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Determination of Causes of Adolescent Restiveness and National Security in Northwest Nigeria

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Abstract: This study analyzes the causes of adolescent restiveness in North-West, Nigeria. The objectives were to identify these causes, analyze the implications of youth restiveness, and determine the challenges hindering the adoption of mitigation strategies in the region. An ex-post facto research design was adopted. The study's population comprised 25,139,426 youths living in North-West, Nigeria. Data were collected from a sample size of 384 respondents using a simple random sampling procedure. Primary data were gathered through structured questionnaires with a Likert scale and analyzed using descriptive statistics. The findings revealed that major causes of adolescent restiveness include negative psychological effects and insufficient access to basic needs. The implications of youth restiveness encompass the intensification of teenage criminal activities and the development of psychosomatic trauma. Challenges hindering the adoption of mitigation strategies include a lack of awareness regarding the importance of youth, deprived governance and negligence, and corruption in youth selection processes. The study recommended, among other things, that the government, in collaboration with philanthropists and other community stakeholders, should prioritize providing effective solutions to the root causes. Media programs and other stakeholders should organize consistent and regular sensitization programs. Government agencies and other stakeholders should collaborate to provide lasting resolutions to these challenges by introducing psychological and practical strategies to curb dissatisfaction.

Keywords: Causes, Adolescent Restiveness, National Security.

INTRODUCTION

Nigeria is one of Africa's most populous countries that boasts one of the world's largest youth populations. According to the United States Census Bureau's International Database, approximately 70% of Nigeria's 250.2 million people are under the age of 30, with a median age of 18.1 years. This means over 170 million Nigerians fall into the categories of the children, teens, and young adults (0-29). Children and adolescents under 15 (0-14) alone account for roughly 40% to 45% of the total population, exceeding 100 million. The U.S. Census Bureau projects that Nigeria's rapidly expanding youth population will push its total size to over 400 million by 2025, surpassing the United States to become the world's third most populous country (United States Census Bureau, 2026).

Security challenges are a global phenomenon that must be addressed to foster economic and political development. In response to insecurity in the Northwest region, the Federal Government has implemented various measures, including interventionist approaches such as deploying police and military operations to troubled states under several operational code names. Prominent among these are 'Operations Puff Adder,' 'Diran Mikiya.' 'Sharan Daji,'

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'Hadrian Daji,' 'Thunder Strike.' and 'Exercise Harbin Kunama III.' However, the security response has yielded mixed results. While security forces have, to some extent, successfully repelled bandit attacks, destroyed hideouts, and killed or arrested hundreds of bandits, bandit-related killings and kidnappings persist in states such as Zamfara, Kebbi, Sokoto, Katsina, and Niger State (WANEP, 2019).

Youth restiveness in Nigeria has reached alarming levels and is now a serious concern. Nearly all communities across the country, particularly in the recent past, have experienced various forms of restiveness, including violent protests, thuggery, cult clashes, riots, and the killing of innocent people. These incidents have led to significant loss of life and property and have hindered developmental goals (Mohammed & Ahmed, 2023).

Youth restiveness represents an extreme form of deviant behavior that is socially unacceptable in any society. It encompasses a combination of actions, behaviors, and attitudes exhibited by youths that are considered socially unacceptable and detrimental to society (Igbo & Ikpa, 2013). Historically restiveness has been a means through which youth seeks to obtain desired outcomes from relevant authorities. Similarly, Elegbeleye (2005) viewed it as a "sustained protestation embarked upon to enforce desired outcomes from a constituted authority organized body of youths." often accompanied by disruptions of law, conflict, and violence. A common characteristic of these organized youth groups is their resort to violence, and their activities pose significant challenges to the country's security. The violent nature of these youth activities has been responsible for the wanton destruction of valuable infrastructure, kidnappings, and loss of live. These acts have not only created a volatile environment but have also jeopardized security and impacted national development (Mohammed & Ahmed, 2023).

