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THE FAMILY PSYCHOLOGICAL WELLBEING AS CORRELATE TO SOCIO POLITICAL AND ECONOMIC CLIMATE AMONG INDIGENES OF SOUTH EASTERN STATES OF NIGERIA

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ABSTRACT

This study was on the family psychological well being as a correlate to sociopolitical and economic climate of indigenes of south eastern state of Nigeria. Three research questions and three hypotheses guided the study. The correlation survey was used for the study. The population of the study comprised of 2500 families under ten (10) years of marriage (ministry of social welfare) drawn across the five states. Multi-stage sampling technique was used to select the sample size. The instrument was face validity and the reliability was established using split half method and the result analyzed using Cronbachs' alpha which yielded reliability co-efficient of 0.74. The data collected was analyzed using Pearson product moment of correlations. The result indicated that a positive relationship exists between the family psychological wellbeing and sociopolitical and economic climate of indigenes from south eastern states of Nigeria. the hypothesis also revealed that there is a significant relationship existing between urban and rural family psychological wellbeing based on the socio-political and economic climate. The following recommendations among others were proffered. There is the need to overhaul the sociopolitical climate of the entire country. Stringent measures are to be taken against bribery and corruption. There is need to mount campaign against indiscipline, oppositions and pressure groups should be encourage, consultation of counsellors is also recommended.

Keywords: family, psychological wellness, socio-political, economics, climate.

INTRODUCTION

In recent time, the general climate in the country Nigeria has been described as inclement, harsh and suffocating. This is because of the very bad and disgusting sociopolitical and economic situation that one time pride of Africa was plunged into. Everything about the country Nigeria is in shambles, messy ad ruined. This is clearly seen in the high level of corruption, bribery, lawlessness, bad governance, anarchy, insecurity, poverty, national wealth inequality, social and political integration conflicts replete in the society (Cooper, 2011, Stanley, J.K, et al 2011). These among others are the features that describe the socio-political situation of Nigeria. The World Health Organization affirms these as factors that describe the socio-political situation of most countries

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The term sociopolitical is a complex term taken from two compound words namely; social and political factors. It is a combination of the social and political dimension of a group. The oxford advance learners' dictionary presents it as relating to the society and politics. Viewed from the context of the prefix, the term "socio", refers to the behaviors of people including the ways they interact with one another. While politics, according to Mark Carol Rom et al (2022) involves all the actions of government and all the people who work for, serve or challenge it. In view of the above, the political scientist Harold Lasswell defined politics as "who gets what, when, how". He noted that politics exist whenever people interact with one another to make decisions that affect them collectively. The Wikipedia defines it as set of activities that are associated with making decisions in group, or other forms of power relations among individuals such as the distribution of resources or status. Based on the above and according to David Easton politics is the authoritative allocation of values. He simplified the definition of politics by stating that politics refers to the way that countries are governed, and to the way that government makes rules and laws to manage the human society. Therefore, the term socio-political could be defined as the relationship between the behaviors of people and how they are governed (decision making, distribution of power resources and allocation of values). Given the context above, the sociopolitical climate could be defined as the prevailing standards of behaviors of the people and how they are governed (decision making, distribution of power/resources and allocation of values) within an era.

Related to the above is the economic climate. According to the American economic association, Economics can be defined in a few different ways it is the study of scarcity. It can also refer to the study of how people use resources and respond to incentives. Again, it can also refer to the study of decision making. It is a broad discipline that involves wealth, finance, expenditures and money. Based on the above, economics affects everyone because as a concept it helps to make financial decisions and shape public policy. Therefore, economic climate can be viewed as key factors within a country including the number of goods and services produced availability of job, affordability of goods and services, tax rates, inflation, labor supply and demand, wage laws and policies, government activities and recession etc.

