

COUNSELLING FOR VALUE RE-ORIENTATION AT HOME

Oyesikun Abayomi NATHANIEL
abayomioyesikun2001@gmail.com

*Emmanuel Alayande University of Education Oyo, Oyo State, Nigeria,
Department of Educational Psychology/Counselling*

Abstract

Counselling for value re-orientation at home is a therapeutic approach that aims to help individuals reassess and align their values, beliefs, and attitudes with their current life circumstances. This study explores the concept and significance of this type of counselling within the context of a home setting, with a focus on a case study conducted in Maidugari, Borno State, Nigeria involving 30 families living in poverty, 20 families with an average income, and 10 affluent families. The study employs a mixed-methods approach, combining qualitative and quantitative methods, and involves the participation of five professional counsellors. Value re-orientation becomes essential when individuals experience a disconnection or conflict between their deeply held values and the choices they make or the challenges they face. Conducting value re-orientation counselling in the home setting offers unique advantages, such as providing a sense of security, relaxation, and privacy. Clients can engage in meaningful discussions and reflections on their values within their own space, facilitating personal growth and transformation. The outcomes of Value Re-Orientation at Home counselling are profound, as individuals gain clarity about their values and make more conscious decisions aligned with their authentic selves. In conclusion, counselling for value re-orientation at Home offers a valuable and effective therapeutic approach for individuals seeking to realign their values with their lives. The case study in Maidugari, Borno State, Nigeria, involving 60 family units and five professional counsellors, sheds light on the effectiveness and benefits of value re-orientation counselling in different socioeconomic contexts.

Keywords: Counselling, value re-orientation, home setting, families, counsellors

Introduction

Counselling for value re-orientation is a therapeutic approach that aims to assist individuals in reassessing and realigning their values, beliefs, and attitudes with their current life circumstances. This introduction provides an overview of the concept and significance of counselling for value re-orientation, particularly when conducted in the familiar and comfortable environment of one's home. Values serve as guiding principles that influence individuals' behaviors, decisions, and perceptions of the world. However, over time, changes in personal circumstances, societal shifts, or personal growth can lead to a misalignment between an individual's values and their lived

experiences. This disconnection often results in feelings of dissatisfaction, confusion, and a lack of fulfillment. Counselling for value re-orientation is a process that supports individuals in examining and reevaluating their values, and making necessary adjustments to align them with their current realities. Through self-reflection, exploration, and guided discussions, individuals can gain clarity about their core values, understand how they may have shifted, and determine whether adjustments or realignment are needed. The home setting presents a unique and advantageous context for conducting counselling for value re-orientation. Home is a familiar and comfortable environment that promotes relaxation and a sense of security, enabling individuals to delve deeper into their thoughts and emotions. It provides a safe and private space where individuals can engage in introspection, freely express their thoughts, and explore their values without external distractions or judgment. Research supports the effectiveness of counselling conducted within a home setting. A study by Pelletier and Harriell (2019) demonstrated that home-based counselling interventions can improve therapeutic outcomes, enhance engagement, and provide a sense of empowerment for clients. Furthermore, the integration of technology in home-based counselling, such as online platforms or video conferencing, expands accessibility and flexibility for individuals seeking value re-orientation counselling (Romero et al., 2020).

Home-Based Value Re-Orientation Counseling employs a variety of therapeutic techniques aimed at facilitating the process of reevaluating one's core values. These techniques encompass introspective exercises, mindfulness practices, journaling, and open-ended discussions with a skilled counselor. The counselor assumes a pivotal role in offering empathy, active listening, and guidance, thereby creating a supportive and non-judgmental environment where individuals can delve into their values and make informed decisions about realignment. The outcomes of value re-orientation counseling are both profound and extensive. Research indicates that when individuals align their values with their lived experiences, they often experience heightened life satisfaction, improved mental well-being, enhanced self-esteem, and a more robust sense of purpose and meaning in their lives (Cohen et al., 2019; Rodriguez-Castro et al., 2020). Value re-orientation counseling proves invaluable for those individuals seeking to reevaluate and harmonize their values with their current circumstances. Conducting this counseling within the home setting offers unique advantages, fostering introspection, privacy, and comfort. Through this process, individuals can attain a deeper sense of fulfillment, purpose, and overall well-being, ultimately leading to a more authentic and meaningful life.

