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of Residents in Kaduna Metropolis**

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### **Abstract**

**Purpose:** The study investigated the influence of kidnapping on the psychological distress of residents in Kaduna Metropolis, Kaduna State.

**Methodology:** A cross-sectional research design was utilized with cluster sampling method. One hundred and ninety-one (191) residents were the respondents. Structured standardized questionnaires were used to elicit information from the population of interest using cluster sampling technique. Data was analysed using the SPSS, Independent T-Test and Chi-Square. Two hypotheses were tested at  $p < 0.05$ .

**Findings:** Results showed a significant relationship between kidnapping and physiological distress among residents. Since the p-value (0.0001) was less than 5% level of significance, the first hypothesis was accepted which stated that kidnapping experiences significantly influence the physiological distress of residents in Kaduna Metropolis. However, there was no significant difference in psychological distress between male and female residents. The p-value was more than the 5% level of significance. The second hypothesis was rejected since all the p-values are greater than the 5% level of significance. It was concluded that the high state of insecurity from kidnapping was impacted adversely on the residents of Kaduna metropolis leading to a heightened degree of psychological distress.

**Recommendations:** There is need for counselling and psychotherapy to alleviate the distress which has shown no signs of abating. The security personnel should be increased and equipped and informants protected by the federal government. The large number of unemployed citizens should be empowered to reduce the level of unemployment in the Metropolis by the state government.

**Keywords:** *Kidnapping, psychological distress, residents*

## INTRODUCTION

Kidnapping is a major violent behaviour in several parts of the world, causing considerable fear, panic and psychological distress among citizens of countries where kidnapping has become rampant. Kidnapping has been on the increase in Nigeria for the last decade, beginning in the Niger Delta region and spreading to other parts of the country, particularly the north, where it has presently become a lucrative business. The kidnapping wave in Nigeria started in 2006 with the abduction of expatriate oil company employees in the Niger Delta region. This act was portrayed as a reaction to many years of marginalization, injustice, exploitation, and underdevelopment of the region (Akpan, 2010). Man's inhumanity to man has given rise to all sorts of violent behaviours such as domestic violence, child abuse, sexual assault, suicides, kidnappings and murders.

Studies show that war torn, fragile, and corrupt countries experience kidnapping for ransom cases more often, as a result of the instability in these poorer countries (Pires et al., 2016). The act of kidnapping has been occurring from time immemorial and people kidnap others for several reasons, including financial gain, power-play, amongst other factors. Fage and Alabi (2017) defined kidnapping as "forceful or fraudulent abduction of an individual or a group of individuals for reasons ranging from economic, political, and religious to [struggle for] self-determination". Psychological distress is an indicator of the mental health of a population as far as public health is concerned. Mental health issues, psychological distress, stress and anxiety disorders account for about one-fifth of the global burden of disease in adolescents according to the World Health Organization (WHO, 2019).

The stress-distress model posits that psychological distress includes exposure to a stressful event that alarms the physical or mental health combined with the lack of coping skill. Psychological distress according to Mirowsky and Ross (2002), is a state of emotional suffering composed of depression symptoms (helplessness and hopelessness and loss of interest and sadness). Psychological distress according to American Psychological Association (APA, 2020) is a set of painful mental and physical symptoms which are associated with mood fluctuations. Psychological distress can be measured with the Kessler Psychological distress scale which measures symptoms such as depression, anxiety, stress and somatic complaints (Kessler et al., 2003). Psychological distress presents itself in every society; the extent depends on the factors that enhance psychological distress such as socio-economic factors, personality factors, job description, coping skills and the mental status. Prevalence of psychological distress is higher in low income than higher income individuals (Caron and Liu 2011), and is more common in women (Viertio et al., 2021). Kidnapped persons and persons displaced by insecurity suffer mental trauma including Post Traumatic Stress Disorder (Wright et al., 2017).

