

VALUE REORIENTATION COUNSELLING: A TOOL FOR COMBATING ANTI-SOCIAL BEHAVIORS AMONG KANO METROPOLIS FAMILY

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Abstract

This paper explores the role of value reorientation counselling as a powerful tool for combating anti-social behaviors among children in Nigerian family. It explores how counselling, specifically focused on reorienting and reinforcing values, can be an effective method for addressing and reducing anti-social behaviors among the children in a family setting. It highlights the potential for positive change within the family unit by reshaping core values and promoting pro-social behaviors in children. The family unit, with its unique set of values and dynamics, plays a central role in shaping the behaviors and moral compass of its youngest members. In an era marked by complex societal forces and evolving family structures, anti-social behaviors among children have become a significant concern. Addressing these behaviors requires a multifaceted approach that begins with reevaluating and reinforcing the core values within the family. Value reorientation counselling, a structured and holistic intervention, emerges as an effective means of achieving this reconfiguration. This study delves into the theoretical foundations of value reorientation counseling, its practical application in family contexts, and the tangible results it can yield. Through review of literature the paper illuminates the transformative potential of value reorientation counseling in reshaping family dynamics and promoting pro-social behaviors in children. By examining how this approach can instill values such as empathy, responsibility, and a sense of purpose, we demonstrate its capacity to replace anti-social behaviors with positive and socially responsible actions. In an ever-evolving world, value reorientation counseling serves as a beacon of hope, guiding families toward a harmonious and pro-social future.

Keywords: Value Reorientation, Counselling, Anti-Social Behaviors

Introduction

Value reorientation counseling can be a tool used by families to address conflicts, behavioral problems, and communication issues. Counselors can work with family members to reorient their values collectively and individually, fostering a harmonious and value-aligned family environment. Value reorientation is a personal and ongoing journey. Each family will have its unique set of values, challenges, and goals. Effective home counseling should be tailored to the specific needs and dynamics of the family.

1. **Transmission of Values:** Families are the primary context for the transmission of values from one generation to the next. Parents and caregivers often play a central role in instilling values in their children. Value reorientation in the family context may involve reassessing and, if necessary, adjusting the values being passed on to ensure they align with the family's current beliefs and goals.
2. **Family Dynamics:** Values within a family unit can influence the dynamics and interactions among family members. When family members share common values and ethical principles, it can foster a sense of unity, trust, and understanding. Value reorientation can be used to improve family dynamics by addressing conflicts or misalignments in values.
3. **Addressing Behavioral Issues:** Value reorientation may be employed to combat anti-social or problematic behaviors in family children. It involves helping children reevaluate their values and encouraging behaviors that are more aligned with the family's desired values. This is especially relevant when dealing with issues such as delinquency, aggression, or other behaviors that are contrary to the family's core values.

The topic explores how counseling, specifically focused on reorienting and reinforcing values, can be an effective method for addressing and reducing anti-social behaviors among the children in a family setting. It highlights the potential for positive change within the family unit by reshaping core values and promoting pro-social behaviors in children.

The dynamics within a family play a pivotal role in shaping the values and behaviors of its members, especially the children. In today's complex and rapidly changing world, the prevalence of anti-social behaviors among family children has become a cause for concern. From acts of aggression to delinquency, these behaviors not only disrupt the harmony of the family but also raise alarms in society at large. Addressing and combating anti-social behaviors in family children require a multifaceted approach, one that encompasses the reevaluation and reinforcement of core values within the family unit. Value reorientation counseling emerges as a powerful tool to achieve this reconfiguration, offering a holistic and structured approach to bring about positive change.

This paper delves into the significance of "Value Reorientation Counseling as an Effective Tool for Combating Anti-Social Behaviors in Family Children." It explores the intricacies of how family values, once redefined and reinforced through counseling, can serve as a foundation for

mitigating anti-social tendencies and fostering pro-social behaviors in children. The journey ahead unfolds against a backdrop of societal complexities, technological advancements, and evolving family structures, all of which necessitate a proactive response from parents, caregivers, and professionals alike.

The paper also examines the theoretical underpinnings of value reorientation counseling, its practical application in family settings, and the tangible results it has yielded. Through case studies, research findings, and practical guidance, this paper aims to elucidate the role of value reorientation counseling in facilitating the transformation of family dynamics, the shaping of values, and the eventual combatting of anti-social behaviors in family children. Ultimately, it is the contention of this research that, when employed effectively, value reorientation counseling can act as a beacon of hope, guiding family units toward a harmonious and pro-social future, where anti-social behaviors are replaced by empathy, responsibility, and a sense of purpose.

Review of Related Literature

Value Re-Orientation

Value reorientation means restoration or a change of attitude towards a number of things that have been identified as wrong actions or wrong attitudes (Denin, 2020).

Value Reorientation Counseling: This refers to a form of counseling that focuses on helping individuals, in this case, family children, reevaluate and redefine their core values. It involves discussions, interventions, and strategies aimed at instilling positive values or reorienting existing ones.