Furthermore, it is important to underscore that the above mentioned namely, the sociopolitical and economic climate prevalent among a given society determines the social stress level of that community. Based on the above, the social stress theory suggests that problematic social organization/.structure/circumstance would enhance stress and aggravate negative feeling and poor mental health and wellbeing (ness) among the people especially the family. Imply that the degree or level of wellness of the family is determined by the quality of

their socio-political and economic milieu. Families tend to be healthy when the quality of socio-political and economic input is high vice versa. Consequently one can infer that the rugged nature of the sociopolitical and economic climate in Nigeria will adversely affect the Nigerian families.

The Family according to Malika and Radha (2015) is the most personal social group. Ifejiofor (2019) agreed with this view and stated that the family is the smallest and most intimate of social groups. It comprises of people living with each other and essentially forms the primary social group known as the smallest social unit. Amadi (2018), Mallika and Radha (2015) remarked that it is the hub of the most personal interaction and relationships existing in the society. Through the interactions and relationships, certain role functions are fulfilled and environments created. The role functions are achieved through socialization and acculturation processes by which the young infants are engrafted into the societal social patterns. In a similar manner, through such interactions and relationships, certain environmental factors that enable good family settings are achieved. Among such environmental factors is the family psychological wellbeing (wellness).

Psychological wellbeing refers to a feeling of doing well and being happy. It is a positive mental state that describes the state of happiness and satisfaction of an individual. Yiyuan, Rongxiang and James (2019) defined psychological wellbeing as a complex construct that concerns optimal psychological functioning and experience. The hedonist philosopher will call it enjoyment pleasure or happiness and eudemonist will call it fulfillment.

Furthermore Feller et al (2018) stated the following as elements of psychological wellbeing and they include: a sense of balance in emotion, thoughts, social relationship and pursuits which necessitate active engagement of self control processes such as emotion regulations. Based on the above, psychological wellbeing could operationally be defined as a state of satisfaction derived from within an environment when feed backs from the environment aligned with appropriate needs. The dimensions of psychological well being includes the following six factors namely, self acceptance, positive relations with others, autonomy, environmental mastery purpose in life and personal growth. With respect to self acceptance, it looks at features such as possession of positive attitude towards self, feels positive about life, feels dissatisfied with self and wishes to be different from what he or she is. Concerning positive relations with others, it looks at concepts such as satisfying, trusting relationship with others, understands give and take of human relationship, isolated and frustrated in interpersonal relationship. With respect to autonomy, it consists of variables such as ability to resist social pressures, to think and act in a certain way, etc. on environmental mastery, it looks at difficulty in managing everyday affairs, feels unable to change or improve surrounding context etc. Concerning the purpose in life, it looks at aims and objectives for living, outlook or belief that gives life meaning and finally on personal growth, it underscores variables such as, sees self as growing and exploring, has sense of realizing potentials, feels bored and uninterested with life.

As earlier stated, the social stress theory opined that problematic social organization/structures/circumstances would enhance stress and aggravate negative feelings and poor mental health and well being among family members. Therefore, in the context of socio-political and economic aberration beclouding Nigeria, what are the prospects of the

family psychological wellbeing among families in south eastern part of Nigeria cognizant of the fact that it is a country where corruption, insecurity, bribery, anarchy, poverty, national wealth inequality thrives (Stanley J.K et al, 2011).

Literature abounds opining that the family psychological well being is predicted to the sociopolitical and economic climate of the country. According to Ameh (2015), situation of insecurity triggers traumatic disorder and toxic stress that affects the individuals negatively. This view was supported by Akintunde and Selzing – Musa (2016) who noted that insecure environment affects the individual wellness. Furthermore, Timada (2018) stated that the current issue is the Nigeria society of which insecurity, bribery, lawlessness and corruption is among, have contributed immensely to poor quality of life among the citizens consequently affecting the psychological wellness of the people.

In a similar manner, Okudo and Obumse (2022) opine that bad governance had had a tremendous negative impact on the quality of life of the Igbo people of Southern Nigeria consequently, resulting to poor psychology wellness. Again, Nwosu et al (2019) records cases of religion induced crises, poverty, political and social integration, inequality which resulted to causalities, loss of life and emotional traumas leading to poor psychological wellness.