Residents in kidnapping zones such as Kaduna state experience social distrust and relationship problems as people have been found to be informants to kidnappers. These symptoms of psychological distress may vary across cultures but may include headaches, sleep problems, fatigue (Kleinman, 1991). According to Abamara and Dike (2018), assessments of kidnap victims reveal that they suffer physical and emotional trauma from captivity. Psychological distress according to McLachlan and Catharine (2018) affects health as it elevates the risk of incident arthritis, cardiovascular disease and chronic obstructive pulmonary disease even at moderately low levels of distress.

### Statement of the Problem

Kidnapping has become a regular occurrence in Kaduna State as a day seldom passes without a news report of kidnap event. Kidnapping in Kaduna has surged to the extent that many

residents live in fear of attacks at night and in schools and at work or travel by road or rail. The financial, economic, psychological and emotional costs of the kidnappings are huge as people are constantly in a state of despair, fear and apprehension. Many residents have been kidnapped in the past and suffered from sleep problems, nightmares, phobias and panic attacks as a result of the experience. Some of the victims kidnapped in Kaduna metropolis include students, thereby making other residents uncertain of their safety and security which is a source of mental trauma. Recent kidnappings in Kaduna State include the students of the College of Forestry Afaka, Bethel Baptist School, Greenfields University and Zaria Polytechnic in 2021. This is in addition to kidnapping in Mando area, Zaria and the Sabo estate where 15 victims were carted away on the 9th of July 2021.

Furthermore, the Emir of Kajuru and 13 others were abducted from their homes on the 11<sup>th</sup> of July, 2021, besides the many raids on homes located in Goningora and Nasarawa areas of Kaduna State where several persons were whisked away without being reported in the news media. These harrowing experiences include psychological distress in victims and residents. Consequences of psychological distress include poor mental health condition resulting in poor overall health condition, poor interpersonal relationships, poor parenting skills and poor job performance. Psychological distress according to McLachlan and Catharine (2018) affects health as it elevates the risk of incident arthritis, cardiovascular disease and chronic obstructive pulmonary disease even at moderately low levels of distress. The victims of the heinous crime of kidnapping have to suffer flashes of the kidnap experience, encounter sleep problems, trust issues, a change in previous assumptions of life, bouts of regrets and depression and various psychological problems.

### **Objectives of the Study**

The general objective of this study was ascertain the influence of kidnapping on psychological distress of victims and residents in Kaduna metropolis, but this study was to specifically examine:

1. The influence of the kidnap experiences on the psychological distress of residents of Kaduna metropolis.
2. The effect of gender on the psychological distress of victims in Kaduna metropolis.

### **LITERATURE REVIEW**

The word Kid-Nap was said to begin in the late 17th century when “kids” were “napped” away for work, this happened on the 1st of July 1874 when two little boys were forcefully taken away from the front of their home, being the first kidnapping for ransom to happen in America, and would be the major event of its kind until the Lindbergh baby kidnapping in 1932 (Federal Bureau of Investigation). Kidnapping is defined as the “act of seizing and detaining or carrying away a person by unlawful force or by fraud, and often with a demand for ransom (Ibrahim, 2017). According to crime statistics, countries with the highest violent crimes are Venezuela, Papua New Guinea, South Africa, Afghanistan, Honduras, Trinidad and Tobago and Brazil (World Population Review, 2020). Socio-economic factors exert a high degree of effect on the commission of violent acts (Bothos & Thomopoulos, 2016). The many causes of kidnappings are said to include unemployment, need for fast cash, drug abuse, psychological effects of having total control over a person, and corruption (Ibrahim & Ahmad 2020). Prevalence of psychological distress is higher in low income than higher income (Caron & Liu, 2011), and is more common in women (Viertio et al., 2021), with loneliness, lack of social support and inability to combine work and family life being the major causes for women.