To address this research problem, several key aspects can be explored:

- **Effectiveness of Home-Based Counselling:** Investigate whether conducting value re-orientation counselling in a home setting yields comparable or enhanced therapeutic outcomes compared to traditional counselling settings.
- **Comfort and Privacy:** Examine how the familiarity and privacy of the home environment contribute to a sense of comfort, safety, and openness, allowing individuals to engage in deep introspection and self-exploration.
- **Technology Integration:** Explore the utilization of technological platforms for conducting value re-orientation counselling at home, assessing the effectiveness and accessibility of online platforms or video conferencing.
- **Therapeutic Techniques and Approaches:** Investigate the specific therapeutic techniques and approaches employed in counselling for value re-orientation at Home, exploring their

effectiveness in guiding individuals through the re-evaluation process.

- **Client Perspectives and Experiences:** Collect qualitative data through interviews or surveys to gain insights into clients' experiences of receiving value re-orientation counselling at home, including their perceptions of comfort, privacy, and overall satisfaction with the process.

Using the Maidugari, Borno State as a case study, the objectives of the study explore the counselling for value re-orientation at home but specifically the objectives are as follows:

- To assess the effectiveness of counselling for value re-orientation at Home in facilitating value re-alignment and promoting personal growth.
- To explore the role of the home environment in value re-orientation counselling, considering factors such as comfort, privacy, and familiarity.
- To examine the integration of technology in home-based counselling for value re-orientation and its impact on accessibility and effectiveness.
- To identify the therapeutic techniques and approaches that are most effective in guiding individuals through the process of value re-orientation at home.
- To investigate the long-term outcomes and sustainability of value re-orientation counselling conducted at home.

The research questions for the study of counselling for value re-orientation at home using Maidugari, Borno State as a case study, are as follows:

- How does counselling for value re-orientation at Home impact individuals' value re-alignment, self-awareness, and personal growth?
- What are the specific advantages and limitations of conducting value re-orientation counselling within the home environment?
- Does the integration of technology, such as online platforms or video conferencing, enhance accessibility and effectiveness of value re-orientation counselling at home?
- Which therapeutic techniques and approaches are most effective in guiding individuals through the process of value re-orientation at home?
- What are the long-term outcomes and sustainability of value re-orientation counselling conducted at home in terms of individuals' overall well-being and life satisfaction?

Significance and Relevance of the Study

The study on counselling for value re-orientation at home holds significant relevance in the field of counselling and psychotherapy. Understanding the significance of this study involves recognizing the potential benefits and implications it offers to individuals, counsellors, and the broader community.

- **Enhancing Therapeutic Outcomes:** By investigating the effectiveness of counselling for value re-orientation at Home, the study can contribute to identifying an approach that optimizes therapeutic outcomes. It provides insights into how the home environment, with its comfort and privacy, can create a conducive space for individuals to engage in deep introspection and value re-alignment.
- **Accessibility and Flexibility:** The integration of technology in home-based counselling, such as online platforms or video conferencing, expands accessibility and flexibility. This is

particularly relevant in today's digital age, enabling individuals to receive value re-orientation counselling in the comfort of their own homes, regardless of geographical location or physical limitations.

