



ABSTRACT

The study examined how residents of the Bwari community in the Federal Capital Territory (FCT) of Abuja, Nigeria, perceived their experiences with crisis weariness because of threats from kidnappers and killer herdsmen. This study looked at the incidence of psychological crisis fatigue among Bwari Area Council people as a result of an upsurge in kidnappings and killer herdsmen. The purpose of the study was to ascertain how crisis fatigue, which has been brought on by the ongoing murders and concerns of death caused by Killer herders, has affected Bwari villagers. The primary objectives of the study's descriptive

RESIDENTS OF BWARI IN THE FCT OF ABUJA'S PERCEPTION OF CRISIS FATIGUE AND ITS EFFECTS

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Introduction

Because of corrupt political leaders and terrible governance, millions of Nigerians have been forced to live in "crisis mode." "Our bodies have become accustomed to what some experts refer to as chronic crisis fatigue for well over a decade now, without our being aware of such a risky mental health condition. Millions of vulnerable people in Nigeria are subjected to the protracted trauma of insecurity, herdsmen kidnapping, wanton killing, and devastation of human life. The entire Nigerian population has experienced and witnessed several national and international crises. Niger-Delta militant killings, Boko Haram terrorist attacks, ISIS, and ISIL terrorist deaths, ISwap terrorist killings, and recent Fulani Herdsmen kidnapping murders are only a few of the national crises that Nigerians have experienced since 2002. Millions of Nigerians have watched and experienced a string of domestic crises since the Boko Haram insurgency began in Borno State (North-Eastern Nigeria) in 2002. The kidnapping and bunkering of oil workers in the Niger Delta, the ongoing attacks on churches and mosques in Northern Nigeria, the increase in kidnappings and killings across nearly all of Nigeria's States, the killings committed by killer herdsmen, the increase in highway kidnappings involving commuter transporters and poor farmers in their farms etc.

Many Nigerians endure crisis weariness because of the everyday drama brought on by disasters, trauma, and insecurity, despite continuing to try to juggle work, family, childcare, and a restrained social life depending on the ebbs and flows of insecurity. Despite the difficulties, life has gone on in Nigeria. Although the effects of persistent traumatic stress on significant segments of the population seem unprecedented now, they are not. It's difficult to miss the



survey research design were three research questions. A purposive sampling strategy was used to select 990 respondents for the sample from villages across the Bwari Area council of the Federal Capital Territory of Abuja. The researcher developed a 30-item questionnaire to ask the respondents about their encounters with crisis weariness. To evaluate the data, straightforward percentages and frequency counts were employed. The study's conclusions showed that Bwari residents had a poor understanding of crisis fatigue and its detrimental effects on their mental health. The research accorded the general public's ignorance of crisis fatigue excellent marks. For instance, 98.65 percent of respondents lacked access to knowledge on any kind of help for coping with crisis fatigue, 100 percent of respondents had a negative opinion of crisis fatigue, 99.81 and 99.42 percent of respondents lacked protection from mental health issues, and so forth. The situation rendered the responders more prone to pessimism and sad emotions. Based on these, the researcher provided a framework for community counselling treatments for all Nigerians who are struggling with insecurity and crisis weariness, not just Bwari people. The removal of the root causes of crisis fatigue across the nation is where the Nigerian government should concentrate most of its efforts.

Keywords: Killer herdsmen, kidnapers, crisis weariness, and mental health.

developing sense of learned helplessness after two decades of stress and suffering. Chronic stress from insurgency, terrorism, Herdsmen kidnappings and massacres, the Corona Virus outbreak, and other disasters seems to erode our optimism and resilience like a river gradually eroding a canyon. Counselling and psychological phrases, like "crisis fatigue," "terrorism fatigue," "herdsmen kidnapping fatigue," and "Covid fatigue," (Kipp Pietrantonio 2022) have arisen to characterize the accumulated trauma and stress and its impact on our collective mental health among populations in Nigeria during the past 20 years. Psychology provides a wide range of coping mechanisms for anxiety symptoms that appear suddenly, but the effects and solutions for crisis tiredness are less clear. Deep breathing, cognitive reframing, mindfulness, meditation, and behavioural activation are all effective (and empirically validated) treatments for anxiety, but they become much more challenging to use when our bodies have become accustomed to ongoing anxiety.

Statement of the problem

It is no longer safe for most residents in the Federal Capital Territory (FCT) Abuja's Bwari area council due to the threats and deadly activities of kidnapers and killer herdsmen. The Bwari area council has become the epicentre of kidnappings and deadly violence, with the majority of it being inflicted on residents in the Bwari community by kidnapers and killer herdsmen. Due to the significant threat of killer herdsmen and kidnapers in August of this year 2022 across the entire FCT Abuja, Government and Private schools had to close far earlier than the closing date of the 2021–2022 academic sessions. Crisis weariness consequently affects residents of the FCT of Abuja, whether consciously or unconsciously.