### **Subcultural Theory of Violence**

Proponents are Wolfgang and Verracutti (1967) postulated that some people have developed a different value system that favours violence. Some persons due to their associations and environment are more tolerant to violence and believe that violent acts can be tolerated or even allowed; hence violence is not seen as a problem to be dealt with and eradicated. Sub-culture has been used to explain away the high violent rates of minorities, low-income persons and males according to Messner et al. (2010). In a review by Ministry of Children, Community and Social Services, the theorists who first positively correlated violent behaviours to low income, poverty and inequality include Shaw and McKay (1942), Miller (1958) and Cohen (1951) but Wolfgang et al. (1967) gave the most well-defined and in-depth analysis of the sub-cultural theory of violence. According to Wolfgang et al. (1967), a pro-violent subculture with lower moral values which is against the dominant culture has become conformed to breeding more violence, the societal values and norms determines how people react to a stimulus (Benard, 2022). The inner city of Philadelphia which consisted of low-income black neighbourhoods where crime is pervasive was used as a basis to explain the subculture and crime principle forming the building block of this theory. The rate of lawlessness in the Northern Nigeria in terms of kidnapping is similar to the state of anomie of Emile Durkheim in which crime is so common due to lawlessness in the society as the overwhelm of law enforcement agents are glaring as normlessness seems to be pervasive.

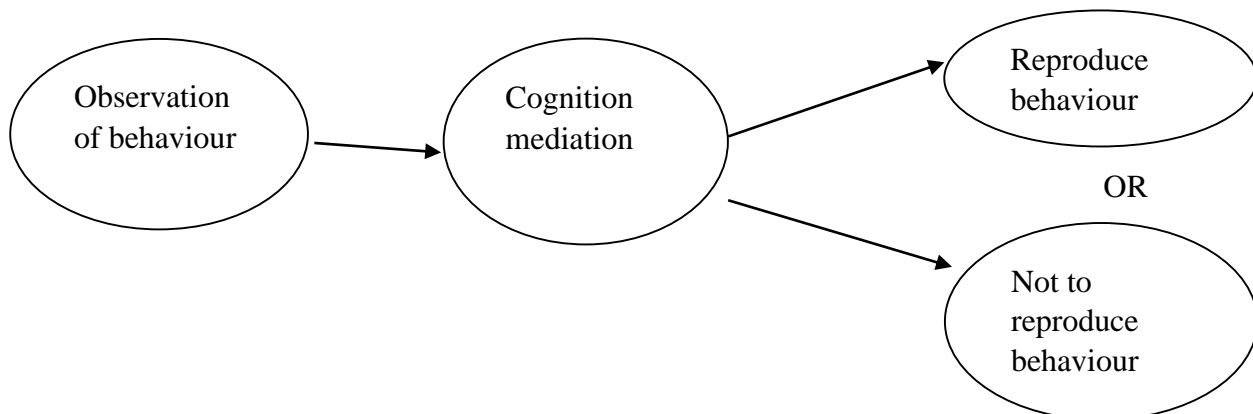
### **Social Learning Theory**

Alex Bandura (1977) proposed the Social learning theory which stated that children and adults alike learn to behave in certain ways by ways of observations. The social learning theory is seen in the role learning moral codes and gender roles. It is a more encompassing theory than that of Sutherland's Differential Association Theory, which proposed that criminal behaviour just like other behaviours are learnt from close associates about the rational, motivation, attitudes of committing the act depending on the priority, duration, intensity and frequency of the act being committed, weighing the legal codes with respect to the punishment.

According to Bandura and Jeffrey (1963), there are 4 stages of this process of learning

- a. **Attention:** A behaviour getting one's attention is the first principle of this learning according to Bandura.
- b. **Retention:** Behaviour has to be retained mentally before it is reproduced by a person as a behaviour that is not retained will likely not be learned.
- c. **Reproduction:** The capacity to do the behaviour, one can observe well and retain well but having ability to do the behaviour determines if it can be reproduced or not.
- d. **Motivation:** This refers to the reason, void and defects to be filled by doing the behaviour.

