

Utilization of Sports and Games for Psychosocial Rehabilitation of Internally Displaced Persons in Maiduguri, Nigeria

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Abstract The study was carried out with the intent to mitigate the trauma experienced by victims of insurgent attacks by the so called Boko Haram militants in Borno state of Nigeria. The area was ridden by the crisis over the past 9 years. As a result, many people were killed, maimed and raped. Some others suffered all manner of inhuman treatment in the hands of their captors. The extent to which this dehumanized treatment has impacted on the people in this area has left most of them traumatised. Victims who survived the attacks have been resettled in government managed camps where their needs have been addressed. Many interventions have also been provided by government, non-governmental organisations and corporate and individual bodies. In this regard, social needs of the victims have been the immediate concerns of most organisations, where food, shelter and clothing were provided. However, there is little that has been done to rehabilitate these victims psychosocially. In this regard, sports and games including the victims' local games were used to provide psychosocial rehabilitation of victims. The intent was to bring them back to social reality, social inclusion, and stable emotions and peer integration. Descriptive statistics and Multivariate analysis was done. No statistical significant difference was found among male and female children and adults in terms of psychosocial rehabilitation using sports.

Keywords Social Reality, Social Inclusion, Peer model

1. Introduction

Sports and games have been found to be useful tools in rehabilitation of injured athletes in literature and many studies have also shown the significant role psychosocial rehabilitation plays in bringing athletes back to their feet after injuries. Rehabilitation of athletes is being considered as a multi-faceted process involving not only the surgeons, physiotherapists, coaches and other sport scientists. Substantial progress has been made in rehabilitation of injured athletes over the years, with psychosocial support being consistently advocated by experts. Early studies have also shown that psychosocial interventions positively influence athletes' injury recovery, promotes personal recovery, successful community integration and satisfactory quality of life. Indeed, rehabilitation aims to facilitate recovery from loss of function. In this regard, loss may be due to physical conditions such as fractures, amputation, stroke or neurologic disorders among many other conditions.

Researcher have shown that survivors of disaster are usually left alone and forgotten until there is increased news

outlet attention given to them so that people come to their aid most times. For the community, sport can mean that safe spaces are established for individual and communal healing (Engelhardt, 2013).

According to UNESCO (2017), while there are no official definitions of an internally displaced person, the organisation asserts that internally displaced persons are "persons or groups of persons who have been forced to flee, or leave, their homes or places of habitual residence as a result of armed conflict, internal strife, and habitual violations of human rights, as well as natural or man-made disasters involving one or more of these elements, and who have not crossed an internationally recognised state border."

Using sport and games in psychosocial rehabilitation of internally displaced persons (IDPs) is indeed not new. Situations such as armed violence, terrorism, flood, earthquakes, have been known to cause mass movement of people from their original place of habitations. Organisations such as International Committee of the Red Cross have used sports to help rehabilitate victims of war and armed violence as a humanitarian response to the needs of the victims. International Committee for the Red Cross (ICRC) (2016) noted that sport is key tool in promoting social inclusion for people with disabilities because it changes the perception of the community about them. Besides rehabilitation of victims the use of sport to promote peace and development seem not

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to be entirely new for example, the Olympic movement remains the strongest medium for promoting global peace.

Anecdotal evidence have shown that sport promotes social cohesion, social inclusion, shared social reality, emotional support, emotional challenge, motivation and use of peer model as part of psychosocial rehabilitation of victims of disaster resulting from armed conflicts, terrorism and civil disturbance across the globe (Power, David & Kless, 2009). The purpose of this paper was to examine the effectiveness of sports and games in rehabilitating victims of terror and insurgency in the Northeast on Nigeria.

Post-traumatic stress disorder (PTSD)

The incidence of gruesome murder, maiming, rape, food deprivation and hunger that victims experienced in the course of the insurgency has remained indelible in their memory. Most of the victims interviewed in this study loss their fathers in the mayhem. Absent living fathers is common and increasing phenomenon affecting families in Africa (Department of Social Development, 2012). This has caused inability of the families' resilience which indeed has consequences in social cohesion, social integration and social reality by adults and children. Dysfunctional families in which conflict, misbehavior, neglect or abuse occurs have the ability to suffer depression and psychosocial disorientation. While some witnessed loss of father some experienced and witnessed the rape of their sisters and mothers. Power, David and Kless (2009) defines PTSD as disorder that develops in some people who have experienced a shocking, scary, or dangerous event. Meier (2005) in a study of gender asserts that sports and games may be able to alleviate symptoms of PTSD and improve mood and confidence. In additions, sports and games may help build self-confidence, self-discipline, body awareness, and teamwork and communication skills.