An analysis of relevant materials

Knowledge of Crisis Fatigue

In this study, a piece of the growing body of literature on the concept of extended crisis fatigue and useful prevention and management techniques is evaluated. Kendra (2022) states that when



a crisis develops, both our bodies and thoughts prepare for the task at hand. Every reader of this study will be well-positioned to grasp the notion after they have a strong grasp of the term "crisis fatigue." When the crisis is passed, we go back to being who we normally are. Our bodies were not intended to function for long periods of time with a high level of attentiveness. We therefore get worn out and experience crisis tiredness when a crisis doesn't resolve quickly enough. The Corona Virus epidemic is one instance of a protracted crisis that has prompted widespread crisis fatigue. Numerous physical and psychological symptoms are produced, and they can have an impact on your day-to-day activities. Some people are faced with additional crises, particularly in Nigeria. Millions of Nigerians have recently become weary of crises, experienced tremendous trauma, and experienced widespread panic as a result of numerous further crises. One of Nigeria's most important issues is the Herdsmen insecurity, which has disrupted the socioeconomic existence of Nigerians and led to many of them developing significant mental health illnesses, as this study analyses. Another issue is the Herdsmen kidnapping and killings throughout Nigeria. Even if they weren't afflicted by the Corona outbreak just two years ago, millions of Nigerians are experiencing crisis fatigue as a result of the herdsman massacres and wilful destruction of human lives that have occurred in Nigeria over the previous 20 years.

Reasons of fatigue

For those who already feel crisis fatigue, being aware of some of the main causes can be quite beneficial. It is crucial for victims of crisis fatigue to comprehend what causes it because doing so will help one address how one responds to any specific crisis weariness. Even if there are times when taking action to solve a problem is not possible, one can control how one handles every given crisis fatigue. It's also important to keep in mind that feeling exhausted during a crisis doesn't mean you're insensitive, lack willpower, or behaved incorrectly. It simply means that your body and mind are having a difficult time coping with a persistent condition of distress. Schimelpfening (2022) identified a number of possibly common causes of tiredness, including the following:

I can't sleep: Sleep deprivation is actually an incredibly common cause of feeling weary, despite the fact that it may seem like an obvious cause for persistent weariness. Because they are too busy or stressed out, many people find it difficult to relax and receive the rest they need to feel good. Schimelpfening (2022) forecasts from the year 2022, 30% of American people have trouble falling or staying asleep. ¹ Not only does getting too little sleep make you more exhausted during the day, but it can also affect your mental well-being. Additionally, you may experience adverse symptoms like melancholy, irritability, and anxiety. Even while lack of sleep is not a sickness in and of itself, a doctor may be able to suggest stress-reduction methods or prescribe medication to treat occasional insomnia. It's helpful to start by determining your sleep needs. Adults typically require eight hours of sleep per night, though this is very rarely the case. You can also have a sleep debt that needs to be settled with more sleep.

Depression

It is believed that abnormalities in the brain's neurotransmitters, which regulate mood, contribute to depression. People who are sad usually struggle with their sleep and energy levels. They may have trouble falling asleep or may wake up during the night. Other signs of depression include



having trouble getting out of bed in the morning and sleeping a lot. When depressed, a person frequently feels unmotivated and sluggish.

Other signs of depression include feeling sad or empty, losing interest in once-enjoyed activities, changes in food or weight, feeling unworthy or guilty, and having repeated thoughts of suicide Schimelpfening (2022). If you or a loved one you know is thinking about suicide, get in touch with the Nigerian Suicide Prevention Agency or any other Nigerian non-governmental groups for suicide prevention. A trained counsellor is another source of support and direction you can turn to. Additionally, if you think you might be sad, speak with a medical practitioner. They might advise you to find a therapist who can help you deal with your feelings. Depression that is not treated can wear you out physically and negatively affect every aspect of your life.

Anaemia

According to Schimelpfening (2022) anaemia is a condition in which the body either produces abnormally few red blood cells or insufficient haemoglobin. Haemoglobin is the substance that gives red blood cells their colour. It also aids in the distribution of oxygen throughout your body. When you don't have enough red blood cells or haemoglobin, your body doesn't get enough oxygen. As a result, you'll experience fatigue or weakness. You might also have headaches, dizziness, or shortness of breath in addition to these signs. Even in the absence of anaemia, iron deficiency is now thought to be the sole cause of chronic fatigue. A medical practitioner might ask you to have a blood test to see if you have anaemia. Keep in mind that anaemia can be brought on by a variety of factors in addition to a lack of iron.