In 1986, Bandura proposed the Social Cognitive Theory (SCT) as mental processes mediate to weigh the rewards and punishments and cancel out the negative behaviour. Hence behaviours are not just observed, encoded and carried out learned as in the Differential Association Theory of Sutherland but the intervention of the mental processes come in to actively process the information. The consequences of the behaviours are weighed via the cognitive processes to decide if to perform the observed behaviour (Bandura & Jeffrey 1963). Even though behaviour is observed and retained, the mental processes through an information processing goes into activity about the observed and encoded behaviour and reproduction of the behaviour may not happen.



**Figure 1: Social cognitive theory of violence (Alex Bandura 1986)**

Diagram showing illustration of the Social Cognitive Theory of Violence (Alex Bandura 1986). An adaptation from Alex Bandura's (1986) Social Cognitive Theory of violence in which information is processed in deciding to reproduce encoded message or not.

Children who are exposed to aggression often come to learn how to be aggressive according to the Behaviourists. For example, violent video games have been associated with violent crimes in some children and adolescents because learning occurs by observation, modelling and imitation. Learning occurs by observation of other people's action and attendant consequences (Lyons & Berge, 2012), but not all children exposed to aggression become aggressive, bringing into factor the self-efficacy of the individual as proposed by the cognitive processing measure (Bandura, 1977). This measure weighs the rewards against the punishment bringing to bear the role cognition plays in deciding whether to reproduce the behaviour or not (Pajares, 2002). Many northern youths and politicians may see the rewards of ransom kidnapping, with the reinforcements provided by financial gain and lack of apprehension and punishment but some are still not interested as the cognitive processes and self-efficacy come to play a role not to reproduce the behaviour. According to Bandura, Ross and Ross (1963), Bandura (1965), Bandura (1986), learning in Social learning theory is not by conditioning, reinforcement and punishment like in the behaviourists' perspective, but by observation of the consequences of the action.

After the earlier episodes of kidnapping in the Niger delta creeks in Nigeria, other people began kidnapping in other parts of the country and demanding huge ransom payments, the practice boomed as the famous and notorious Chukwudi Dumem Onuamadke, also known as Evans became a multi-millionaire after much kidnappings by extracting million-dollar ransoms from people in his captivity .

### **Empirical Review**

Violent crime in general, and kidnapping specifically is processed differently by different people as some persons are more vulnerable to the negative effects of violent crime than others. Personality and cultural attributes may thus have an impact on the psychological orientation of victims of kidnap and hence influence ability to adapt and cope with life's events. Psychological distress occurred to varying degrees in Iraqi refugees one year after the traumatic experience of being kidnapped and the ability to recover from traumatic experiences differed from individual to individual (Wright al., 2017). Much is unknown if specific personality attributes are responsible for the milder post-traumatic stress disorder of the victims with more resilience as personality differences affect how people react to trauma.

A case study of psychological and psychiatric outcomes of a 50 year of female in the Niger-delta region of Nigeria who was kidnapped for 7 days and eventually released after paying millions of naira revealed that in this scenario, the victim experienced high anxiety index and mild depression (Akhigbe & Koleosho, 2013). However, this did not reveal if the short-duration of kidnap (7 days) and the absence of sexual assault may have been responsible for the lack of psychotic symptoms and mildness of the depression. It is unclear if duration and assault type in the hands of kidnappers influences the psychiatric or psychological outcomes in victims. Children have been found to experience and exhibit serious psychological consequences as a result of being kidnapped. Kidnapping leaves serious emotional scars in children lasting for years including hallucination, believe in omen, sleep problems and other problems. Psychological distress is linked to depressive episodes among captured victims.