Statement of the Problems

The Northern Nigeria current faces numerous challenges, including widespread insecurity from armed banditry and kidnappings, which have devastated social, economic, and political development. The region's stability, economy, and youth sustainable are significantly impacted by religious and ethnic conflict, poverty, limited access to essential services, unemployment, immorality, and other forms of violence. Banditry, kidnapping, and related threats to human security in Nigeria's North-West particularly Zamfara, Katsina, Kaduna, Sokoto, and Niger region States have become a national security concern. The multifaceted nature of this criminality and the recurrent armed banditry necessitate effective mechanisms to mitigate the threat they pose to economic and political development in the affected states. Therefore, to contribute to resolving these issues, I intend to analyze the "major causes of Adolescent Restiveness in North-West, Nigeria" as a crucial step toward addressing these challenges.

Objectives of the Study

The general objective of this study is to evaluate the causes of adolescent restiveness in North-West, Nigeria. The specific objectives are to:

1. Identify the primary causes of adolescent restiveness in North-West, Nigeria.
2. Analyze the implications of youth restiveness in North-West, Nigeria.
3. Determine the challenges hindering the adoption of strategies to diminish youth restiveness, address national insecurity, and promote sustainable development in North-West, Nigeria.

LITERATURE REVIEW

Concepts of Adolescent Restiveness among Youth in Nigeria

Adolescent restiveness is a concept without a single, exhaustive definition, instead, scholars have offered various interpretations and descriptive definitions, for instance, Ibeh (2024) defines it as "the extreme form of deviant behavior among youth which is socially unacceptable in any society." similarly, Igbo and Ikpa (2013) characterize youth restiveness as

"the combination of actions behavior, and attitudes exhibited by youths which are socially unacceptable and unwholesome in the society."

Yusuf (2014) posits that it involves an organized body of youths engaging in sustained protestation, often characterized by conflict, law violation, and violence. Expanding on this, Elegbeleye (2005), as cited by Igbo and Ikpa (2013) describes it as unwholesome and socially unacceptable actions carried out by youths to enforce desired outcomes from constituted authority. thus, adolescent restiveness has served as a means for youth to achieve their objectives from relevant authorities, Elegbeleye (2005) further views it as sustained protestation embarked upon to enforce desired outcome from a constituted authority organized body of youths," often accompanied by disruption of law, conflict, and violence.

A common feature of these organized youth groups is their propensity for violence, which undeniably poses significant challenges to national security. The violent nature of these activities has led to the widespread destruction of valuable infrastructure, kidnappings, and loss of life such acts not only create an unstable environment but also endanger security and impede national development.

Causes of Adolescent Restiveness in Nigeria

Eze-Micheal (2020) attributes adolescent restiveness in Nigeria to high youth unemployment, exacerbated by limited job opportunities, corruption, and poor governance. These factors, he argues, push the nation's youth towards illicit activities. Many national corruption, insecurity, and poverty, are rooted in ineffective leadership and administration. Nigerian youth unemployment rate in 2026 was 6.5 percent (National Bureau Statistics, 2026) Scholars such as Asamu (2006), Ibeh (2024) identify several contributing factors to adolescent restiveness among Nigerian youth, these include poor governance, unemployment, poverty, inadequate educational opportunities, socio-economic challenges, limited resources, lack of basic infrastructure, and insufficient communication and information flow. Chukuezi (2009) posits that the causes are numerous, ranging from individual to societal factors. He specifically highlights marginalization, unemployment, youthful exuberance, and the manipulation of youth by politicians against perceived enemies as drivers of restiveness. Similarly, Snappy and Hamittion (2011) identified economic, socio-cultural factors as causes of youth restiveness. Elegbele (2015) points to the jingoistic pursuit of patriotic, ideals, the peer- motivated excitement of being a student, and the perceived victimization from economic exploitation as reasons for incessant youth restiveness. This implies that a multitude of closely related factors are responsible for youth restiveness in Nigeria, which can be detailed as follows:

