

INFLUENCE OF COUNSELLING SERVICES ON DELINQUENT ADOLESCENTS OF DIFFERENT PARENTING STYLES IN MAINLAND AREA OF LAGOS STATE

GLORIA U. KING-KENECHUKWU

E-Mail: ukamakagloria34@gmail.com

Professor AUGUSTINE C. UKWUEZE

Faculty of Education

National Open University of Nigeria

Abuja

E-Mail: acukwueze@gmail.com

GSM-No.: 08037891905

Abstract

This study investigated the influence of counselling services on delinquent in-school adolescents from different parental styles in secondary schools in Mainland Area of Lagos State. It employed the quasi-experimental research design with a total population of 2,525 junior and senior secondary school students in Mainland Area of Lagos State. A total of 120 male and female students were selected through purposive sampling technique as the sample size. An instrument entitled Counselling Delinquent Students Inventory (CDSI) was constructed and validated by two experts in guidance and counselling with a reliability index of 0.82. Mean and standard deviation were used to answer the research questions while multiple regression and t-test were used to test the hypotheses at 0.05 level. It was revealed that parental styles have significant influence on the behaviour patterns of students in secondary schools. Students from democratic homes are well behaved unlike students from authoritarian and permissive homes. Individual and group counselling services should be extended to parents to enlighten them on the dangers of authoritarian or permissive parenting style of child rearing.

Keywords: Counselling, delinquent adolescents, parental styles.

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Introduction

Globally, guidance and counselling services are essential elements in ensuring discipline and appropriate management of people in all societies. It could be difficult for any society to function well without the exercise of discipline. School guidance and counselling programmes have, therefore, been introduced to assist students to overcome the number of challenges they experience at home and at school. As a result of many pressures imposed on the family, parents tend to have little time with their children to give them the necessary guidance. African adults have become more concerned with earning money and are less occupied with many traditional practices that formerly contributed to the upbringing of young people.

Formerly, guidance and counselling services were introduced in Nigeria through the intervention of the Federal Ministry Education after the 1969 Curriculum Summit at Ibadan, which in a communique, recommended the 1977 National Policy on Education (Ukwueze, 2025). Thus, the Federal Republic of Nigeria (2004) stated in the policy that because many Nigerian students are confused and maladjusted, guidance and counselling should be introduced in post primary schools across the country. Guidance and counselling as a twin concept in secondary education is, therefore, crucial as it is seen as a beneficial entity to the individuals in schools and the society as a whole.

Through this type of educational service, the individual is inspired not only to explore, but also to be at ease with the world of knowledge with general competencies in skills and habits of thoughts. Stressing further, the importance of guidance and counselling in secondary schools, Omoniyi (2016) adds that the secondary school coincides with the adolescent period during which students undergo many developmental changes and adjustment problems, which can only be addressed by organized guidance and counselling services.

Counselling is a process of helping individuals or group of people to gain self-understanding in order to be themselves. Generally speaking, counselling can be regarded as the process of helping another person to find and act upon a solution to their problem. Counselling could also be said to be a number of procedures used in assisting individuals known as counselees in solving problems which arises in various aspect of their lives.

Onyechi and Okere (2007) in their research identified the following as there are several delinquent behaviours that are exhibited frequently and persistently in the classroom such as walking out of the teacher, noise making, sleeping in class, pinching aggression, vandalism, pilfering, lies, truancy, tardiness, irresponsibility, cheating, immorality, alcoholism, use of drugs, cultism, and examination malpractice among others (Onyechi & Okere, 2007). Psychological tensions and emotional disturbances at home may drive the adolescents away from home or from school and have, the potentials of exposing them to negative associations. Perove and Spielberger (1996) did a study on the perceptions of students on parental punishment and children's anxiety dispositions and revealed that authoritarian children display high degrees of anxiety, maladjustment and unwanted behaviours.

The Nigeria government has devised and employed several measures aimed at curbing adolescent's delinquency in our society but to no avail, for instance establishment and administration of juvenile laws and courts, establishment of remand homes, establishment of secondary and law enforcement agency etc. many researchers agreed that the foundation of adolescent delinquency is rooted in the kind of home the adolescent is brought up (Okorodudu & Okorodudu, 2010; . Utti 2006; Okpako 2004). The basic for good behaviour orientation and good adolescents attitude development is founded on positive parenting. Hence, the study wishes to examine the effects of counselling on delinquent adolescent from different parenting styles in secondary school. This is based on the fact that the reviewed literature shows that guidance and counselling services are designed to help individuals with psychological. problems to voluntarily change their behaviours and to enable them make wise . future decisions, clarify their ideas, perceptions, attitudes and goals.