The stages of psychological distress includes; Stage 1: Bewilderment and disbelief and denial. Stage 2: Emotional symptoms of guilt, fear and anger. Stage 3: Recurrent intrusive thoughts and flashback of the event (Aknhigbe et al., 2013). In all of these, there results a change in personality and intra and interpersonal relationships which makes life difficult, except there is a effortful positive outlook on life to help overcome the past. Families of kidnapped victims many months after release of family members still suffered psychological distress exhibited in form of anxiety and depression which in most cases interfered with daily life (Ziello et al., 2014). Sleeping problems has been found to be common in the kidnap survivors which affect family members also. Traumatic events cause lingering sleep problems stemming from anxiety from past traumatic events (Gieselman et al., 2019).

**Hypothesis 1:** Kidnapping experiences significantly influence the psychological distress of residents in Kaduna metropolis.

**Hypothesis 2:** There is significant difference in the psychological distress between Male and Female residents in Kaduna metropolis.

## **METHODOLOGY**

### **Research Design**

The research design adopted for the study was cross-sectional study among residents of Kaduna metropolis which allows data collection without manipulation of variables and the residents are familiar with the problem being studied utilizing a quantitative research method.

### **Participants**

A total of one hundred and ninety one (191) participants were used for this study comprising both males and females resident in Kaduna metropolis.

### **Sample Size / Sampling Technique**

One hundred and ninety one (191) was the sample size .The sampling technique used in this study is the cluster sampling technique which is a type of probability sampling method used for large and hugely dispersed populations, the population is divided into groups, subsets of the groups are then selected which gives every member of the population a chance of being selected which is time-saving and economical and yet is representative of the population.

### **Instrument**

The instrument utilized for data collection was the Psychological Distress Scale (Kessler Scale): The Kessler psychological distress scale is a measure for the assessment of the psychological distress. The K10 measure is composed of 10 questions, also there is a more

recent one K6, both of which have strong psychometric properties (Kessler et al., 2002), both the K10 and K6 are used to measure psychological distress, already used in the United States and Canada, the K10 and K6 give the same measure. The K10 has 10 questions to be answered, ranging from “None of the time” to “All of the time” on a 5 point scale, answering based on events and feelings in the preceding 4 weeks. A lower score signifies low level while a higher score signifies high level of psychological distress, total score being 50. Participants are requested to put down how often they have been nervous, hopeless, restless, or fidgety, loss of interest in former cheerful activities, that everything was an effort, and worthless. A lowest score of 20 to 19 indicates likely to be well while a higher score of 30 to 50 indicates likely to have a mental disorder (Kessler et al., 2003).

### Procedure

Kaduna metropolis residents were courteously approached in their offices, markets, churches and mosques seeking their consent to be participants in this study and to fill the questionnaires. The rise in kidnapping in Kaduna State and the concern of the researcher on the mental stress faced by Kaduna residents prompted this research. Consent was obtained from the respondents who filled the forms and were appreciated for their participation.

### Statistical Technique Used

The Statistical package for Social Sciences was used to analyse data obtained from questionnaires, the means and percentages and frequency tables were calculated. Levels of significance were calculated using 0.05 values. The Independent T test is used in this study with the tables showing the results as computed.

## RESULTS

**Table 1: Frequency and percentages of the participant’s demographic characteristics**

Demographic Variables		Frequency	Percentage
<b>Marital Status</b>	No response	5	2.6
	Single	92	48.2
	Married	88	46.1
	Divorced	6	3.1
	<b>Total</b>	<b>191</b>	<b>100.0</b>
<b>Level of Education</b>	No response	3	1.6
	primary School	6	3.1
	Secondary school	49	25.7
	College and University	133	69.6
	<b>Total</b>	<b>191</b>	<b>100.0</b>
<b>Employment Status</b>	No response	10	5.2
	Private sector	73	38.2
	Government employed	41	21.5
	Unemployed	67	35.1
	<b>Total</b>	<b>191</b>	<b>100.0</b>