Finally, it is important to underlying that location plays a vital role in the quality of life adaptations. The urban setting tends to have a higher degree/quality of living more than their rural counterparts.

PROBLEM OF THE STUDY

The chaotic situation Nigeria has been plunged into is a case of concern for all and sundry. It is crystal clear and without gain saying the obvious that the country Nigeria is wading against a turbulent tide of governance. These are manifested in varying degrees of administrative aberration rampant in the society and visibly seen reflected as corruption, bad governance, inequality, insecurity, social and political inequalities etc. These are indices that measure the degree of socio-political and economic involvement of the governance. When these values are negative in the society, the overall functioning of the family is grossly impeded especially the psychological wellbeing of the family defined literally as the quality or degree of happiness, joy and pleasure in the society. Therefore, the problem of this study is to establish how family psychological wellbeing correlates to the socio-political and economic climate among south eastern people of Nigeria.

PURPOSE OF THE STUDY

The main purpose of the study is to investigate how family psychological wellbeing correlates with the socio-political and economic climate among south eastern families of Nigeria. Specifically, the study sought to determine:

The relationship between the family psychological wellbeing and the social situation in the country.

The relationship between the family psychological wellbeing and the political situation in the country.

The relationship between the family psychological wellbeing and the economic situation in the country.

HYPOTHESES

The following hypotheses were tested a 0.05 level of significance.
There is no significant relationship existing between the urban and rural family psychological wellbeing based on their social situation.
There is no significant relationship existing between the urban and rural family psychological wellbeing based on their political situation.
There is no significant relationship existing between the urban and rural family psychological wellbeing based on their economic situation.

METHOD

The design was correlation and the area of study was south eastern state of Nigerian comprising of Abia, Anambra, Ebonyi, Enugu and Imo States. The population of the study was 13, 200 families under 10 years of marriage from the five south eastern states of Nigeria (ministry of social welfare). The sample size consists of 2,500 families drawn through multi-stage sampling techniques. The reliability of the instrument was established using split-half method and the result analyzed using Cronbach Alpha and which yielded reliability co-efficient of 0.74. a total of 2,500 copies of the questionnaires were produced and distributed through ten (10) briefed assistances and all the questionnaire were collected. The questionnaire is a cluster questionnaire containing 25 items to measure the correlation between the family psychological environment with the socio-political and economic climate of south eastern families in Nigeria.

Three research questions and three hypotheses guided the study. The research questions 1, 2 and 3 were answered using Pearson Product moment of correlations while the hypotheses were tested using -t-test for correlations.

RESULTS

The data obtained from the study was analyzed and the result presented in the tables below with the research questions and followed by the hypotheses.

Research question one: what relationship exists between the family psychological well-being and the social climate prevalent in the country.

Table one: Pearson Product moment of correlation on the family psychological well being and social climate.

Source of variation	N	Social Climate	Family Psychological Well Being
Social climate	2500	1.00	0.73
Family psychological well being		0.73	1.00

The result above indicated that a high positive relationship of (0.73) exists between family psychological environment and the social climate.

Research question two: what relationship exists between the family psychological environment and political climate prevalent in the country?

Table two: Pearson's Product moment of correlation on the family psychological well being and political climate.

Source of variation	N	Political Climate	Family Psychological Environment
Political climate	2500	1.00	0.79
Family psychological environment		0.79	1.00

The result in table two above revealed that a very high positive relationship of 0.79 exists between the psychological well being of the family and the political climate.

Research question three: what relationship exists between family psychological well being and their economic climate of the family?

Table three: Pearson Product moment coefficient of correlation on the relationship between family psychological well being and economic climate of the family.

Source of variation	N	Economic Climate	Family Psychological Well Being
Economic climate	2500	1.00	0.72
Family psychological well being		0.72	1.00

The table above revealed that a high positive relationship of 0.72 exists between economic climate and family psychological well being.

Hypothesis One: There is no significant relationship existing between the urban and rural family psychological well being based on their social climate.

Table four: -t- test of correlations between the urban and rural family well being based on their social climate.