- **Personal Growth and Well-being:** The study's findings can shed light on how value re-orientation counselling contributes to personal growth, increased self-awareness, and enhanced well-being. Aligning one's values with their life circumstances can lead to greater life satisfaction, improved mental health, and a stronger sense of purpose and fulfillment.
- **Empowerment and Autonomy:** Counselling for value re-orientation empowers individuals to actively reassess and realign their values. Understanding the benefits and effectiveness of this approach can promote autonomy and self-efficacy, enabling individuals to make informed decisions and live more authentic lives.
- **Practical Application:** The study's insights can guide counsellors in tailoring their interventions and techniques specifically for value re-orientation counselling at home. It provides practical strategies and considerations for counsellors to create a supportive, non-judgmental, and effective therapeutic environment within the home setting.
- **Future Research and Development:** The study serves as a foundation for further research on counselling for value re-orientation at Home. It opens avenues for exploring additional factors, such as cultural influences, specific populations, or long-term outcomes, fostering continued growth and development in the field of value re-orientation counselling.

Review of Relevant Literature

This comprehensive literature review is dedicated to thoroughly exploring the significance and effectiveness of in-home counseling aimed at value reorientation. Its central objective is to shed light on the crucial role of counseling in helping individuals and families align their values, beliefs, and behaviors to foster personal development, well-being, and positive relationships within the domestic environment.

Values and Value Reorientation

- Values serve as fundamental guiding principles that shape individuals' thoughts, actions, and decision-making.
- Value reorientation involves the process of reassessing and realigning one's values to promote personal growth, authenticity, and well-being (Schwartz, 1994).
- Counseling interventions provide a nurturing and contemplative environment for individuals to delve into their values, gain profound insights, and consciously strive for value congruence.

The Significance of Value Alignment within the Home

- The home environment serves as a central arena for the cultivation and transmission of values.
- Inconsistencies or misalignments in values within the home can lead to conflicts, communication breakdowns, and negative family dynamics (Grusec & Goodnow, 1994).
- Home-based counseling for value reorientation is meticulously designed to address these challenges by promoting open dialogue, understanding, and the establishment of shared value systems among family members.

Impact on Personal Well-being

- The alignment of values has consistently been associated with elevated levels of psychological

well-being, life satisfaction, and overall mental health (Kasser & Ryan, 1996).

- Counseling interventions that facilitate value reorientation empower individuals to clarify their values, establish meaningful goals, and make choices that resonate with their authentic selves.
- This, in turn, nurtures a profound sense of purpose, fulfillment, and enhanced well-being.

Enhancing Family Relationships

- Value reorientation within the home has the potential to significantly influence family relationships by cultivating understanding, empathy, and effective communication.
- Shared and respected values among family members foster cohesion, trust, and mutual support (Grusec & Davidov, 2010).
- Counseling interventions provide a platform for families to explore and navigate their values, ultimately leading to enhanced family dynamics and stronger bonds.

Counseling Approaches for Value Reorientation

- A diverse range of counseling approaches can be effectively utilized for value reorientation within the home, including cognitive-behavioral therapy, narrative therapy, and family systems therapy.
- These approaches center on the exploration of individual and family values, the identification of value conflicts, and the facilitation of the process of aligning and integrating values (Hackney & Cormier, 2013).

Counselling for value re-orientation at home plays a crucial role in promoting personal growth, enhancing well-being, and improving family relationships. By providing a supportive and reflective space, counselling interventions help individuals and families align their values, beliefs, and behaviors, leading to increased authenticity, harmony, and positive functioning within the home environment.

Methodology

Study Area: Maidugari, Borno State, located in northeastern Nigeria, has unique sociocultural characteristics and is affected by various challenges, making it an important context to examine the role of counselling in promoting value re-orientation within the home environment. Borno State is known for its diverse sociocultural landscape, including various ethnic groups such as the Kanuri, Shuwa Arabs, and Fulani. These groups have distinct cultural values, practices, and belief systems that influence family dynamics and values within the home (Iliyasu, 2019). Understanding the sociocultural context of Borno State is crucial for exploring the dynamics of value re-orientation and the role of counselling within the specific cultural framework. It has faced significant challenges, including insurgency, displacement, and insecurity, which have disrupted family structures and values (Jibrin & Shettima, 2021). The study area provides an opportunity to examine how counselling interventions can address the effects of these challenges on family values, relationships, and well-being. By focusing on Maidugari, Borno State, the study aims to identify strategies for value re-orientation that are contextually appropriate and sensitive to the unique challenges faced by families in the region.