The theoretical basis of value reorientation counseling lies in the premise that core values serve as guiding principles for behavior. This notion is supported by Bandura's Social Learning Theory, which posits that observation and modeling play a primary role in how and why people learn. Bandura's theory goes beyond the perception of learning being the result of direct experience with the environment. Learning, according to Bandura, can occur simply by observing others' behavior (Berkeley People and Culture). Within the family, this theory suggests that children adopt values by observing the behavior of their parents and other family members. Thus, value reorientation counseling leverages this fundamental psychological mechanism to reconfigure family values and promote pro-social behaviors.

Value re-orientation focuses on resuscitating the collapsed family structure, school system, civil and public service, traditional and legal institution, in order for them to serve as change agents. The family structure/system is particularly important because it is the building block for the transmission of the "new message" to the present and future generations (Ekpang, Unimna & Undie, 2020).

Anti-Social Behavior

Anti-social behavior, also known as antisocial behavior, refers to a range of actions and conduct that violate societal norms, rules, or expectations and often harm or infringe upon the rights and well-being of others. Anti-Social Behaviors are actions or behaviors exhibited by

children within a family that deviate from societal norms and values, often causing disruption, harm, or distress to others. Examples may include aggression, delinquency, lying, or bullying. These behaviors can manifest in various forms and settings, such as within families, schools, communities, or society at large. Anti-social behaviors typically go against established moral, ethical, and legal standards, and they are often associated with a lack of empathy, respect for others, and adherence to social norms. Anti-social behavior is a description for all behaviors, attitudes and personality traits that people engage in that appear to be dysfunctional, in that often have negative interpersonal social outcomes antisocial can be presented alone in the context of anti-social personality disorder Hashmani (2019). In essence people who adopt this framework are asked why there is evil in the world, they reply because of conditioning, bad childhood experience or modeling bad behaviors (Pinker, 2003).

Common examples of anti-social behaviors include:

- ◆ Aggression: This includes physical violence, verbal abuse, and bullying directed at others.
- ◆ Lying and Deception: Chronic lying, dishonesty, and deceit that undermine trust in relationships.
- ◆ Theft and Property Damage: Stealing, vandalism, or intentionally damaging the property of others.
- ◆ Criminal Activities: Engaging in illegal activities such as theft, drug abuse, or violence.
- ◆ Defiance of Authority: Repeatedly disobeying rules, laws, or authority figures, such as teachers, parents, or law enforcement.
- ◆ Bullying and Harassment: Repeatedly targeting and intimidating others, often in a deliberate and harmful manner.
- ◆ Delinquency: Engaging in unlawful activities, often associated with youth, that can lead to legal consequences.
- ◆ Recklessness: Engaging in risky behaviors without regard for personal safety or the safety of others.
- ◆ Disregard for Others' Feelings: Showing a lack of empathy and not considering the feelings and well-being of others.

Anti-social behavior is a complex issue, and its causes can vary from individual to individual. Factors such as family environment, peer influence, social and economic conditions, and psychological factors may contribute to the development of anti-social behaviors. Addressing anti-social behaviors often involves interventions that focus on rehabilitation, counseling, and support to encourage pro-social behaviors and to prevent further harm to individuals and society.

Anti-social behavior poses several dangers to society, as it undermines social harmony, safety, and the well-being of individuals and communities. These dangers include:

- ◆ **Disruption of Social Order:** Anti-social behaviors disrupt the normal functioning of society by violating established rules and norms. This disruption can lead to chaos and disorder.
- ◆ **Threat to Public Safety:** Many anti-social behaviors, such as violence, theft, and criminal activities, pose a direct threat to public safety. This can result in physical harm, injuries, and even loss of life.
- ◆ **Fear and Insecurity:** Communities affected by high levels of anti-social behavior often experience fear and insecurity, leading to reduced quality of life. People may become afraid to go out at night or engage in normal activities.
- ◆ **Economic Consequences:** Anti-social behaviors can have economic repercussions. For instance, vandalism, theft, and property damage can lead to financial losses for individuals and businesses, increasing the cost of living.
- ◆ **Decreased Trust:** Widespread anti-social behavior erodes trust within society. When individuals cannot trust one another, social bonds weaken, and cooperation and community involvement decline.
- ◆ **Health Impacts:** Anti-social behaviors can result in physical and mental health issues for both victims and perpetrators. Victims may experience trauma and stress, while those engaged in anti-social activities may face legal consequences and suffer from psychological problems.
- ◆ **Educational Disruption:** Anti-social behavior can disrupt educational environments. Schools affected by bullying, violence, and delinquent behavior may see decreased academic achievement and increased drop-out rates.
- ◆ **Cycle of Anti-Social Behavior:** Individuals engaged in anti-social behaviors may become trapped in a cycle of criminality, leading to repeated legal troubles and imprisonment. This perpetuates the problem.
- ◆ **Community Division:** Anti-social behaviors can divide communities along lines of safety, with some areas becoming less desirable to live in. This can lead to the segregation of communities, creating inequality.
- ◆ **Stress on Social Services:** The consequences of anti-social behavior, such as incarceration, rehabilitation, and support for victims, place a significant burden on social services, law enforcement, and healthcare systems.
- ◆ **Interference with Social Progress:** Communities struggling with high levels of anti-social behavior may find it difficult to make social and economic progress. It can hinder development and social cohesion.
- ◆ **Normalization of Deviance:** If anti-social behaviors become prevalent and tolerated, they can normalize deviant conduct within a society, making it more challenging to establish and enforce positive norms and values.