In a study on High-intensity sports for posttraumatic stress disorder and depression...Rogers, Mallison and Peppers (2014) concludes that participants reported meaningful clinical improvement in PTSD symptoms after applying intervention training programme on the victims of PTSD. Group of veterans similarly indicated significant decreases in PTSD symptoms and increases in marital satisfaction among the experimental groups following participation in recreation program. Findings support the use of recreation programs to help veterans with PTSD and their significant others, through specific program elements (Bennett, Lundberg, Zabriskie, & Eggett, 2014).

Sport and shared social reality

The Psychology Dictionary defines **social reality** as the attitudes, beliefs and opinions that are held by members of a society or a group. Apparently, the social reality of a group deals with their opinions and beliefs as such these constitute a people's set of social judgments that the members of the group agree upon. Green (1998) defines sport as a physical activity which is fair (fair meaning honest in that the contest structured for all contestants to have a reasonable chance to win), competitive, non-deviant, and is guided by rules

organisations/traditions. The theoretical concept of social reality has been extensively supported by researchers (Searle, 1995; Smith & Searle, 2003). Gale (2008) explains that games are examples of social constructed entities and often exist because of certain sets of conventional rules. As such these set of conventions and agreement to abide by them give games their meaning in any given social context.

Sport and social inclusion

In United Kingdom, for instance, sport has been recognised as a means for promoting social inclusion (Liu, (2009). There are research evidence that explains sport and social exclusions, segregations, racism, poverty and social inequalities, ethnic discrimination, disabilities and gender differences. Marivoet (2014) suggests that there is broad consensus at institutional level on the notion of social inclusion in sport and inclusion through sport. According to Marivoet, social inclusion means the actual existence of equal opportunities in accessing sports. Therefore good practices are seen as the promotion of wide spread sports and the presence of people that tend to be excluded in a society from participating in sports.

In a study by McConkey, Dowling, Hassan and Menke (2012) it was found that with social inclusion there is increase in bond development between athletes and partners, teamwork, friendship and respect for one another is enhanced. Kelly (2011) investigated the social inclusion with specific reference to four main themes; sports for all, social cohesion, path way to work and giving voice. Varying degree of successes was recorded by the programmes. However, their impact on social exclusivism was evidently limited.

Sport and emotion

Sport and games have been noted as means of generating strong emotional responses among participants and spectators alike. Deci (2008) in Hanin (2012) defines emotion as a reaction to stimulus event (either actual or imagined). Darko (2016) posits that there are many cognitive models that try to explain why people are more physically active than others. These models say that one is physically active if the perceived benefits for example, health is higher than the cost (time or money) invested. It therefore means that the desire to engage in sport, games and recreation depends upon the comparative advantage the individual appraises. In this regard, task-involvement may be positively related to challenge appraisal, which is defined as a "focus on the potential for gain or growth inherent in an encounter" (Lazarus, & Folkman, 1984). Task-involved individuals may view sport competition as an opportunity to improve their performance, gain experience and competence as such they appraise it as challenge.

Peer model

Several studies in sport have indicated that peers are a significant contributor along adults in creating a motivational climate in sport (Hamafyelto & Badejo, 2002; Hamafyelto & Ajayi, 2002; Cervello, Escarti, & Guzman, (2007). In the

study by Cervello et al for instance, significant others were found to be influential in the dropout syndrome and that task orientation is indeed positively related with motivation, affective, behavioural patterns than ego-orientation. Some studies have investigated the difference between persistence and dropout among young athletes. Both friendship and peer acceptance have been examined in conjunction with motivation-related variable in youth sport research (Smith, Ullrich-French, Walker II & Hurley, 2006). Positive friendship quality and more adaptive peer relationship profiles and more adaptive motivation-related responses were observed among the young athletes. Results showed that more positive perceptions of social relationships were associated with more positive motivational outcomes.

2. Methodology

The aim of this study was to examine the utilization of sports and games in providing psycho-social rehabilitation of victims of insurgency and terrorism in Northeastern Nigeria. These victims had suffered from Posttraumatic Stress Disorders due to various conditions experienced during the attack of their villages and towns. The period of training took eight (8) weeks. Respondents assemble in their play area at 3.30 pm where role call is made by the research assistants and pep-talks to assure them of the need to engage in sport/games.