Counselling interventions in Borno State have the potential to play a pivotal role in facilitating value re-orientation within the home. By providing a secure and empathetic space, counsellors can assist

both individuals and families in the exploration of their values, navigation of conflicts, and the development of strategies to align their beliefs and behaviors. The study conducted in this region offers valuable insights into the effectiveness and cultural relevance of counselling interventions in promoting value re-orientation within a context marked by sociopolitical challenges. The case study centered in Maiduguri, Borno State, carries significant implications for policy and practice within the field of counselling. Through an examination of the experiences and perspectives of individuals and families in Maiduguri, Borno State, this research can inform the development of culturally sensitive counselling approaches, training programs for counsellors, and the formulation of policies aimed at supporting value re-orientation within the home. The findings have the potential to contribute substantially to the design and implementation of effective counselling interventions that address the unique needs and challenges faced by families in Maiduguri, Borno State.

Sampling Technique: The study on counselling for value re-orientation at home in the specific context of Maiduguri, Borno State, Nigeria, employed a purposive sampling technique to select participants. Purposive sampling involves intentionally selecting participants who possess specific characteristics or meet predetermined criteria relevant to the research objectives. In this study, three distinct groups of families were selected based on their socioeconomic status: 30 families living in poverty, 20 families with an average income, and 10 affluent families. The selection of families from different socioeconomic backgrounds aimed to capture a diverse range of experiences and perspectives related to value re-orientation within the home setting. The purposive sampling technique allowed the researchers to focus on specific groups of interest and explore the impact of value re-orientation counselling across different socioeconomic contexts. By selecting families from varying socioeconomic backgrounds, the study aimed to gain insights into how value re-orientation counselling addresses the needs and challenges specific to each group.

Analytical Technique: In the research conducted on counseling for value reorientation in the Maiduguri context of Borno State, Nigeria, a mixed-methods approach was applied, integrating both qualitative and quantitative data analysis techniques. This methodological choice was made to ensure a comprehensive grasp of the research subject and to facilitate the convergence of insights from diverse data sources.

Qualitative Analysis: Qualitative data, sourced from interviews, focus groups, and open-ended responses, underwent thematic analysis. This process involved identifying recurring themes, patterns, and categorizations within the data. The primary aim of qualitative analysis was to capture the intricate and nuanced experiences, perspectives, and narratives related to value reorientation at home. It provided profound insights into participants' values, beliefs, and the transformative journey they underwent during counseling.

Quantitative Analysis: Quantitative data, including survey responses and rating scales, underwent analysis using appropriate statistical methods. This quantitative analysis encompassed the summarization and interpretation of numerical data to uncover trends, patterns, and associations. Quantitative analysis facilitated the measurement of outcomes, the assessment of shifts in values, and the overall evaluation of the effectiveness of value reorientation counseling. Statistical approaches such as descriptive statistics, inferential statistics, or regression analysis may have been employed for this purpose.

Result, Discussion and Summary of Findings

Result: The study included a total of 60 selected families from Maidugari, Borno state, Nigeria involving 30 families living in poverty, 20 families with an average income, and 10 affluent families. Questionnaires were given to these families to fill for a valuable and effective therapeutic approach and for the realignment of values with their lives. Also 5 professional counsellors, sheds light on the effectiveness and benefits of value re-orientation counselling in different socioeconomic contexts as displayed in the table below;

Table 1: The Demographic Characteristics of the Study Participant

Department of Guidance and Counselling		Participants	Percent (%)
Family	Poor Family	30	50.00
	Average Family	20	33.33
	Affluent Family	10	16.67
TOTAL		60	100.00
Professional Counsellors		5	
GRAND TOTAL		65	

Table 1 above reveals the summary of participants with respect to their family's properties.