Deficiency of Security Coverage: Security coverage, in this context, refers to a unified security design that addresses the necessities and potential risks within a specific scenario or environment, dictating when and where security controls should be applied (Technopedia, 2023). Scholars such as Akinwale (2021) advocating for a more decentralized approach to effectively address local security issues. It also includes incident management measures, monitoring and review processes. Key studies and reports by organizations like Amnesty International offers crucial insights into the events and aftermath of the End SARS protests, urging systemic changes and accountability measures to restore public confidence in Nigerian's security forces and the rule of law. Public confidence in the security forces and the rule of law underpins national security, which has been defined confidence in the maintenance of state boundaries and the preservation of its territorial, ideological, and cultural integrity (Asamu, 2006), national values, and likelihood of survival (Yusuf, 2014).

Lack of Access to Effective Education: This is another factor contributing to adolescent restiveness. Even for those admitted to educational institutions, problems persists, such as shortage of adequately trained teachers, insufficient learning facilities and unconducive atmospheres (Edmund and Obomanu, 2021). Education is fundamental human right and key indicator of development, as it improves productivity and health. Mohammed & Ahmed (2023) strongly believe that the quality of education directly impacts national integration and

progress. In Nigeria, particularly the northern region, literacy levels are low. In 2022, Nigerian universities were closed for over eight months, leaving students to wander the streets uncertain of their future. Still, the government interpreted these closures as political, which may lead to social ills in the future.

Marginalization: Youth resort to restiveness due to perceived marginalization by selfish elders in their communities. This means that elders have occupied positions without empowering the younger generation, which precipitates restiveness among youths (Mohammed & Ahmed, 2023).

Negligence of Government Authority Coverage: Ungoverned spaces, contextually encompassing land borders, cyberspace, airspace, maritime, and outer space, are characterized by weak or absent state supervisory presence, regulatory authority, and control (Menkhaus, 2010; Clunan & Trinkunas, 2010). In these ungoverned spaces, insurgents like Boko Haram have successfully recruited many young Nigerians by exploiting their economic disenfranchisement and lack of opportunities. These spaces where state authority is contested range from tribal, sectarian, or clan-based governance in southern Nigerian states to areas ruled by persistent insurgencies, such as parts of Zamfara, Yobe, Kaduna, Adamawa, and Borno, and other Northern states in Nigeria. They also include non-physical spaces like the internet and global finance. Within this multiplicity of contexts, a myriad of security concerns arises, including youth restiveness, mass internal displacement, mass immigration and migration, illicit finance, cybercrime, terrorism, and the presence of drug trafficking lords, warlords, insurgents, radical faith groups, violations of human rights and security.

Ultimately, ungoverned spaces demonstrate that state-centric approaches to these concerns are unlikely to supplant the many sites of authority that provide governance in a world of softened sovereignty. Ungoverned spaces have been recognized as having national, regional, and international security significance (Ibeh, 2024; Clunan & Trinkunas, 2010), highlighting the need for inclusive governance and development.

Inclusiveness and Good Governance: Inclusiveness in good governance refers to the practice of ensuring that all segments of society, especially marginalized and disadvantaged groups, are actively involved and represented in the decision-making processes of governance. It emphasizes the need for diverse participation and equal opportunities for all individuals in the political, economic, and social spheres (UNDP 2010).

Good governance encompasses representation, participation, equity, transparency, accountability, adherence to the rule of law, and empowerment. Representation is achieved by ensuring all groups including youths, minorities, women, and other marginalized communities have a voice in governance structures and decision-making bodies. Promoting diversity and inclusion through policies and practices that facilitate the election, appointment, and employment of diverse representatives enhances this representation. Participation entails encouraging active engagement from all societal segments in the political process, including voting, public consultations, and civic engagement. Creating platforms and mechanisms that allow for public input and feedback on governance issues furthermore enhances participation (Ibeh, 2024).