Sample

The participants of the study were two hundred and one (201) youths placed in the Internally Displaced Peoples (IDPs) camps. These are homeless people affected by the

insurgency and terrorism in this part of the country. Of these number, 158 were males while 43 were females; aged between 6 and 19 years (Mean age = 18.58 years, $SD = 1.24$).

Procedures

The researchers obtained permission from the authorities to be able to enter the camps and sample respondents for this study. Participants were assured that engaging in sports and games will have no any negative effect on their physical, mental, social and moral conduct. They could withdraw at any level if they feel exhausted and would not want to continue. Upon obtaining permission and ethical approval by the regulatory bodies, the researchers sampled the two hundred and one (201) IDPs that volunteered to participate in the study. They indicated their sport and game of choice and agreed to participate in the games as scheduled by the researchers.

The youths who volunteered to participate were given consent forms to fill and return through an interpreter research assistant. There were 43 (27.2%) football players, 14 (9.1%) volleyball players, 20 (12.7%), table tennis players were 20 (12.7%) and 11 (7.0%) snooker players. Traditional games: there were 23 (15%) boys in traditional wrestling (dambe), while 7 (4%) went for draft game and 20 (13%) were engaged in langa (one-leg race). Of the 43 female participants, 12 (28%) were engaged in playing an instrument known as Jento while 9 (21%) were engaged in playing cards and ludo games. Skipping and racing had 22 (51%) females engaging in various forms of unorganized sports; skipping, sac race, and sharapke (pebble catching).

3. Results and Analysis

Table 1. Sex * age Cross tabulation

Sex	Age					Total
	6-10 years	11-15 years	16-20 years	21-25 years	25 years and above	
Male	10 (6.8%)	39 (24.8%)	69(43.9%)	29(18.5)	10(6.4%)	157(100%)
Female	3(6.8%)	5(11.4%)	23(52.3%)	12(27.3%)	1(2.3%)	44(100%)
Total	13(6.5%)	44(21.9%)	92(45.8%)	41(20.4%)	11(5.5%)	201(100%)

Distribution of sex by age range of respondents.

Table 2. Distribution of duration of displacement

Duration of displacement	Number of IDPs	Percent (%)
1 year or less	1	.5
1-2 years	37	18.4
2-3 years	97	47.8
5 years and above	66	32.8
Total	201	100

The IDPs surveyed for this study who volunteered to participate in sport and games were only 201 in a camp consisting 2011 IDPs in Federal Government Secondary School, Maiduguri, Borno state.

Table 3. Analysis of HTQ and N= 201

Symptom cluster	Symptoms	Item	Corresponding item	Number (201)	%
Intrusion	Intrusive thoughts, flash backs, disturbing dreams	1	Recurrent thoughts/memories of hurtful events	14	6.96
		2	Feel as though the event is happening again	09	4.48
		3	Recurrent nightmares		
	Physical/psychological reactions to reminders of trauma	16	Psychological distress when reminded of an event	8	3.98
Avoidance	Internal avoidance	17	Physiological reminders of trauma events		
	External avoidance	11	Avoiding activities that remind one of the trauma	23	11.44
Numbing	Diminished interest	15	Avoiding thoughts or feelings associated with traumatic event	-	-
		4	Feeling detached or withdrawn from people	6	2.98
		12	Inability to remember part of the most hurtful event	-	-
		13	Less interest in daily work	19	9.45
Hyperarousal	Foreshortened future	14	Feeling as if one do not have a future	22	10.94
	Anxious arousal	6	Feeling jumpy or easily surprised	43	21.39
		9	Feeling on guard	7	3.48
		7	Difficulty in concentrating	21	10.46
		8	Trouble sleeping	15	7.46
		10	Feeling irritable/outburst of anger	14	6.97

Table 3 shows the severity of trauma experienced by subjects during this study. Data was subject to the HTQ items. No clinical analysis of the trauma was done using DSM-IV due to the cumbersome process of obtaining clearance from medical and Human Right groups at the camps.

Types of sport/game	Male (%)	Female
Football	30	6.2
Volleyball	9.1	3.0
Table tennis	12.7	2.4
Snooker	6.8	0.0
Traditional games		
Wrestling	14.0	0.0
Draft	4.8	0.0
Langa (one-leg race)	13.2	2.3
Jento (Music)	0.0	7.8
Card games	9.4	0.0
Children games (6-12 years)		
Skiping	15.0	18.1
Sac race	9.3	6.0
Sharapke (pebble catch)	6.1	10.4

The distribution of sport and games showed that 30% of the males and 6.2% of the female respondents participated in football. In Children games, 18.1% female and 15% male children participated in skiping. Pebble throwing and catching had 10.4% female who participated in it. Some the respondents participated in more than one sport/game during the study.