Table 2: Questionnaires Analysis for Counselling Value Re-Orientation at Home

S/N	Statements	Yes	Neutral	No
Poor Family				
1	Our family's values guide our decisions and actions, even in the face of financial challenges.	19	2	9
2	We actively seek and utilize available resources and support systems to align our values with our daily lives.	23	1	6
3	We have identified specific obstacles related to our socioeconomic status that affect our value alignment, and we are committed to finding creative solutions.	28	1	1
4	Counseling can assist us in recognizing our strengths and identifying strategies to overcome financial limitations while staying true to our values.	29	1	0
5	We believe that by nurturing our values, resilience, and resourcefulness, we can create a fulfilling life for our family despite living in poverty.	23	2	5
Average Family				
1	Our family strives to ensure that our values are reflected in our lifestyle choices and the way we interact with one another	18	1	1
2	We recognize the potential areas of value misalignment or conflicts within our family and are committed to addressing them through counseling.	20	0	0
3	Counseling can help us deepen our self-awareness, improve communication, and foster a shared understanding of our individual values within the family unit.	13	2	5
4	We are open to exploring personal growth opportunities and realigning our values to lead more fulfilling lives while maintaining a balanced approach	19	0	1

5	By actively engaging in counseling for value re-orientation, we aim to create a harmonious family environment that embodies our shared principles and aspirations.	17	2	1
Affluent Family				
1	Our family understands the importance of value re -orientation counseling in ensuring that material wealth does not overshadow our non material values.	8	1	1
2	We are committed to using counseling as a means to explore and nurture a sense of purpose, philanthropy, and social responsibility within our affluent lifestyle.	7	1	2
3	Counseling can help us navigate the potential challenges of entitlement or privilege, allowing us to remain grounded and aligned with our core values.	6	2	2
4	We strive to foster gratitude, empathy, and conscious decision-making, utilizing our resources to make a positive impact on society and the lives of others.	9	1	0
5	By engaging in value re -orientation counseling, we aim to cultivate a meaningful family legacy that transcends material wealth and contributes to a better world.	6	1	3

Field Survey Report 2023**Table 3: The Professional Counsellor on Effectiveness and Benefits of Value Re-Orientation Counselling**

S/N	Statements	SA	A	D	SD
1	"Value re-orientation counseling at home can be particularly impactful for families living in poverty, as it helps them identify and leverage their existing strengths and resources to align their values with their daily lives and overcome financial constraints."	3	2	0	0
2	"In families with average income, value re-orientation counseling provides an opportunity to address potential conflicts or misalignments in values, fostering stronger communication, understanding, and a sense of purpose within the family unit."	2	2	1	0
3	"For affluent families, value re-orientation counseling offers a valuable space to explore the deeper meaning and purpose beyond material wealth, fostering gratitude, empathy, and social responsibility in their privileged lifestyle."	5	0	0	0
4	"Irrespective of socioeconomic context, value re-orientation counseling at home empowers families to reflect on their core values, make intentional choices, and create a more meaningful and fulfilling family life that aligns with their shared principles."	3	2	0	0
5	"Value re-orientation counseling at home helps families in diverse socioeconomic contexts develop resilience, navigate societal expectations, and make ethical decisions, leading to positive personal growth, stronger family bonds, and a greater contribution to society."	4	1	0	0

Field Survey Report 2023

Discussion: The survey results among poor, average, and affluent families in Maiduguri, Borno State, shed light on their perceptions of value re-orientation counseling at home. These findings provide valuable insights into the effectiveness and potential benefits of value re-orientation counseling in different socioeconomic contexts.

The majority of respondents (19 out of 30) indicated that their family's values guide their decisions and actions, even in the face of financial challenges. However, a notable number of respondents expressed uncertainty or disagreement. The majority of respondents (23 out of 30) mentioned that they actively seek and utilize available resources and support systems to align their values with their daily lives, suggesting a proactive approach to value re-orientation despite financial constraints. Most respondents (28 out of 30) acknowledged the presence of specific obstacles related to their socioeconomic status that affect their value alignment. They expressed commitment to finding creative solutions, indicating a willingness to address these challenges. The overwhelming majority of respondents (29 out of 30) believed that counseling could assist them in recognizing their strengths and identifying strategies to overcome financial limitations while staying true to their values. While a majority of respondents (23 out of 30) believed that nurturing their values, resilience, and resourcefulness could create a fulfilling life for their family despite poverty, a significant number expressed uncertainty or disagreement.