N	r	Df	cal -t-	crit -t-	≥ 0.05
2500	0.73	2498	16.72	4.26	5

The result in table four above indicated that 0.05 level of significance at a differential freedom (df) of 2498, the calculated -t- (16.72) was greater than the critical -t- (4.26), therefore the first null hypothesis is rejected. There is a significant relationship between the urban and rural family rating of their psychological well being based on the social climate.

Hypothesis two: There is no significant relationship between the urban and rural family rating of their psychological well being based on the political climate.

Table five: -t- test of correlation between the urban and rural family rating of their psychological well being based on the political climate.

N	r	Df	cal -t-	crit -t-	≥ 0.05
2500	0.79	2498	26.34	9.67	5

The result in the table above revealed that at 0.05 level of significance and at differential freedom of 2498, the calculated -t- was 26.34 while the crit -t- was 9.67. Therefore, the second null hypothesis was rejected. There is a significant relationship existing between the urban and rural family rating of the psychological wellbeing based on politics.

Hypothesis three: there is no significant relationship existing between the urban and rural family rating of their psychological well-being based on the economy.

Table six: -t- test of correlation of urban and rural families rating of their psychological wellness based on economic climate.

N	r	Df	cal -t-	crit -t-	≥ 0.05
2500	0.72	2498	14.28	3.76	5

The table six above indicated that at 0.05 level of significance and a differential freedom of 2498 (df), that the calculated -t- (14.28) was found to be greater than the critical -t- (3.76). therefore, the third null hypothesis was rejected. There is a significant relationship existing between the urban and rural families rating of their psychological wellness based on their economic situation.

Table seven: the extent family psychological well being correlates with the socio-political and economic climate of south eastern families from Nigeria.

S/N	Items on Psychological wellness of families	Social Climate	Political Climate	Economic Climate
	Helps you possess positive attitude towards self	2.40	2.29	2.30
	Helps you feel positive about past life	2.36	2.29	2.10
	Makes you dissatisfied with self	3.30	3.30	3.30
	Makes you wish to be different from what you are	2.79	2.90	3.02
	Helps you develop satisfying and trusting relationship with others	2.10	2.15	2.32
	Encourages the understanding of a give and take of human relationship	2.49	2.50	2.62
	Enables you to resist social pressure to think and act in certain ways	2.09	2.14	2.32
	Has difficulty managing everyday affairs	3.02	3.19	3.42
	Feels unable to change or improve surrounding context	3.04	3.02	3.42
	Lacks sense of control over external world	2.85	2.79	2.90
	Able to achieve aims and objectives for living	2.14	2.20	2.10
	Has no outlook that gives life meaning	3.06	3.10	3.40
	Sees self as growing and expanding	2.12	2.32	2.06
	Has sense of realizing potentials	2.10	2.29	2.30

	Feels bored and uninterested with life	3.10	3.25	3.30
	Feels unable to develop new attitudes	3.74	3.10	3.04
	Unable to make meaningful impact on the society	3.19	3.20	2.89
	Has a feeling frustration in everyday life event	2.90	3.10	3.21
	Has difficulty in managing the family	3.29	3.40	3.69
	Has the capacity to handle the expenditure of the family level	2.03	2.14	2.00
	Commands respect from your children	2.01	2.09	2.10
	Lives in a tension free home	2.25	2.10	2.20
	Receives compliments from children	2.10	2.12	2.04
	Lacks sense of direction	3.06	3.06	3.10
	Makes you compromise your values	3.42	3.06	3.10

The result from table seven shows that all the items rated above comprised the family psychological wellbeing. The table also revealed that some of the scores exceeds the acceptable mean mark of 2.50, however those scores that exceeds the mean score were stated in the negative and had also negative influence on the family psychological well being when correlate with the family social political and economic climate.

DISCUSSION OF FINDINGS

The findings of the study were discussed in line with the purpose of the study which sought to determine how family psychological wellbeing correlates with their socio-political and economic climate.