Hypothyroidism

When the thyroid gland is unable to create enough thyroid hormone, a disease known as hypothyroidism develops. Thyroid disease affects between 27 to 60 million individuals in the United States alone, and is highly prevalent, especially in women. Thyroid hormones control your metabolism, so when levels are low, you may suffer symptoms including weariness, weight gain, and a chill. Additionally aggravating depression symptoms and adding to the condition's complexity is hypothyroidism. Thankfully, a blood test can determine whether the thyroid gland is functioning normally. If not, a doctor can suggest medications to address your underactive thyroid Schimelpfening (2022)

Heart Problems

If you have heart illness, particularly heart failure, you may have persistent exhaustion and an inability to tolerate exercise. Heart failure makes it harder for the heart to efficiently pump oxygen-rich blood to the muscles and other body tissues. Even routine activities like taking groceries inside from the car or going for a walk can become difficult. Schimelpfening (2022) notes other heart disease symptoms that may be present include chest pain, palpitations, dizziness, fainting, and shortness of breath. It has been noted that heart disease symptoms in women are frequently different from those in men and may be portrayed more discreetly. Instead of chest pain, they might manifest as tiredness. According to some research, stress and strain at work may make women more susceptible to heart disease. Due to the frequent dismissal, neglect, or other



attribution of symptoms like fatigue, women are more likely than men to pass away from heart disease. It's important to share all of your symptoms as well as the medical history of your family with a healthcare provider. You and your doctor may decide to undergo additional tests to evaluate your heart and establish whether they are required in light of the results.

Apnoea and snoring

In 2022, Schimelpfening states that a person with sleep apnoea may encounter breathing pauses or brief breaths during sleep that can last anywhere from a few seconds to a minute. These pauses and shallow breaths could number up to 30 in a minute. Every time someone's breathing resumes normally, frequently with a snort or choking sound, it can be highly unpleasant to their sleep. This disrupted and inadequate sleep may be a common cause of afternoon fatigue. Additional signs of sleep apnoea include morning headaches, memory problems, difficulties concentrating, irritability, depression, and a scratchy throat when you wake up.

Your healthcare professional can ask if anybody else has noticed if you snore or have breathing issues. Your doctor might be concerned if you have daytime fatigue or have risk factors for sleep apnoea. A sleep study is frequently indicated to detect sleep apnoea, and if it is, CPAP therapy may be recommended. Untreated sleep apnoea can lead to heart disease, strokes, and even sudden death in addition to making people tired.

Hepatitis

Hepatitis is an inflammation of the liver that can result from a number of things, including infections and obesity. The liver serves the body in a number of essential ways, such as detoxifying toxins, generating proteins that control blood clotting, metabolising and storing carbohydrates, and many other things. When the liver is inflamed, these vital processes might not work at all. In addition to fatigue, hepatitis can also result in a variety of other symptoms, such as jaundice (a yellowing of the skin and whites of the eyes), nausea, abdominal discomfort, and fair skin Schimelpfening (2022). The majority of clinics make it straightforward to do liver function tests; if the findings are abnormal, you and a healthcare practitioner may be prompted to look into possible causes.

Diabetes

When the body either does not create enough insulin or does not utilise it as effectively as it should, diabetes develops. Insulin, a hormone secreted by the pancreas, aids in the uptake of glucose into the body's cells for use as an energy source. If you have diabetes, you might always feel tired for a variety of reasons. Changes in blood sugar levels are partly responsible for the weariness associated with diabetes. If your blood cells don't get enough glucose, you could feel tired. Additional symptoms of diabetes include frequent urination, excessive thirst, unexplained weight loss, acute hunger, abrupt vision changes, tingling or numbness in the hands or feet, dry skin, slowly healing wounds, or a rise in infections. A test called haemoglobin A1C, which is available at most clinics, can help determine your average blood sugar over the previous three months Schimelpfening (2022).



Inflammatory Bowel Syndrome

Chronic fatigue syndrome is also known as myalgic encephalomyelitis, which is characterised by excessive exhaustion that becomes worse with physical or mental effort and doesn't get better with rest. Schimelpfening (2022) it is uncertain what causes this disease. Chronic fatigue syndrome also manifests as short-term memory loss, difficulties focusing, headaches, tight muscles and joints, painful lymph nodes, and recurrent sore throats in addition to excessive exhaustion.

Medications

The negative side effect of weariness may be caused by many different medicines. Schimelpfening (2022) claims that some of the most prevalent medications that could make people fatigued include:

Antibiotics (used to treat bacterial infections) (used to treat bacterial infections)

Antidepressants (used to treat depression) (used to treat depression)

Antihistamines (used to treat allergies) (used to treat allergies)

Antipsychotics (used to treat schizophrenia, bipolar disorder, and other serious psychiatric illnesses) (used to treat schizophrenia, bipolar disorder, and other serious psychiatric conditions)

Benzodiazepines (used to treat anxiety, muscle spasms, seizures) (used to treat anxiety, muscle spasms, seizures)

Drugs for lowering blood pressure

Diuretics (used to treat excessive blood pressure, glaucoma, and oedema) (used to treat high blood pressure, glaucoma, and oedema)

Dependence on painkillers

Proton pump inhibitors (used to treat stomach conditions such as acid reflux)

Statins and fibrates (used to treat high cholesterol)

A doctor or pharmacist can inform you if fatigue is a potential side effect if you're taking any prescription or over-the-counter treatments. It is important to highlight that, despite the prevalence of the aforementioned causes of exhaustion, a wide range of medical conditions can also cause weariness. If you think your exhaustion is unique and you aren't just sleeping less than you need to feel refreshed, schedule an appointment to see a doctor. It's also critical to keep in mind that, in addition to benefiting your mental health, identifying the source of your weariness may disclose ailments that should be treated.