Therapy Activity	Rationale	Major benefit
Sports and Social reality	Improvement of attitudes, values and opinions	Group values, change of attitude and opinions
Sport and Social inclusion	Discourage exclusion and support inclusion of individuals in sports and other communal activities	No discrimination of individuals in group activities Individuals accepted in activities
Sport and emotion	Emotional stability, improve emotional intelligence, mood change	Individuals laugh, hug each other, increase play with others of not same sex Increased ability to coop.
Peer model	Work together with peers	Positive Peer influence was common, sharing and team work was visible

Table 4. Shows the rehabilitation activities done, the rationale and major benefits

Source	Dependent Variable	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	Reality	337.489 ^a	9	37.499	.460	.900
	Social	535.819 ^b	9	59.535	.789	.627
	sport and emotions	1014.851 ^c	9	112.761	1.259	.262
	Peer Model	181.809 ^d	9	20.201	.454	.904
Intercept	Reality	569740.818	1	569740.818	6990.206	.000
	Social	117843.645	1	117843.645	1561.969	.000
	sport and emotions	204420.667	1	204420.667	2282.134	.000
	Peer Model	136945.027	1	136945.027	3074.974	.000
Sex	Reality	56.679	1	56.679	.695	.405
	Social	16.588	1	16.588	.220	.640
	sport and emotions	121.255	1	121.255	1.354	.246
	Peer Model	1.538	1	1.538	.035	.853
Age	Reality	270.537	4	67.634	.830	.508
	Social	476.475	4	119.119	1.579	.182
	sport and emotions	278.513	4	69.628	.777	.541
	Peer Model	40.805	4	10.201	.229	.922
sex * age	Reality	185.610	4	46.402	.569	.685
	Social	241.450	4	60.362	.800	.526
	sport and emotions	311.167	4	77.792	.868	.484
	Peer Model	138.430	4	34.608	.777	.541
Error	Reality	15567.566	191	81.506		
	Social	14410.102	191	75.446		
	sport and emotions	17108.701	191	89.574		
	Peer Model	8506.251	191	44.535		
Total	Reality	2172277.000	201			
	Social	452306.000	201			
	sport and emotions	770443.000	201			
	Peer Model	536704.000	201			
Corrected Total	Reality	15905.055	200			
	Social	14945.920	200			
	sport and emotions	18123.552	200			
	Peer Model	8688.060	200			

The above table shows the results of the Multivariate analysis of the variance with Roy's Multivariate test. It inferred from the table that gender and age has no significant influence on the rehabilitation using sports as psychosocial therapy. Lack of significant difference in the result is accounted for by the fact that girls in this study were more active in traditional games than boys. The male subjects engaged mostly in organised sports such as football, table tennis, snooker and volleyball. While female engage mostly in jento music, sharapke and skipping.

4. Discussion

The study was designed to utilize sports in rehabilitating the Internally Displaced Persons in Maiduguri, Borno state. This area was badly hit by the conflict of the Boko Haram

insurgency. The insurgency has crippled the total social, economic, educational and personal platform of the region. This has resulted in the efforts of the Government of Nigeria, Non-governmental Organisations, and Corporate Organisations to ensure that the suffering of victims is mitigated to the barest minimum.

It became necessary to use sports and games to rehabilitate those victims of the insurgency in this regard. The psychosocial rehabilitation focused primarily on social reality, social inclusion, emotions and peer model. Four separate questionnaire forms were administered to the victims who all accepted to participate in the study.

From the results it is evident that male and female victims showed that they were traumatised by the insurgency. Nasty activities including killing of family members, rape, maiming and denial of food and other form of labour characterised the insurgency. As noted (Department of Social

Development, 2012) the loss of family member especially the bread-winner of the family like a father is devastating and unbearable in every circumstance. Apart from loss of father, incidence of rape and maiming has thrown most children into trauma that can be hardly forgotten. Sports has provided avenue for children and adults to play, relax, socialise and work in teams including improving physical capacity and mental alertness and emotional balance.

5. Conclusions/Recommendations

Base on the findings in this study it is concluded that sports and games have influence on psychosocial rehabilitation of victims of insurgency in Borno state. They have demonstrated stable social reality, social inclusion, stable emotions and good peer relations with mates.

We therefore recommend that sports like basketball, football, table tennis, volleyball and local games should be widely popularized in secondary schools to help increase the skill levels of the students and pupils.

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