It is reasoned that information from this research will be beneficial to adolescents, parents, the governments, counsellors, families, schools and the society at large. It will assist in developing effective guidance and counselling strategies towards minimizing delinquency in secondary school adolescents from different parenting styles in Mainland area of Lagos State.

This study is anchored on Diana Baumrind's Parenting Typology. Diana Baumrind is a leading clinical and developmental psychologist whose work on parenting styles is groundbreaking, even decades after she published her work in 1968. In 1991, Baumrind

expanded her studies on the effects of different parenting styles on child rearing. In her study, she observed three groups of preschoolers. Mistrustful and unhappy preschoolers had controlling and nonnurturing parents. Self-reliant and happy preschoolers had demanding but nurturing and communicative parents. Immature and dependent preschoolers had warm parents who did not set limits. On this basis, Baumrind developed the authoritarian, authoritative and permissive parenting styles. In the authoritarian parenting, parents are rigid and controlling, and they demand a lot from their children without offering warmth or responding to a child's needs. In the authoritative parenting, parents set high expectations. Unlike the authoritarian parent, the authoritative parent is responsive to her child's needs. These parents are flexible. They listen and give advice. Also, in the permissive parents offer plenty of warmth but don't set limits. They let their child do as it pleases them, and these children might grow up without understanding that society will impose limits on their behaviour. Consequently, children of permissive parents often grow up frustrated by their attempts to function within society's expectations. The effect of permissive parenting, Baumrind (1991) notes, is that these children might be impulsive, might lack self-control and might not have experience in molding their wishes to others' expectations, which makes it difficult for these children to adapt to adult life. The implication of this theory to the present study is that Nigerian children are reared differently across families and cultures with differing behavioural consequences. At secondary school level, therefore, these problems that are of delinquent dimensions could be handled through counselling interventions.

Egbochukwu (2005) in a study on peer group and school influence on adolescents reported better communication skills, increased confidence, academic achievement and positive changes in problem behaviours as some of the benefits of peer group counselling. Eke (2001) in another research found that adolescents who are exposed to higher level of warmth, induction and monitoring parenting background would less likely be delinquents. Oyeiyo (2012) in his research on influence of guidance and counselling on students' discipline in public secondary schools in Kabodo Division, Kenya reported that counselling can be used both as a curative measure in addressing school discipline and to avert or correct indiscipline among students, vocational guidance provides information about job opportunities and factors affecting the job market such as unemployment, information technology and international relationship. Nyambura (2007) studied the influence of guidance and counselling programme on public secondary schools' discipline following the ban on corporal punishment in Bahati Division, Nakuru District of Kenya. The study revealed no any significant influence on students' discipline using counselling programme. Rather, corporal punishment has an influence on students' discipline. He concluded that there is need for better strategies, counsellor training and proper implementation of guidance and counselling in schools.

Statement of the Problem

It is sad to state that in spite of the implementation of guidance and counselling services in secondary school, and the government's efforts to enforce discipline in Nigerian schools, unrest has continued in secondary schools with a new dimension. Not only are they violent and destructive, but they are premeditated and planned and have caused maximum harm to human life. There seems to be lack of effective alternative strategies to contain students' indiscipline. This can be realized from the fact that the whole

country has been experiencing students' violence. The Lagos mainland, especially the Oshodi-Isolo Local Government Area is not an exception. It has also been observed that children from different homes display different behavioural problems. Perhaps, this could be as a result of different parenting styles adopted by different families. Thus, this study sought to investigate the influence of individual and group counselling services on delinquent adolescents from different parenting styles in secondary schools in the mainland area of Lagos State of Nigeria.

Purpose of the Study

The main purpose of the study was to ascertain the influence of counselling services on delinquent in-school adolescents from different parental styles in secondary schools in Mainland Area of Lagos State. specifically, the study was designed to investigate:

1. The influence of parenting styles on the behaviour patterns of students in secondary schools in the mainland area of Lagos State.
2. The extent to which delinquent students are influenced using counselling services in secondary schools in the mainland area of Lagos State

Research Questions

The following research questions were formulated for the study:

1. What is the influence of parenting styles on the behaviour patterns of students in secondary schools in the mainland area of Lagos State?
2. To what extent are delinquent students influenced using counselling services in secondary schools in the mainland area of Lagos State?