How to Control Crisis Exhaustion

The hypothesis of crisis weariness from 2022 by Kendra is extremely helpful for this investigation. Kendra (2022). wrote on coping with crisis weariness in her article from 2022. Crisis fatigue was identified as a type of burnout that happens when people experience a protracted crisis event. Acute stress can be incredibly powerful and overwhelming, although it normally lasts just a short time. In these situations, we can evaluate the issue and find a remedy. Since we are aware that the crisis won't last forever, we may envision a way to navigate it until it is resolved. However, longer-lasting stressors might frequently appear inescapable and unavoidable. Among these stressful situations are natural disasters, terrorist strikes, and financial collapse. The majority of these incidents are brief, but those who experience them regularly don't feel that way. The persistent



strain may eventually have a detrimental effect on both one's physical and emotional well-being. Crisis weariness can manifest as apathy, mental distance, and physical exhaustion, among other things.

Additionally, Kendra (2022) points out that crisis tiredness is not listed as a separate disease in the "Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition" (also known as the DSM-5). Instead, it is a condition that many people experience when a persistent stressor presents them with challenges in their life on a consistent basis. The COVID-19 pandemic is an example of protracted stress, which in some people can lead to crisis weariness. Conditions that can cause this response include economic collapse, natural disasters, societal upheaval, racial prejudice, mass murder, and war. In these situations, stress frequently has both immediate short-term repercussions (like dealing with aggression, prejudice, or personal losses) and long-term effects that continue even after the immediate stressor has passed.

Stress-related symptoms

It is essential for those who experience crisis fatigue to understand that not everyone does so in the same way or to the same degree. Kendra (2022) noted a number of signs of crisis fatigue, including:

Physical exhaustion can be indicated by fatigue, insomnia, or physical illness. Modifications in sleep habits, persistent physical strain, and appetite loss can all contribute to low energy levels.

A sign of mental detachment may be a feeling of being disconnected or detached from others or even life events. Some people may feel as though they are only viewing the events of another person's life rather than actively engaging in them.

Apathy can manifest as a lack of motivation, hopelessness, or cynicism, among other things. One component of this feeling of indifference is the lack of concern for oneself, but persons who are experiencing crisis weariness may also find it difficult to empathise with others.

We can also suffer physical symptoms when we are under temporary stress. Muscle tension, perspiration, trembling, rapid breathing, and a racing heartbeat are common symptoms. As chronic stress continues to have harmful effects, many people experience additional physical signs of stress, such as body aches, high blood pressure, digestive problems, or headaches. Crisis fatigue can lead to other mental health problems such as anxiety, depression, post-traumatic stress disorder (PTSD), and substance abuse. If you are experiencing crisis fatigue, it is essential to get professional help to manage your symptoms and protect your mental health.

What Causes Crisis Fatigue in People?

Kendra (2022) claims that several factors could lead to crisis fatigue. These consist of:

- i. Long-term exposure to the stressor: Being exposed to a stressful environment can have a negative impact on both our physical and mental health.
- ii. Lack of control: The feeling that we have no control over the situation might make crisis fatigue worse. When we think that nothing we do will make a difference, we are more prone to give up. The situation that millions of Nigerians are currently in is just that.
- iii. Lack of support: When we don't have a strong support system, managing stress may be more challenging.



- iv. Multiple stressors: Dealing with numerous stressors simultaneously (such as being out of job and dealing with racial prejudice) can increase our susceptibility to crisis tiredness.
- v. Exposure to disturbing information can also make you feel more crises weary. For instance, being concentrated on the latest disaster, crisis, crime, or conflict headlines might cause ongoing tension. By paying attention, individuals may feel more informed about what's occurring in the world, but too much exposure might overwhelm individuals to the point where they lose interest in what's going on. It is distressing to realise that Nigeria's crisis tiredness has exact causes that are outlined in Kendra's crisis fatigue framework. Millions of Nigerians have endured numerous protracted insurrections, security threats, kidnappings, and economic disasters. Many Nigerians who suffer from crisis fatigue also lack influence over the country's crises and outside support.

Effects of Crisis Fatigue

According to Kendra (2022), the word "allostatic load" has been used to explain the impact of crisis exhaustion on people. This concept was created to characterise the weight of accumulated long-term stress and challenging life events. The body's systems that release catecholamines like adrenaline, noradrenaline, and dopamine as well as stress hormones like cortisol are activated by prolonged stress exposure. The stress response prepares individuals to respond, cope, and adapt. We still must cope with the consequences of carrying that big load constantly, even though we can usually tolerate the pressure. According to study, a high allostatic load may result in fewer favourable health consequences. Allostatic excess causes "wear and tear" on your body. Numerous systems, including the immune system, metabolic process, blood pressure, and inflammatory response are negatively impacted by this.

