in Baruten L.G. A. of Kwara State. This finding is in line with the view of Cheung, (2000) stated that the ability to control drug use may vary along a continuum from compulsive use at one end to controlled use at the other.

### Conclusion

Based on the findings from this study, the following conclusions were established:

1. KWABES has significantly reduced depression among the youth beneficiaries in Baruten Local Government Area. All beneficiaries of the scheme are relieved of depression especially resulting from joblessness or job search because their now psychologically better. This is as against the prevalence of such cases before the launching of the scheme.
2. The scheme has significantly reduced stress among the youth beneficiaries in Baruten local government area. This is because all the beneficiaries are encouraged to participate in the monthly workshop where issues of stress management are discussed. This is to keep them current in their jobs as well as impact knowledge which made the scheme worthwhile to their health. This is as

against the prevalence of such cases before the launching of the scheme.

3. KWABES programme has significantly reduced the abuse of substances among youth in the area. The use of drugs especially cigarette, tutolin syrup/lacasera, tramadol and indian hemp has reduced drastically among the youth, especially beneficiaries of KWABES and some other non beneficiaries across Baruten L.G.A. This is against the prevalence of such cases before the launching of the scheme.

### Recommendations

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

1. KWABES and other youth employment schemes should be made more elaborate to impact enormous health benefits to youth beneficiaries cross the state and Nigeria at large. Programmes like education on reduction of depression, should be included in their training programmes and imbibed by the work environment, towards a permanent reduction of stress among youth.
2. The recruitment of youth into KWABES and other employment schemes should be made to ameliorate stress experienced as a result of job search. This if ensured will pave way for all encompassing health benefits among the youth across the state and Nigeria at large.
3. More so, KWABES and other employment schemes should be put in place thorough monitoring to check the conducts of youth beneficiaries against indiscriminate drug use and abuse. This is to keep the beneficiaries against the temptation of recurring cases of indulging in substance abuse and make them realize penalties of substance abuse.

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