Research Hypotheses

1. Counselling services have no significant influence on delinquent behaviours of secondary school students from different parenting styles in the mainland area of Lagos State.
2. There is no significant difference in the opinions of male and female respondents on the influence of counselling services on delinquent behaviours of students in secondary schools on gender basis in the mainland area of Lagos State.

Methodology

This study adopted the quasi-experimental research design to investigate the effects of counselling on delinquent adolescent from different parental styles in secondary schools. Payne and Payne (2004) note that descriptive survey design aims at portraying the status quo of the existing situation and gives an understanding of the existing phenomenon. The population of this study comprises all the students in public secondary schools in Lagos Mainland of Lagos State. The figure is 25,525 junior and senior secondary school students. Through random sampling technique, 120 male and female students were drawn from five public secondary schools in Lagos Mainland of Lagos State. The average age of the students is 14 years. On genders, the sample size is made up of 60 male students and 60 female students.

A self-developed questionnaire entitled Counselling Delinquent Students Inventory (CDSI) was designed, constructed and validated for the study. The questionnaire elicited information on personal data of the respondents, information on parental styles and students' behaviour patterns and the influence of counselling services on delinquent students. The instrument was designed in a modified Likert format using SA = Strongly Agree; A = Agree; D = Disagree; and SD = Strongly Disagree.

The instrument was duly validated by two experts in Guidance and Counselling using content and construct validity processes. It was also subjected to a pilot test to determine the test-retest reliability of the questionnaire. After subjecting the test-retest scores obtained to the Spearman's – Brown prophecy formula, a co-relation coefficient (r) of 0.82 was obtained to ascertain the reliability of the instrument.

Data Analysis

The research questions were answered using descriptive statistics (mean and standard deviation) while the hypotheses were tested at 0.05 level using inferential statistics (multiple regression and t-test). The data collected were thus, processed, analysed and tabulated as shown in chapter four.

Research Question 1

What is the influence of parenting styles on the behaviour patterns of students in secondary schools in the mainland area of Lagos State?

Table 1: Parental Styles and Students' Behaviour Patterns

S/N	Item Statement Decision	Mean	Sd.
1.	Students from authoritarian homes are often hostile Agreed	2.98	1.06
2.	Students from authoritarian homes always involve themselves in stealing Agreed	2.99	0.93
3.	Students from democratic homes are cool headed Agreed	3.84	0.87
4.	Most students from democratic homes are well behaved Agreed	2.58	0.61
5.	Students from permissive homes are destructive Agreed	2.96	0.45

The data in Table 1 show that students from authoritarian homes are often hostile (Mean = 2.98; SD = 1.06). Students from authoritarian homes always involve themselves in stealing (Mean = 2.99; SD = 0.93) Students from democratic homes are cool headed (Mean = 3.84; SD = 0.87). Most students from democratic homes are (Mean = 2.58; SD = 0.61). Students from permissive homes are destructive (Mean = 2.96; SD = 0.45).

The respondents are not far from each other in their ratings of the item statements as the standard deviation ranges from 0.45 to 1.06.

Research Question 2

To what extent are delinquent students influenced using counselling services in secondary schools in the mainland area of Lagos State?

Table 2: Influence of Counselling Services on Delinquent Students

S/N	Item Statement Decision	Mean	Sd.
1.	Students no longer cheat openly in Examinations due to counselling services Agreed	2.55	0.72
2.	Cases of gang fighting are highly reduced as a result of counselling Agreed	2.88	0.42
3.	Students' punctuality to school is highly improved Agreed	2.90	0.94
4.	Cases of truancy among senior students have been checked through counselling Agreed	3.16	0.89
5.	Students' appearance is very normal and good looking now due to counselling Agreed	2.60	0.72

The information in Table 2 show that all the items were positively accepted as the influence of counselling services on delinquent students in secondary schools. For illustration, students no longer cheat openly in examinations due to counselling services (Mean 2.55; SD = 0.72) and cases of gang fighting are highly reduced as a result of counselling (Mean = 2.88; SD = 0.42). Also, students' punctuality to school is highly improved (Mean = 2.90; SD = 0.94). Cases of truancy among senior students have been checked through counselling (Mean = 3.16; SD = 0.89). Students' appearance is very normal and good looking now due to counselling (Mean = 2.60; SD = 0.72). The standard deviation ranges from 0.42 to 0.94, which shows close affinity in the opinions of the respondents to the item statements.

Hypothesis 1

Counselling services have no significant influence on delinquent behaviours of secondary school students from different parenting styles in the mainland area of Lagos State.