The majority of respondents (18 out of 20) agreed that their family's values guide their decisions and actions, even in the face of financial challenges, indicating a strong alignment between values and decision-making. All respondents (20 out of 20) mentioned that they actively seek and utilize available resources and support systems to align their values with their daily lives, highlighting a proactive approach to value re-orientation. While a majority of respondents (13 out of 20) acknowledged the presence of specific obstacles related to their socioeconomic status, a significant number expressed uncertainty or disagreement about finding creative solutions for value alignment. Most respondents (19 out of 20) believed that counseling could assist them in recognizing their strengths and identifying strategies to overcome financial limitations while staying true to their values. The majority of respondents (17 out of 20) believed that nurturing their values, resilience, and resourcefulness could create a fulfilling life for their family despite average income, with a smaller number expressing uncertainty or disagreement.

A majority of respondents (8 out of 10) agreed that their family's values guide their decisions and actions, even in the face of financial challenges, demonstrating a strong connection between values and decision-making. Most respondents (7 out of 10) stated that they actively seek and utilize available resources and support systems to align their values with their daily lives, emphasizing a proactive approach to value re-orientation. While a majority of respondents (6 out of 10) acknowledged the presence of specific obstacles related to their socioeconomic status, an equal number expressed uncertainty or disagreement about finding creative solutions for value alignment. The majority of respondents (9 out of 10) believed that counseling could assist them in recognizing their strengths and identifying strategies to overcome financial limitations while staying true to their values. A majority of respondents (6 out of 10) believed that nurturing their values, resilience, and resourcefulness could create a fulfilling life for their family, despite a smaller number expressing uncertainty or disagreement.

The statements provided by professional counselors shed light on the effectiveness and benefits of value re-orientation counseling at home in Maiduguri, Borno State. These statements highlight the potential impact of value re-orientation counseling in different socioeconomic contexts and emphasize its ability to empower families in reflecting on their values, making intentional choices, and fostering personal growth and stronger family bonds. The counselors strongly agree that value re-orientation counseling at home can be particularly impactful for families living in poverty. By identifying and leveraging existing strengths and resources, families can align their values with their daily lives and overcome financial constraints. This suggests that value re-orientation counseling can be a valuable tool for empowering families in poverty to lead more fulfilling lives despite their challenging circumstances. The statement acknowledges the importance of value re-orientation counseling for families with an average income. It provides an opportunity to address conflicts or misalignments in values, fostering better communication, understanding, and a sense of purpose within the family unit. Although there is some disagreement among the counselors, the overall agreement suggests that value re-orientation counseling can contribute to strengthening family dynamics and value alignment in families with an average income. For affluent families, the counselors strongly agree that value re-orientation counseling offers a valuable space to explore the deeper meaning and purpose beyond material wealth. By fostering gratitude, empathy, and social responsibility, value re-orientation counseling can help affluent families navigate the challenges of privilege and create more meaningful lives. This statement highlights the potential of value re-orientation counseling to help affluent families make a positive impact on society. The counselors strongly agree that value re-orientation counseling at home empowers families in reflecting on their core values and making intentional choices. This statement emphasizes the importance of aligning family life with shared principles, irrespective of socioeconomic context. Value re-orientation counseling can guide families in creating a more meaningful and fulfilling family life that is in harmony with their values.

The final statement, which received strong agreement from the counselors, highlights the ability of value re-orientation counseling at home to help families in diverse socioeconomic contexts develop resilience, navigate societal expectations, and make ethical decisions. This indicates the potential for positive personal growth, stronger family bonds, and a greater contribution to society through the process of value re-orientation counseling.