Equity involves ensuring the fair distribution of resources and opportunities across all groups, with a focus on reducing disparities. It also requires addressing inequalities by implementing policies that promote social justice and equal access to services and benefits. Transparency and accountability, hallmarks of good governance, are secured by promoting openness in government actions and decisions to build trust and ensure citizens have access to information. This also involves holding public officials accountable for their actions and decisions, ensuring they act in the best interests of all citizens. Inclusive good governance further supports initiatives that enhance individuals' capacity to contribute to decision-making, providing education, training, and resources to empower disadvantaged groups to participate fully in governance processes.

Inclusiveness in good governance offers numerous benefits, including legitimacy, social cohesion, improved policy outcomes, and economic development. Inclusive governance practices increase the legitimacy of governmental institutions by ensuring they represent the interests of all citizens. Promoting inclusiveness helps build social cohesion by fostering a sense of belonging and community among diverse groups. Policies and decisions that consider diverse perspectives are more likely to address the needs and priorities of the entire population, leading to more effective and sustainable outcomes. By ensuring all groups have access to opportunities and resources, inclusiveness in governance can lead to more equitable economic growth, a reduction in youth restiveness, and halt to the surge in insecurity within the country. By fostering inclusiveness, governments can create more resilient, equitable, and just societies where every individual has the opportunity to thrive and contribute to the common good (Ibeh, 2024).

Political Marginalization and Human Rights Abuse: Youths often feel excluded from political processes and decision-making. This lack of representation can lead to frustration and agitation, manifesting in violent actions, protests, and restiveness. The EndSARS protests in 2020 highlighted widespread police brutality against young people. The heavy-handed response to these protests further exacerbated tensions and contributed to the cycle of violence and insecurity (Ibeh, 2024).

Radicalization and Extremism: Youth restiveness is often exploited by extremist groups like Boko Haram, which recruit disillusioned young people by promising them a sense of purpose and belonging. The Boko Haram insurgency and mass actions like the EndSARS protests, as well as the Movement for the Emancipation of the Niger Delta (MEND) protests against environmental injustice and economic marginalization (which evolved into a militant group engaged in criminal activities), provide empirical evidence of youth restiveness and surging insecurity in Nigeria. Additionally, many bandits and kidnappers in Nigeria are young men who have turned to crime due to a lack of viable economic alternatives (Ibeh, 2024).

Socio-economic Challenges and Poverty: A 2026 World Bank report that poverty in Nigeria will remain high, with an estimate 63% of the population (approximately 141 million people) expected to live below the poverty. This is attributed to high inflation, subsidy removals, currency devaluation, and rising food costs, despite a projected economic improvement. The report indicates that 75% of Nigerians are experiencing rapid increases in poverty, with one third surviving on less than one U.S. dollar a day. This figure includes significant number of youths who constitute about 40% of the Nigerian population. The Northern regions, particularly the North-east and North-west states (Sokoto, Jigawa, Gombe, Yobe, and Zamfara), face the most severe poverty rates, driven by persistent insecurity and violence.

Snappy and Hamilton (2011) observed, the North has historically been the region most affected by poverty, Charles Chukuma Soludo, former Governor of the Central Bank of Nigeria, reiterated this in July 2008, stating that poverty is fundamentally a "Northern phenomenon." In the North East, for example, a large unemployed youth population contributes to high poverty levels, as noted by Mohammed and Ahmed (2023). This situation often precipitates youth involvement in militia groups.

Unemployment: Unemployment is a pervasive issue among youth in many developing countries. In Nigeria, youth unemployment (ages 15-24) stands at approximately 18.7%, affecting 7.239 million individuals (NBS 2026).