Combating Crisis Fatigue

Kendra (2022) asserts that if you have crisis fatigue, there are steps you may take to manage your symptoms and protect your mental health. You can sense tension, indifference, or detachment because of crisis fatigue. Consider some of the following actions:

- i. Take Breaks: Give social media and the news some space. While keeping informed may be advantageous, it's also important to give your body a break from constant exposure to depressing news.
- ii. Reduce Your Exposure: Try not to read too much about the situation in the news. You only need to stay knowledgeable enough to avoid getting overworked; you don't need to keep up with every improvement. Don't spend too much time reading or watching the news on social media. Consider subscribing to a daily summary on a news website. This allows you to stay updated on events without feeling overworked.
- iii. To take care of yourself, schedule time for rest and self-care. Managing a crisis can be demanding, so it's critical to take care of yourself. Make sure you get enough rest, eat healthfully, and exercise frequently.
- iv. Keep a Schedule: When you are under a lot of stress, keeping a regular schedule will help you feel better. You can better care for yourself as you control the stressor. According to study, following a schedule can improve a person's ability to control their stress and



anxiety. These routines not only promote positive behaviours but also increase your sense of productivity and attention.

- v. Reframe the Situation: How you see a situation affects how you feel about it in a significant way. Despite being widely employed in cognitive behavioural therapy under the direction of a therapist, cognitive reframing can also be carried out on your own. When coping with a scenario that generates stress or crisis exhaustion, keep in mind that it won't last forever.
- vi. Act: At times, crisis fatigue can lead to feelings of immobility and inaction. You might want to assist if there is a problem, but you might not know how or where to start. This sense of helplessness might cause stress, which makes you feel more exhausted. Instead, than adding to your tiredness by scrolling endlessly about impending doom, look for things you can do to improve your neighbourhood or the world. You can't solve every problem by yourself. You are not compelled to do either. When you can, concentrate on performing. You can overcome feelings of powerlessness by remembering that everyone has information, skills, and abilities to contribute with the world. Talking to a friend or a member of your family can help you feel better if you're feeling overwhelmed. You can also chat with a mental health professional if you need additional support.
- vii. Set Limits: As a result of changes in the workplace, a lot of individuals now work remotely, which could cause an unbalanced work-life balance. It may be advantageous to establish clear boundaries between your personal and professional lives. Establishing a distinct workplace, refraining from discussing job-related topics after hours, and finding strategies to clearly differentiate between work and non-work time are a few examples of these constraints.
- viii. Speak with a Therapist: Seek out a professional's assistance if you're having problems managing. If crisis fatigue is making it difficult for you to carry out daily chores, it may be time to consider counselling or therapy. Contact a professional to talk about your feelings and look into potential remedies to make you feel more involved, upbeat, and connected to the world around you. Consult a qualified counsellor or mental health professional if you or a loved one is suffering from crisis fatigue for the necessary support, details on nearby resources, and potential treatment options.

The goal of the research

The framework for this investigation was four main goals.

- i. To determine how Bwari Area Council people in Abuja perceive crisis weariness.
- ii. To determine what causes crisis weariness among Bwari Area Council inhabitants in Abuja.
- iii. To evaluate the level of crisis fatigue experienced by Bwari Area Council people in Abuja.
- iv. To determine the effects of crisis weariness on Bwari Area Council people in Abuja.

Research Issues

The four research questions that guided this study were as follows.

1. What does Bwari Area Council Abuja's population think about crisis fatigue?
2. What causes crisis weariness among Bwari Area Council inhabitants in Abuja?



3. What level of crisis weariness do the Bwari Area Council citizens in Abuja experience?
4. What effects does crisis fatigue have on Bwari Area Council inhabitants in Abuja?

Methodology

The methodology of the study was descriptive survey research. The researcher inferred information about a population of interest from responses to a sample taken from the entire group. This strategy was chosen because it makes it easier to describe, examine, document, analyse, and evaluate study variables. Residents of the major communities that comprise the Bwari area council were chosen as the study's sample size and were given questionnaires to complete. The survey received 990 responses in total, and respondents (both men and women) were chosen by carefully random sampling from each of the selected communities. 990 individuals are involved in the study as a result. "The researcher developed a crisis fatigue prevalence perception questionnaire using a four-point Likert scale" (CFPP). The instrument was examined, updated, and changed by the research test and measurement professionals at the Veritas University Abuja Faculty of Education to ensure its validity. Along with the survey's face and content validity, the reliability of the questionnaire was evaluated using the Pearson product moment correlation coefficient. Its reliability might be determined using the acquired value of 0.75. To address the difficulties raised by the study, the collected data were analysed using frequency counts, percentages, and means.