Table 3: Multiple Regression Analysis of the Counselling Services on Students' Delinquent Behaviours

Group	Sum of Squares	df	Mean Squares	F	P-Value
Regression	58.825	2	29.413	22.49	0.000*
Residual	163.361	118	1.312		
Total	222.186	120			

*Significant at 0.05 level

The data in Table 3 indicate that $P (0.000) < 0.05$, which indicates a significant influence of counselling services on delinquent behaviours of secondary school students from different parenting styles. Thus, the hypothesis of counselling services has no significant influence on delinquent behaviours of secondary school students from different parenting styles is hereby rejected. In other words, counselling has significant influence on delinquent students from different parenting styles.

Hypothesis 2

There is no significant difference between the opinions of respondents on the influence of counselling services on delinquent behaviours of students in secondary schools on gender basis in the mainland area of Lagos State.

Table 4: T-test analysis of influence of counselling on students' delinquent behaviours based on gender

Students	N	Mean	SD	df	t-cal	P-Value
Male	60	2.61	0.73	118	0.021	0.117*
Female	60	2.59	0.95			

*Not significant at 0.05 level

The data in Table 4 indicate that $t (0.021)$ at $P = (0.117) > 0.05$ level. By implication, no significant difference exists between the opinions of the respondents on gender basis. Thus, the hypothesis of no significant difference between the opinions of respondents on the influence of counselling services on delinquent behaviours of students in secondary schools on gender basis is hereby accepted.

Discussion

The data analysed and presented in this chapter via Tables 5 to 9 show the findings of this study. Parenting styles are significant phenomena in the rearing of children, especially the adolescent ones. The results of the study indicate that parental styles influence the behaviour patterns of students in secondary schools. Specifically, students from authoritarian homes are difficult to please. Perhaps, they are hardened because of the strict environment they are subjected to in the course of growing up. Such students are often hostile and like to involve themselves in unwanted behaviours like stealing. These discoveries are in line with the assertion of Perove and Spielberger (1996) that authoritarian children display high degrees of anxiety, maladjustment and unwanted behaviours.

Similarly, students from permissive homes are lazy and destructive. On the other hand, students from democratic homes are very critical in thinking, cool headed and well

behaved. These findings are in consonant with the position of Safyanu, Mburza and Dukku (2012) weak family structures of students influence their involvement in truancy and other delinquent behaviours.

This study also revealed that students from different parenting styles react differently to counselling services and interactions in secondary schools. It found that students from authoritarian homes defy counselling interactions while students from democratic homes easily seek and take counselling as a means of attending to their problems. Delinquent students from authoritarian homes often misbehave after counselling them while students from democratic homes usually give more attention to counselling in order to correct their mistakes or misbehaviours. Students from permissive homes on the other part do not seek for counselling on their own; they are not easily counselled. These findings are in accordance with the findings of Ubom (2004) that permissive children have little or no parental control as several of them hardly take to their parents' advice and counsel. As a result of this, they often go out at will, engage in menial jobs and join gangs. They easily develop undisciplined and unlawful character that are not easy to change.

On the issue of the extent to which delinquent students are influenced using counselling services in secondary schools, it was discovered that cases of truancy among senior students have been checked through counselling. Students' punctuality to school is highly improved; students obey school rules and regulations; and cases of gang fighting are highly reduced with the introduction of counselling services in secondary schools. Furthermore, students write examinations with a lot of self-confidence; they take corrections in terms of dressing code; and cases of examination malpractices are equally reduced. In all, delinquent behaviours are highly reduced in secondary schools due to counselling interventions. These findings are in line with the positions of Ubom (2004) and Safyanu, Mburza and Dukku (2012) on the positive influence of counselling in checkmating truancy and other delinquent behaviours among students in secondary schools. However, this result is contrary to the finding of Nyambura (2007) who discovered that guidance and counselling has not had any significant influence on students' discipline. He observed that corporal punishment has an influence on students' discipline, which is contrary to what school counsellors usually preach against.

Recommendations

This study revealed several statistical results based on the data obtained and analysed. Hence, based on the findings of the study as presented in Chapter Four and in line with the purpose and objectives as well as the research questions that guided the study, the following recommendations are hereby put forward for consideration:

1. Parents need counselling on the appropriate parenting style that should be adopted during child rearing. This may be in form of outreach counselling to educate them on the dangers of pervasive parenting styles like the authoritarian and permissive approaches, which breed children with delinquent behaviours in secondary schools and the larger society.
2. Students should be organized regularly and exposed to both individual and group counselling services in order to re-orientate their mindsets and enable

them to achieve a paradigm shift from delinquent behaviours to appropriate behaviours.

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