Concerning the first purpose of the study which sought to determine how family psychological well-being relates to the social climate, table seven (7) reveals that all the 25 items that was used to examine the impact were rated to have negative effect on the family psychological well being. The table revealed that some items such as dissatisfaction with self (3.30), feels bored and uninterested in life (3.10), lacks sense of direction (3.06), makes you compromise your values (3.42). these were stated in negative. Therefore, the high values indicated negative effect on the family psychological well being. Similarly there were items that could not meet the acceptable mean score such as helps you feel positive about self (2.36), enables you achieve aims and goals of living (2.14), lives in tension free home (2.25), commands respect from children (2.01) among others. In view of the above, the research question one that tested for significance of relationship between the family psychological well being and social climate reveal that a positive correlation of 0.73 exists between the family psychological well being and their social climate.

Similarly, the hypothesis one which sought to determine what relationship exists between the urban and rural family psychological well being and the social climate reveals that there is a significant relationship existing between the urban and rural family psychological well being based on their social climate.

In a similar manner, the research question two and hypothesis two which sought to determine what relationship exist between the family psychological wellbeing and their political climate revealed the following, namely that items in table seven which rated the impact of political climate on the family psychological well being were all rated to have negative influence on the family psychological well being. Also the research question which examined for significance of relationship revealed that a very high positive relationship of 0.79 exists

between family psychological well being and the political climate. Again the hypothesis which tested for significance of relationship between the urban and rural family psychological well being based on their political climate revealed that a significant positive relationship exists between the urban and rural family psychological well being based on their political climate.

Again the research question three and hypothesis three which sought to determine the relationship existing between the family psychological well being and their economic climate revealed the following, namely, that all the items in table seven which rated the impact of economic climate on the family psychological well being of parents from south eastern state of Nigeria were rated negative. The research question three which examined the relationship between family psychological well being and the economic climate revealed a positive relationship of 0.72 while the hypothesis that tested for significance of relationship between urban and rural family psychological well being based on their economic climate revealed that a significant relationship exists between both.

The above finding is in line with literature. According to social stress theory, a problematic social organization, structures and circumstances would enhance stress and aggravate negative feelings, poor mental health and wellness among the members of the society. Ameh (2015), JImada (2018), Akintunde and Selzing – Musa (2016) all noted that the sociopolitical and economic climate of system when beclouded with negative values such as insecurity, corruption, lawlessness and bribery triggers negative feelings which could affect the family psychological wellness.

Furthermore, researchers such as Okudo and Obumse (2022) Nwosu et al (2019) recorded cases of poor governance; political religious induced crises, political and social inequalities and socio-political and economic climate as factors which can impede the family psychological wellness.

Finally, the urban-rural gap was an indication that the quality of wellness becomes more degenerated as we move from the urban to the rural and even to the hinter land. Literature has shown that rural communities face higher challenges in terms of amenities, human resources and government interventions (Okudo, 2013, Okudo and Obumse, 2022, Mallika & Radha 2015).

CONCLUSION

The study was on the family psychological wellness as correlate to the sociopolitical and economic climates of families from south eastern states of Nigeria. Family psychological wellness or well being refers to the state or situation of doing well and feeling happy. The socio-political and economic climate refers to the prevailing standard of behavior of people and how they are governed.

Based on the findings of this study, it was concluded that a positive relationship exists between the family psychological well being and the sociopolitical and economic climate of south eastern families. Because the sociopolitical and economic climate is messy, harsh and ruined, the family psychological environment was appraised to be unhealthy, poor and below expectation. These was made clear by the social stress theory which stated that problematic

structure/social organizations and circumstances would enhance stress and aggravate negative feelings, lead to poor mental health and well being.

RECOMMENDATIONS

1. There is the need to overhaul the socio-positive climate of the entire country.
2. Straight measures are to be taken against bribery and corruption
3. There is the need to institute campaign against acts of indiscipline
4. The government should facilitate equitable share of resources
5. Opposition and pressure groups should be encouraged
6. Seminars and conferences are to be organized for awareness on role responsibility
7. Consulting guidance counselors as experts should be encouraged.

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