Results

The four research questions earlier raised in the study were answered descriptively using frequency counts and percentages.

Research Question 1: What is the perception of crisis fatigue among residents of Bwari Area Council Abuja?

In Table 1, item 1 revealed that 66.1% of the residents agreed that majority of the total population in Bwari are ignorant of crisis fatigue even though they are suffering it not being aware it is crisis fatigue while 33.9% of them disagreed. Item 2 showed that 81.4% of the residents said that over 90% of the population in Bwari experience crisis fatigue without being aware of such a risky mental health condition on them while 18.6% of them said no. Item 3 revealed that 72.2% of the residents said that most of the adult male population in Bwari suffer crisis fatigue not being aware it is crisis fatigue while 27.8% of them said no. Item 4 revealed that 68.9% of the residents agreed that most of the adult female population in Bwari suffer crisis fatigue without knowing it is crisis fatigue while 31.1% of them disagreed. Item 5 revealed that 59.9% of the residents said that majority of the adolescents' population in Bwari suffer crisis fatigue without knowing it is crisis fatigue while 40.1% of them said no. Item 6 revealed that 74.6% of the residents agreed that most of the entire population of Bwari have no access to information about any type of counselling services to help deal or cope with crisis fatigue while 25.4% of them disagreed. Item 7 revealed that 81.6% of the residents said that majority of the residents in Bwari have very poor perception of counselling services to protect people against mental health problems like crisis fatigue while 18.4% of them said no. Item 8 revealed that 12.5% of the residents agreed that majority of the population in Bwari due to very poor perception have lived in 'crisis mode' over a decade without knowing they have



crisis fatigue while 87.5% of them disagreed. Item 9 revealed that 77.1% of the residents said that most of the population in Bwari have experienced and witnessed both national and international crises fatigue without knowing it is crisis fatigue while 22.9% of them said no. Therefore, there was a poor perception of counselling services to protect people against mental health problems like crisis fatigue.

Table 1: Percentage analysis showing perception of crisis fatigue among residents of Bwari Area Council Abuja (n=690)

S/N	Residents' Perception of Crisis Fatigue	Residents' Responses			
		Yes		No	
		F	%	F	%
1	Majority of the total population in Bwari are ignorant of crisis fatigue even though they are suffering it not being aware it is crisis fatigue	456	66.1	234	33.9
2	Over 90% of the population in Bwari experience crisis fatigue without being aware of such a risky mental health condition on them	562	81.4	128	18.6
3	Most of the adult male population in Bwari suffer crisis fatigue not being aware it is crisis fatigue	498	72.2	193	27.8
4	Most of the adult female population in Bwari suffer crisis fatigue without knowing it is crisis fatigue	476	68.9	214	31.1
5	Majority of the adolescents' population in Bwari suffer crisis fatigue without knowing it is crisis fatigue	413	59.9	277	40.1
6	Most of the entire population of Bwari have no access to information about any type of counselling services to help deal or cope with crisis fatigue	515	74.6	175	25.4
7	Majority of the residents in Bwari have very poor perception of counselling services to protect people against mental health problems like crisis fatigue	563	81.6	127	18.4
8	Majority of the population in Bwari due to very poor perception have lived in 'crisis mode' over a decade without knowing they have crisis fatigue	86	12.5	604	87.5
9	Most of the population in Bwari have experienced and witnessed both national and international crises fatigue without knowing it is crisis fatigue	532	77.1	158	22.9

Research Question 2: What are the causes of crisis fatigue among residents of Bwari Area Council Abuja?

In Table 2, item 10 showed that 65.4% of the residents said that long protracted trauma of insecurity fears caused crisis fatigue while 34.6% of them said no. Item 11 indicated that 57.7% of the residents said that herdsmen kidnappings caused crisis fatigue while 42.3% of them said no. Item 12 indicated that 78.6% of the residents said that huge ransom payments to kidnappers caused crisis fatigue



while 21.4% of them said no. Item 13 indicated that 78.7% of the residents said that shocking stories of random wanton killings in the neighbourhoods caused crisis fatigue while 21.3% of them said no. Item 14 indicated that 66.5% of the residents said that devastation on human life and properties caused crisis fatigue while 33.5% of them said no. Item 15 indicated that 62.6% of the residents agreed that Boko Haram constant killing attacks on Schools, Churches and Mosques caused crisis fatigue while 37.4% of them disagreed. Item 16 indicated that 57.8% of the residents agreed that I-SWAP terrorists' constant killing attacks on commuter transporters caused crisis fatigue while 42.2% of them disagreed. Item 17 indicated that 67.4% of the residents agreed that economic meltdown crises on businesses caused crisis fatigue while 32.6% of them disagreed. Item 18 indicated that 74.1% of the residents agreed that regular security threats to individuals in the community caused crisis fatigue while 25.9% of them disagreed. Item 19 indicated that 67.5% of the residents agreed that COVID-19 pandemic threat to life caused crisis fatigue while 32.5% of them disagreed.