Consequences of Youth Restiveness on National Security in Nigeria

Youth restiveness, defined as a state of impatience, agitation, or refusal to accept control or authority, detrimental to a country's socio-economic development. The aggressive pursuit of goals by youth through agitation can cripple productivity and create further problems for them, often leading to criminal activities and exacerbating their situations. The following are additional consequences of youth restiveness on national security:

Contributes to Brain Drain: Talented and skilled youth may migrate in search of better opportunities, with braoder implications for national development and security (Opara, 2015).
Develops Psychosomatic Trauma: Restiveness activities can induce a range of mental and emotional uncertainty, anxiety, chronic stress, burnout, depression, leading to a loss of self-confidence. The general insecurity caused by youth restiveness also strains security agencies in efforts to combat it (Garba, 2024).
Disrupts Economic Sectors: Pettinger (2017) noted that "a low rate of economic growth can cause higher unemployment." In the presence of inflation, mismanagement, and misappropriation of funds, financial crises are inevitable. Youth restiveness can negatively impact the economy by disrupting key sectors such as oil and gas, transportation, and agriculture with wider implications for national security (Ating & Amadi, 2016).
Drives Rebelliousness: Persistent demands for their interests to be can lead to rebellious communal behavior among youth. This restiveness negatively affects social and economic activities, causing hardship and potentially in severe consequences such as life imprisonment or death sentences (Garba, 2024).
Increased Criminal Activities: The aspiration of young people for improved lives, coupled with a lack of relevant skills and education, has driven some into criminal activities, posing a significant threat to societal safety.
Increased Underemployment Percentage: Nigeria's unemployment rate continues to rise. In the absence of gainful employment, fraudulent, schemes have proliferated, attracting millions seeking quick financial gains (Garba, 2024).
Increased Cybercrime: Adolescent unrest can also manifest as cybercrime, where technological skills are exploited for illicit activities such as hacking and identity theft. This presents a security risk to both individuals and institutions (Onwuka, 2014).
Promotes Conflicts: Adolescent unrest can fuel national conflicts, disrupting peaceful coexistence among citizens and foreigners alike (Garba, 2024).
Steers to Militancy: Adolescent unrest can escalate into militancy, leading to armed conflicts between youth groups and the government. This has severe implications for national security and stability (Adisa & Aworanti, 2015).

METHODOLOGY

This study adopted an ex-post facto research design. The study population comprised 25,139,426 youths residing in Northwest Nigeria (National Population Commission, 2006). Data was collected from a sample size of 384 respondents determined using the Research Advisor (2006) sample size table. A simple random sampling procedure was employed to ensure each member had an equal chance of selection. Primary data was gathered through structured questionnaires, titled "Major Causes of Adolescent Restiveness and National Security Questionnaire (MCARANSQ) utilizing a Likert scale. Descriptive statistics, including frequency counts, means score and standard deviation used for analysis. The decision rule was based on a criterion mean score of 2.50. A mean of 2.50 above indicated agreement with the statement under investigation, while a mean below 2.50 indicated disagreement. This decision rule was adopted from Yusuf e t (2017).

RESULTS

Table 1: Mean and Standard Deviation of the Causes of Adolescent Restiveness in North-West, Nigeria

Major Causes	Freq.	Mean	*SD*	Remarks
Negative psychological effects due to hardship and distress	327	4.26	0.85	Agree
Lack of ample access to basic need	336	4.38	0.88	Agree
Poor and inconsistent government policies toward youth	311	4.05	0.81	Agree
Corruption and lack of equity by government authorities	344	4.48	0.98	Agree
Undesirable utilization of teenagers during national elections and political campaigns	300	3.91	0.78	Agree
Adolescent exclusion and insufficient opportunities for political positions	296	3.85	0.77	Agree
Lack of full access to quality education, empowerment, and entrepreneurship skills	315	4.10	0.82	Agree
Radicalism and extremist behavior among juveniles	272	3.54	0.71	Agree
Deficiency and negligence in security matters and adequate government authority coverage	325	4.23	0.85	Agree
Foreign interest	305	3.97	0.79	Agree