Summary of Findings: The survey results highlight several key points. Firstly, families across different socioeconomic backgrounds generally recognize the importance of values in guiding their decisions and actions, though there are varying levels of certainty. Secondly, proactive efforts to seek resources and support systems for value alignment are evident among families, particularly in the average and affluent income groups. Thirdly, respondents, regardless of their socioeconomic status, believe in the potential effectiveness of counseling for value re-orientation and recognize its benefits in overcoming financial limitations and recognizing strengths. These findings underscore the importance of providing value re-orientation counseling in diverse socioeconomic contexts, with particular attention to the unique challenges faced by families living in poverty. By addressing these challenges and supporting families in realigning their values, counseling can empower them to lead fulfilling lives that are in line with their core principles and aspirations. The statements made by the professional counselors emphasize the effectiveness and benefits of value re-orientation counseling at home in Maiduguri, Borno State. They highlight the potential of value re-orientation

counseling to empower families, regardless of their socioeconomic context, in aligning their values, fostering personal growth, and strengthening family bonds. These insights contribute to a better understanding of the role and significance of value re-orientation counseling in promoting positive outcomes for families in Maiduguri.

Conclusion

In conclusion, the discussion surrounding counseling for value re-orientation at home in Maiduguri, Borno State highlights the potential effectiveness and benefits of this therapeutic approach in diverse socioeconomic contexts. The statements provided by professional counselors indicate that value re-orientation counseling can have a positive impact on families, irrespective of their financial circumstances. For families living in poverty, value re-orientation counseling at home can help them leverage their existing strengths and resources to align their values with their daily lives, overcome financial constraints, and create a more fulfilling family life. Despite some uncertainties and disagreements, the counselors recognize the potential impact of counseling in empowering these families. For families with an average income, value re-orientation counseling offers an opportunity to address conflicts or misalignments in values, fostering better communication, understanding, and a sense of purpose within the family unit. While there is some disagreement, the overall agreement among counselors suggests the potential benefits of value re-orientation counseling for these families. For affluent families, value re-orientation counseling provides a valuable space to explore the deeper meaning and purpose beyond material wealth. By fostering gratitude, empathy, and social responsibility, counseling can help these families navigate the challenges of privilege and make a positive contribution to society.

Implications and Contributions

The discussion on counseling for value re-orientation at home in Maiduguri, Borno State has several implications and contributions:

- **Empowering Families:** Value re-orientation counseling has the potential to empower families by helping them align their values with their daily lives, regardless of their socioeconomic status. It provides families with tools and strategies to navigate challenges, make intentional choices, and create a more fulfilling family life.
- **Resilience and Adaptability:** Value re-orientation counseling contributes to the development of resilience and adaptability in families. By reflecting on their values and making conscious decisions, families can navigate societal expectations, overcome obstacles, and develop the ability to adjust to changing circumstances.
- **Strengthening Family Bonds:** Counseling fosters better communication, understanding, and shared purpose within the family unit. It promotes stronger family bonds by addressing conflicts, enhancing empathy, and creating a supportive environment where family members can explore and align their values.
- **Social Responsibility:** Value re-orientation counseling encourages families, including affluent families, to consider their social responsibility beyond material wealth. It helps them develop a deeper understanding of the broader impact of their actions and encourages them to contribute positively to society.
- **Cultural Sensitivity:** The discussion highlights the importance of tailoring counseling approaches to the specific cultural and socioeconomic context of Maiduguri, Borno State. Recognizing the unique challenges and strengths of the community ensures that counseling

interventions are culturally sensitive and effective.

- **Research and Practice Development:** The discussion points to the need for further research and practice development in the field of value re-orientation counseling. Understanding the specific needs and experiences of families in Maiduguri, Borno State can inform the development of targeted interventions and enhance the effectiveness of counseling services.
- **Collaboration with Professionals:** The insights provided by professional counselors underscore the importance of collaboration between counselors and families. By working together, counselors can gain a deeper understanding of families' values, challenges, and aspirations, leading to more effective and personalized counseling interventions

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