The table above assessing the distribution of respondents by marital status, it reveals that 46.1% of the respondents are married, 3.1% of the respondents are divorced while 48.2% of the respondents are single. The remaining 2.6% of the people did not respond. The level of education of respondents in the study area reveals that most of the respondents attained college



or University which accounted about 69.6% of the respondents. About 25.7% of the respondents had secondary education certificate while 3.1% have primary education certificate. The result of the employment status of respondents in the study area in Kaduna State indicates that 38.2% of the respondents are working with private sector, 21.5% of the respondents are working with Government employed, and 35.1% are unemployed while 5.2% did not respond.

**Hypothesis 1:** Kidnapping experiences significantly influence the psychological distress of residents in Kaduna metropolis.

**Table 2: Questions to access residents' perception about kidnappings in Kaduna.**

Items	Percentage
Have you resided in Kaduna for longer than 10 years?	88.5
Have you been hearing stories of kidnapping in Kaduna?	100.0
Has their experience been very bad?	92.7
Is Unemployment a cause of Kidnapping in Kaduna?	73.8
Has the Kidnapping experiences made you security conscious?	92.7
Do you feel helpless often times due to the kidnapping news in Kaduna?	77.5
Do you sense danger sending your children to school?	83.2
Are you mentally exhausted often?	45.5
Do you have feelings of anger due to the sad news?	73.3
Have you changes of appetite due to the sad news?	54.5
Have you avoided traveling due to fear of being kidnapped?	70.2
Has your personal care/grooming been affected?	56.5
Has your trust in friends and neighbours declined?	70.2
Do you worry more due to kidnapping experiences and news?	82.7
Do you have tension headaches/stomach aches often in recent times?	49.2
Have you felt like taking drugs and substances to numb the psychological pain?	26.2

*Source: Authors' Field Survey, 2021*

Table 2 shows the perception of residents of Kaduna to the kidnappings showing that the residents of Kaduna State. All the respondents have heard tales of kidnapping in Kaduna, 92.7% have heard of the very bad experiences of victims. The percentage of the respondents that sensed danger while sending their children to school was 83.2% while 73.3% experience danger on hearing the recurring bad news. Their responses shows that most of the residents in Kaduna Metropolis are traumatized with few (26.2%) of them having the needed of taking drugs and substances to numb the psychological pain while majority (92.7%) of them have become more security conscious.

**Table 3: Psychological distress scale (Kessler) to assess the impact of kidnappings on Psychological distress of residents of Kaduna metropolis.**

Items	Sum	Mean= (sum/191)
In the past 4 weeks, about how often did you feel tired out for no good reasons?	504	2.64
In the past 4 weeks, about how often did you feel nervous?	514	2.69
In the past 4 weeks, about how often did you feel so nervous that nothing could calm you down?	396	2.07
In the past 4 weeks, about how often did you feel hopeless?	414	2.17
In the past 4 weeks, about how often did you feel restless or fidgety?	449	2.35
In the past 4 weeks, about how often did you feel so restless you could sit still?	403	2.11
In the past 4 weeks, about how often did you feel depressed?	470	2.46
In the past 4 weeks, about how often did you feel that everything was an effort?	558	2.92
In the past 4 weeks, about how often did you feel so sad that nothing could cheer you up?	421	2.20
In the past 4 weeks, about how often did you feel worthless?	340	1.78
Over all Total Score		2.34

Source: Authors' Field Survey, 2021

Table 3 above showing the means score for the residents of Kaduna metropolis on the Kessler scale .Mean score of 2.34 for residents of Kaduna metropolis which may indicate elements of mild mental disorder.

$$\chi^2 = 154.996, df = 36, P - value = 0.0001$$

Also, to see if the calculated chi-square value is greater or less than the critical value at the default significance level of 0.05, there is a need to know the number of degrees of freedom:

$$d.f = (rows - 1)(columns - 1)$$

$$d.f = (10 - 1)(5 - 1) = 9 \times 4 = 36$$

### Findings:

Since the p-value 0.0001 is less than 5% level of significance, it means the hypothesis is accepted which states that kidnapping experiences significantly influence the psychological distress of residents in Kaduna metropolis.