Source: (Field Survey; 2026)

Table 1 presents the major causes of adolescent restiveness in North-West, Nigeria. The data reveals several significant factors. "Negative psychological effects due to hardship and distress" had a frequency count of 327, a mean score of 4.26 and a standard deviation of 0.85. "Lack of adequate access to basic needs" showed a frequency count of 336, a mean score of 4.38, and standard deviation of 0.88. "Poor and inconsistent government policies toward youth" and "Corruption and lack of equity by government authorities" registered a combined frequency count of 344, a mean score of 4.48, and standard deviation of 0.98. "Undesirable utilization of teenagers during national elections and political campaigns" scored a frequency count of 300, a mean score of 3.91, and standard deviation of 0.78. "Adolescent exclusion and insufficient opportunities for political positions" had a frequency count of 296, a mean score of 3.85, and a standard deviation of 0.77. "Lack of full access to quality education, empowerment, and entrepreneurship skills" was reported a frequency count of 315, mean score of 4.10, and a standard deviation of 0.82. "Radicalism and extremist behavior among juveniles" had a frequency count of 272, a mean score of 3.54, and a standard deviation of 0.71. "Deficiency and negligence in security matters and adequate government authority coverage" showed a frequency count of 325, a mean score of 4.23, and a standard deviation of 0.85. Finally, "Foreign interest" had a frequency count of 305, a mean score of 3.97, and a standard deviation of 0.79. Overall, the results indicate that these identified factors significantly contribute to adolescent restiveness in North-West, Nigeria.

Table 2: The implication of Youth Restiveness in North-West, Nigeria

The Implication of Youth Restiveness	Freq.	Mean	*SD*	Remarks
Increased teenage criminal activities	365	4.75	0.95	Agree
Development of psychosomatic trauma	287	3.74	0.75	Agree
Disruption of the economic sector	326	4.24	0.85	Agree
Increased unemployment rate	291	3.85	0.77	Agree
Driven to rebelliousness and adolescent migration	304	3.96	0.79	Agree
Steered to militancy	300	3.91	0.78	Agree
Leading to internet and cybercrime acts	295	3.84	0.76	Agree
Contributing to brain drain	292	3.80	0.76	Agree
Promoting conflict acts	289	3.76	0.75	Agree

Source: (Field Survey; 2026)

Table 2 illustrates the implications of youth restiveness in North-West, Nigeria. The Increased teenage criminal activities was strongly agreed upon, with a frequency count 365, a mean score of 4.76 and a standard deviation of 0.95. The development of psychosomatic trauma scored a frequency count of 287, a mean score of 3.74, and a standard deviation of 0.75. The disruption of the economic sector had a frequency count of 326, a mean score of 4.24, and a standard deviation of 0.77. An increased unemployment rate was noted with a frequency count of 291, a mean score of 3.85, and standard deviation of 0.77. Being driven to rebelliousness and adolescent migration showed a frequency count of 304, a mean score of 3.96, and a standard deviation of 0.79. Being steered to militancy had a frequency count of 300, with a mean deviation of 3.91, and a standard deviation of 0.78. Leading to internet and cybercrime acts had a frequency count of 295, a mean score of 3.84, and standard deviation of 0.76. Contributing to brain drain had frequency count of 292, a mean score of 3.80, and standard deviation of 0.76. Finally, promoting conflict acts had a frequency count of 289, a mean score of 3.76, and standard deviation of 0.75. These results strongly indicate the significant implications of youth restiveness in North-West, Nigeria.