Table 2: Percentage analysis showing causes of crisis fatigue among residents in Bwari Area Council (n = 690)

S/N	Causes of Crisis Fatigue	Residents' Responses			
		Yes		No	
		F	%	F	%
10	Long protracted trauma of insecurity fears	451	65.4	239	34.6
11	Herdsmen kidnappings	398	57.7	292	42.3
12	Huge ransom payments to kidnappers	542	78.6	148	21.4
13	Shocking stories of random wanton killings in the neighbourhoods	543	78.7	147	21.3
14	Devastation on human life and properties	459	66.5	231	33.5
15	Boko Haram constant killing attacks on Schools, Churches and Mosques	432	62.6	258	37.4
16	I-SWAP terrorists' constant killing attacks on commuter transporters	399	57.8	291	42.2
17	Economic meltdown crises on businesses	465	67.4	225	32.6
18	Regular security threats to individuals in the community	511	74.1	179	25.9
19	COVID-19 pandemic threat to life	466	67.5	224	32.5

Research Question 3: What is the degree of crisis fatigue experience by the residents of Bwari Area Council Abuja?

In Table 3, item 20 revealed that 62.5% of the residents said that 90 percent of male adults have experienced crisis fatigue among Bwari residents while 37.5% of them said no. Item 21 showed that 68.9% of the residents said that 95 percent of female adults have experienced crisis fatigue among Bwari residents while 31.1% of them said no. Item 22 showed that 82.5% of the residents said that 90 percent of Veritas university students experienced crisis fatigue in Bwari while 17.5% of them said no. Item 23 showed that 65.9% of the residents said that 98 percent of middle adolescents (secondary school students) experience crisis fatigue in Bwari while 34.1% of them said no. Item 24



showed that 72.6% of the residents said that 96 percent of the total population experience the kidnapping and killings crisis fatigue across the entire Bwari community while 27.4% of them said no. Thus, there was a very high degree of crisis fatigue in the Area council.

Table 3: Percentage analysis showing degree of crisis fatigue experience by the residents of Bwari Area Council, Abuja (n = 690)

S/N	Degree of Crisis Fatigue	Residents' Responses			
		Yes		No	
		F	%	F	%
20	90 percent of male adults have experienced crisis fatigue among Bwari residents	431	62.5	259	37.5
21	95 percent of female adults have experienced crisis fatigue among Bwari residents	476	68.9	214	31.1
22	90 percent of Veritas university students experienced crisis fatigue in Bwari	569	82.5	121	17.5
23	98 percent of middle adolescents (secondary school students) experience crisis fatigue in Bwari	455	65.9	235	34.1
24	96 percent of the total population experience the kidnapping and killings crisis fatigue across the entire Bwari community	501	72.6	189	27.4

Research Question 4: What impact does crisis fatigue have on residents of Bwari Area Council Abuja?

In Table 4, item 25 revealed that 71.2% of the residents said that increased cases of depression were impact of crisis fatigue on residents while 28.8% of them said no. Item 26 revealed that 67.8% of the residents said that an alarming number of allostatic overloads was an impact of crisis fatigue on residents while 32.2% of them said no. Item 27 revealed that 54.5% of the residents said that increase in the number of those suffering from high blood pressure was an impact of crisis fatigue on residents while 45.5% of them said no. Item 28 revealed that 60.0% of the residents said that increase in adverse metabolic function in the health system of residents was an impact of crisis fatigue on residents while 40.0% of them said no. Item 29 revealed that 51.6% of the residents said that detrimental effect on immunological system of residents was an impact of crisis fatigue on residents while 48.4% of them said no. Item 30 revealed that 59.7% of the residents said that feeling of hopelessness and despondency was an impact of crisis fatigue on residents while 40.3% of them said no. Item 31 revealed that 56.7% of the residents said that increased number of paralysis cases was an impact of crisis fatigue on residents while 43.3% of them said no. Item 32 revealed that 59.3% of the residents said that change of workplaces was an impact of crisis fatigue on residents while 40.7% of them said no. Item 33 revealed that 74.8% of the residents said that acute stress was an impact of crisis fatigue on residents while 25.2% of them said no. Item 34 revealed that 75.8% of the residents said that loss of appetite for work by the civil servants was an impact of crisis fatigue on residents while 24.2% of them said no. Item 35 revealed that 71.9% of the residents said that increased lack of interest to teach in schools by teachers was an impact of crisis fatigue on residents while 28.1% of them said no. Item 36 revealed that 78.1% of the residents said that high



loss of interest for school by students was an impact of crisis fatigue on residents while 21.9% of them said no. Item 37 revealed that 79.0% of the residents said that increased number of forced migration was an impact of crisis fatigue on residents while 21.0% of them said no. Item 38 revealed that 67.1% of the residents said that massive loss of jobs and closure of many industries and businesses was an impact of crisis fatigue on residents while 32.9% of them said no. Item 39 revealed that 68.3% of the residents said that poor socio-economic activities were an impact of crisis fatigue on residents while 31.7% of them said no. Therefore, crisis fatigue had a great impact on residents of Bwari Area Council, Abuja.