**Hypothesis 2:** There is significant difference in the psychological distress between Male and Female residents in Kaduna metropolis.

**Table 4: Independent sample t-test for psychological distress on gender**

	Gender	Mean	Std. Deviation	t-cal	p-value
In the past 4 weeks, about how often did you feel tired out for no good reasons?	male	2.47	1.295	1.71	0.089
	female	2.79	1.288		
In the past 4 weeks, about how often did you feel nervous?	male	2.61	1.254	-0.754	0.452
	female	2.76	1.361		
In the past 4 weeks, about how often did you feel so nervous that nothing could calm you down?	male	2.05	1.295	-0.290	0.772
	female	2.10	1.167		
In the past 4 weeks, about how often did you feel hopeless?	male	2.08	1.215	-0.881	0.379
	female	2.24	1.324		
In the past 4 weeks, about how often did you feel restless or fidgety?	male	2.18	1.160	-1.771	0.078
	female	2.50	1.267		
In the past 4 weeks, about how often did you feel so restless you could sit still?	male	2.06	1.108	-0.570	0.570
	female	2.16	1.258		
In the past 4 weeks, about how often did you feel depressed?	male	2.27	1.162	-1.967	0.051
	female	2.62	1.269		
In the past 4 weeks, about how often did you feel that everything was an effort?	male	2.90	1.415	0.215	0.830
	female	2.94	1.406		
In the past 4 weeks, about how often did you feel so sad that nothing could cheer you up?	male	2.11	1.179	0.968	0.334
	female	2.28	1.208		
In the past 4 weeks, about how often did you feel worthless?	male	1.67	1.058	-1.268	0.207
	female	1.87	1.143		

To assess validity of the null hypothesis whether the calculated t-value value is greater or less than the critical t-value at 5% level of significance, there is the need to know the degrees of freedom (*d. f*):

$$d. f = (n1 - 1) + (n2 - 1)$$

$$d. f = (88 - 1) + (103 - 1) = 87 + 102 = 189$$

$$t_{critical} = t_{0.025,189} = 1.980$$

### Findings:

Since all the p-values are greater than 5% level of significance, we therefore reject the hypothesis that there is significant difference in the psychological distress between male and female residents in Kaduna metropolis.

### DISCUSSION

The purpose of this study is to ascertain the effect of kidnapping on the psychological distress of residents of Kaduna metropolis. From this study, it was seen that residents of Kaduna who have been aware of people's kidnap experience mild to moderate symptoms of psychological distress, some of the time which falls between the cut-off points of (1.5 - 3.6). This has resulted in moderate range of psychological distress for the residents which culminates in feeling hopeless about the situation, feeling nervous and agitated, feeling sad and depressed which are pointers to mental disorders on a mild to moderate level. Most of the participants live in fear

and worry of being kidnapped or their family members such as their children being taken away forcefully from school, hence most of the residents report feeling nervous (having a mean score of 2.67 on the Kessler scale) and also being tired out for no good reason (having a score of 2.64 on the Kessler scale) and many report being tired as almost everything was an effort (having a mean score of 2.69 on the Kessler scale). Mental fatigue being a major cause of fatigue, the prevalent news of the ill society is a major reason for this tiredness. This corroborates the findings of many studies which find that mental fatigue to due mental worry is a major cause of physical tiredness and loss of energy (Cutsem et al., 2017).