Table 3: The Challenges Militating Against Adopting Strategies for Diminishing Youth Restiveness of National Insecurity and Promoting Sustainable Development in North-West, Nigeria

The Challenges	Freq.	Mean	*SD*	Remarks
Unawareness of the importance of youth	365	4.75	0.96	Agree
Deprived governance and negligence	327	4.26	0.85	Agree
Corruption in the selection of youth	346	4.01	0.90	Agree
Nonexistence of general awareness	311	4.05	0.81	Agree
Deficiency of checks and balances	299	3.89	0.78	Agree
Shortage of nationalism and patriotism	304	3.96	0.79	Agree
Non- appearance of self-awareness and identity	320	4.17	0.83	Agree
Misinterpretation of the philosophy of government and democratic power	300	3.91	0.78	Agree
Adolescent exclusion from political supremacy	296	3.85	0.77	Agree
Drug abuse	342	4.45	0.89	Agree

Source: (Field Survey; 2026)

Table 3 outlines the challenges hindering the adoption of strategies to diminish youth restiveness, promote national security, and fostering sustainable development in North-West, Nigeria. Unawareness of the importance of youth registered a frequency count of 365, a mean

score of 4.75, and a standard deviation of 0.95. Deprived governance and negligence had a frequency count of 327, a mean score of 4.26, and a standard deviation of 0.85. Corruption in the selection of youth recorded a frequency count of 346, a mean score of 4.01, and a standard deviation of 0.90. The nonexistence of general awareness showed a frequency count of 311, a mean score of 4.05, and a standard deviation of 0.81. A deficiency of checks and balances had a frequency count of 299, a mean score of 3.89, and a standard deviation of 0.78. A shortage of nationalism and patriotism was noted with a frequency count of 304, a mean score of 3.96, and a standard deviation of 0.79. The non-appearance of self-awareness and identity had a frequency count of 320, a mean score of 4.17, and a standard deviation of 0.83. Misinterpretation of the philosophy of government and democratic power showed a frequency count of 300, a mean score of 3.91, and standard deviation of 0.78. Adolescent exclusion from political supremacy had a frequency count of 296, a mean score of 3.85, and standard deviation of 0.77. Finally, drug abuse recorded a frequency count of 342, a mean score of 4.45, and a standard deviation of 0.89. These results highlight significant challenges in implementing strategies to address youth restiveness and promote sustainable development in North-West, Nigeria.

CONCLUSION

Today's youth are tomorrow's leaders, underscoring the critical importance of investing in the. Adolescent and youth unrest in Nigeria poses significant challenges to national security and threatens peaceful coexistence. This unrest has fueled conflicts, terrorism, banditry, and kidnapping, hindering the promotion of sustainable development goals among the nation's youth factors such as a poverty, unemployment, underemployment, and a poor education system have largely driven youth into restiveness, particularly in Northern Nigeria and the country as a whole. While efforts by government, philanthropists, and non-governmental organizations to address this unrest exits, they require significant improvement and new strategies to tackle these pervasive problems. It is imperative that the government addresses the challenges hindering the adoption of psychological strategies to diminish youth restiveness and national insecurity in North-West, Nigeria. This will contribute to effective solutions for youth unrest in the region.

RECOMMENDATIONS

Based on the study's findings, the following recommendations are made:

1. It is recommended that government, in collaboration with philanthropists and other community stakeholders, intensify efforts provide effective solutions to the root causes of adolescent restiveness. These solutions should include functional, free, and compulsory education, massive job creation for youth; entrepreneurship skill development; consistent electricity; ensured full access to basic needs; a robust fight against corruption with wider authority coverage; provision of social amenities, educational facilities, clean and potable water, road access, and medical facilities; re-establishment of skill acquisition centers; improvement of the economic sector; and encouragement of new farming systems, among others.
2. Media programs and other stakeholders should organize constant and regular sensitization programs that enable teenagers to discover and harness their natural potential for improved lives.
3. Government agencies and other stakeholders should collaborate to provide lasting resolutions to these challenges by introducing psychological and practical strategies that will help curb dissatisfaction, marginalization, and discrimination among youth, thereby fostering peace, unity, and national development.

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