Table 4: Percentage analysis showing impact of crisis fatigue on residents of Bwari Area Council, Abuja

S/N	Impact of Crisis Fatigue	Residents' Responses			
		Yes		No	
		F	%	F	%
25	Increased cases of depression	491	71.2	199	28.8
26	Alarming number of allostatic overloads	468	67.8	222	32.2
27	Increase in the number of those suffering from high blood pressure	376	54.5	314	45.5
28	Increase in adverse metabolic function in the health system of residents	414	60.0	276	40.0
29	Detrimental effect on immunological system of residents	356	51.6	334	48.4
30	Feeling of hopelessness and despondency	412	59.7	278	40.3
31	Increased number of paralysis cases	391	56.7	299	43.3
32	Change of workplaces	409	59.3	281	40.7
33	Acute stress	516	74.8	174	25.2
34	Loss of appetite for work by the civil servants	523	75.8	167	24.2
35	Increased lack of interest to teach in schools by teachers	496	71.9	194	28.1
36	High loss of interest for school by students	539	78.1	151	21.9
37	Increased number of forced migration	545	79.0	145	21.0
38	Massive loss of jobs and closure of many industries and businesses	463	67.1	227	32.9
39	Poor socio-economic activities	471	68.3	219	31.7

Discussion of Findings

Based on research question one findings on the perception of crisis fatigue among residents of Bwari Area Council, Abuja, there was a poor perception of counselling services to protect people against mental health problems like crisis fatigue. 81.6% of the residents said that majority of the residents in Bwari have very poor perception of counselling services to protect people against mental health problems like crisis fatigue while 18.4% of them said no. These findings disagree with the findings of Osagie (2012) on fatigue occurrence, perception, knowledge, and the utilization of its coping mechanisms by commercial aircrew in Nigeria which revealed that fatigue levels were



relatively high at 69% with a fair utilization rate of fatigue coping mechanisms ranging between 35.1%-78.3%.

Based on the findings of research question two on the causes of crisis fatigue among residents of Bwari Area Council Abuja showed that 65.4% of the residents said that long protracted trauma of insecurity fears caused crisis fatigue while 34.6% of them said no. 57.7% of the residents said that herdsmen kidnappings caused crisis fatigue while 42.3% of them said no. 78.6% of the residents said that huge ransom payments to kidnappers caused crisis fatigue while 21.4% of them said no. 78.7% of the residents said that shocking stories of random wanton killings in the neighbourhoods caused crisis fatigue while 21.3% of them said no. 66.5% of the residents said that devastation on human life and properties caused crisis fatigue while 33.5% of them said no. 62.6% of the residents agreed that Boko Haram constant killing attacks on Schools, Churches and Mosques caused crisis fatigue while 37.4% of them disagreed. 57.8% of the residents agreed that I-SWAP terrorists' constant killing attacks on commuter transporters caused crisis fatigue while 42.2% of them disagreed. 67.4% of the residents agreed that economic meltdown crises on businesses caused crisis fatigue while 32.6% of them disagreed. 74.1% of the residents agreed that regular security threats to individuals in the community caused crisis fatigue while 25.9% of them disagreed. 67.5% of the residents agreed that COVID-19 pandemic threat to life caused crisis fatigue while 32.5% of them disagreed. These findings are similar to that of Kendra (2022) on what causes crisis fatigue in people.

Research question three findings on the degree of crisis fatigue experience by the residents of Bwari Area Council Abuja revealed that there was a very high degree of 96% of the total population of respondents' experience crisis fatigue in the Area Council

Research question four findings on the impact crisis fatigue have on residents of Bwari Area Council Abuja showed that crisis fatigue had a great impact on residents with force migration rated 79%, acute stress rated 75.8% and 75.8% of residence loss appetite for work due to fear. This is similar to Kendra (2022) findings on effects of crisis fatigue where accumulated long-term stress and challenging life events as well as exhaustion on people were identified as effects of crisis fatigue on victims.

Conclusion

The researcher concludes from the research findings that crisis fatigue experiences in Bwari Area Council have negative impacts on the residents due to poor perception and lack of awareness amongst victims, as well as lack of availability of crisis fatigue counselling services to help victims cope.

Recommendations

Based on the findings, the following recommendation were made:

- i. The need for a framework for community counselling treatments for all Nigerians who are struggling with insecurity and crisis weariness and not just for Bwari people.
- ii. The government to work hard towards ending the root causes of crisis fatigue across the nation.
- iii. Bwari Area Council authorities to organise community awareness campaign on crisis fatigue and its devastating effects on the mental health of people.



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