From this study, it was noted that 100% of the participants have heard of the news of kidnapping experiences, 92.7% have heard of the very bad experiences of victims, 70.2% have avoided travelling due to fear of being kidnapped while 83.2% sense danger to children in schools and 82.7% are very worried about the situation and 77.5% feel helpless about the kidnappings since people are nabbed from farms, from homes, schools and from the workplaces. Psychological distress being a state of worried emotions, emotional lows, and sadness tending to depression, of helplessness and depression are typified in results obtained from the residents of Kaduna metropolis. It was found that among Kaduna residents, the mean score using the Kessler scale was 2.34, hence tallying with the findings of Basoglu (2005) which found that a cross-sectional survey of Yugoslavian war survivors had depression and various degrees of psychological distress causing anxiety and uncertainty about what the future holds.

The second hypothesis in this study states that there is significant difference in the psychological distress of male and female residents in Kaduna metropolis.

This study showed that males and female gender have been found to be similarly affected by the kidnapping experiences of people in Kaduna metropolis. This study found that there is no significant difference between the psychological distresses in males from females, which is at variance with the study results of Viertio et al. (2021) who found among the Finnish population that females were more affected by psychological distress than males. More study needs to be done in the Nigerian population to corroborate with the findings of this study. This study is also at variance with the findings of Van Droogenbroeck, Spruyt and Keppens (2020) who found a significant difference as females experienced more psychological distress than males among Belgian late adolescents and young adults aged 15 to 25 years of age. These differences in results between these studies in the West and that in Kaduna metropolis may be due to the fact that the financial burden falls on the males as millions of naira are requested for the ransom kidnap hence the males primarily bear the burden. Hence in Kaduna, males are experiencing the stress, anxiety and depression similar to the extent faced by females. Females are expected to be more psychologically distressed than males from studies because females have more roles in the society (Milrowsky & Ross, 1989; Nurullah, 2010).

Another reason for the lack of significant gender difference in psychological distress between males and females in this study compared to the western studies may be due to the strong black women syndrome (SBWS) which theorizes that the black women have stronger emotional strength than their white counterparts. Before and after slavery, the oppression and injustice faced by black women have engraved in them the need to be physically and emotionally strong to carry on despite the meagre resources (Woods-Giscombé, 2010), hence women have been taught and trained to care for families despite limited resources, appreciation or reciprocity. Studies also showed that older black women showed less psychological distress than the other white and younger women (Watkins & Johnson 2018) This may probably due to the fact that over time black women have been brought up to be emotionally strong against all odds.

## RECOMMENDATIONS

1. Youth unemployment should be given rapid attention by the State government to curb the rampant kidnappings in Kaduna State. This study showed that at least 35% of the participants in this study was unemployed, corroborating the fact that the Nigeria's unemployment rate was 33% according to reports by Bloomberg 2021, the second highest in global list. The more youths that are unemployed, the more the crime rate as kidnapping has become a lucrative business.

2. The security forces should be well funded and equipped by the federal government as most of the criminals are more well-equipped and motivated. Several police stations have insufficient vans and cars and many lack fuel and ammunition is inadequate.

The security agencies also need to re-establish trust with the citizenry as crime-fighting requires citizen information to be successful. Such trust has been broken over the years as the promise of secrecy of informants has often times, been exposed with many informants becoming victims of attack.

3. Federal government should ensure matching punishment for deterrence of bad behaviour. Absence of appropriate consequences for kidnapping has enabled many others to take up this obscene act as the reinforcement has encouraged more persons to become involved in banditry and kidnappings. Thorndike law of effect establishes that satisfying results enable recurrence of behaviour. There should be consequences for bad behaviour.

4. Cattle ranching by Kaduna State should be recognized as a major point in correcting the malady of kidnappings as many farmers have fallen victims and others have become jobless. The old cattle routes have been eroded by industrialization processes and population increases. Ranching promotes more productivity while protecting human lives and livelihood.

5. Professionals in the area of psychology, psychotherapy and psychiatry should be involved in allaying fears of residents of Kaduna metropolis as most residents suffer from psychological stress due to kidnapping experiences and live in fear of being kidnapped.

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