Counselling for Value Re-Orientation in the Family Context

The family unit has long been recognized as the crucible in which values are instilled, behaviors are shaped, and the foundation for one's moral compass is laid. However, in the face of evolving societal norms and external influences, anti-social behaviors among family children have become a growing concern. Addressing this complex issue necessitates a comprehensive approach that delves into the reevaluation and reinforcement of core values within the family.

Several studies have examined the practical application of value reorientation counseling within family settings. (Beck, Nadkarni, Calam, Naeem & Husain, 2016) demonstrated that counseling sessions focusing on open communication, active listening, and value-based decision-making led to a significant reduction in anti-social behaviors among children in their sample. Similarly, Sharma and Gupta (2018) emphasized the importance of involving all family members in counseling sessions, creating a shared commitment to redefining family values and fostering a positive environment.

Empirical Evidence and Case Studies:

Empirical evidence in support of value reorientation counseling is emerging. A longitudinal study by Johnson and Martin (2020) followed families who had engaged in value reorientation counseling for three years. The results indicated a sustained decrease in anti-social behaviors in children, with improvements in empathy, responsibility, and pro-social actions. Case studies, such as the work of Davis (2019), have also highlighted successful interventions where value reorientation counseling played a pivotal role in reducing anti-social behaviors among family children.

Value Reorientation

Value reorientation refers to the process of revising, reevaluating, and potentially changing one's core values, beliefs, and principles. This process typically occurs when individuals or groups recognize the need to align their values with new circumstances, personal growth, or changes in societal norms. Value reorientation can involve reflecting on one's existing values, considering their relevance and impact, and making deliberate efforts to adopt new values or adjust existing ones to better guide one's decisions and actions.

According to Ogunniyi, Ehon, Ogbajie and Mohammed (2009:1) values denote “qualities which members of a group are expected to have for their development and survival”. It is against this background that the constitution of the Federal Government of Nigeria in section 23 stated that the national ethics shall be “Discipline, Integrity, Dignity of Labour, Social Justice, Religious Tolerance, Self- Reliance and Patriotism” (FRN, 2001, P. 30). Shaul and Yair (2021) affirm that values are the major determinant of pupils’ behaviour. Doring, Daniel and Knafo Noam (2016) agree that socialization has an influence in fostering values in children. Schaefer (2012) and Cooper (2014) opines that values are desirable ethical principles that modify human behaviour and

influence decision making processes. Mitchel and Scot (1990), as cited in Akinade (2012), stated that increase in unethical business practices are usually attributed to change of values. This should show how important and relevant values are to human behaviour. Physicians even claim that an individual's values induce many of the problems he or she faces (Otive, 2013). Another importance of value is that when aligned with human behaviour, it increases commitment of individuals (Baker, 2009).

Value reorientation is often seen as a means of personal development, moral growth, or adapting to changing life circumstances. It can also be relevant in broader contexts, such as within organizations or societies, when there is a collective need to reassess and redefine shared values to address evolving challenges and priorities. In a family context, value reorientation may involve parents and caregivers working with their children to instill or emphasize certain values that they believe are important for the family's well-being and harmony.

Value reorientation can be facilitated through various means, including counseling, self-reflection, education, and engagement with individuals or communities that share the desired values. It is a dynamic process that acknowledges the evolving nature of values and the importance of ensuring that they remain aligned with one's goals, beliefs, and the demands of their environment.

Value Reorientation Counselling

- i. **Cultural and Religious Beliefs:** In many families, cultural and religious values are integral to their identity. Value reorientation within these families may involve reaffirming, adapting, or reinterpreting these beliefs to meet the changing needs of the family while maintaining a connection to their cultural or religious roots.
- ii. **Setting Family Goals:** Families often set goals based on their shared values. Value reorientation may involve reevaluating these goals, ensuring they are in line with the family's values, and making necessary adjustments to achieve them.
- iii. **Promoting Responsibility and Empathy:** Value reorientation can focus on promoting values such as responsibility, empathy, and respect within the family. These values can help build a nurturing and supportive family environment.

Osaat (2011) in giving credence stressed truth, hospitality, honesty, generosity, consideration for others, hard work, and friendliness as core family values. Mgbiti in Osaat (2011) further reiterated on the impact of home values on its members thus; it is held to be moral evil to deny hospitality even to a stranger. As regards property, he asserted that people are conversant with the right or wrong use of family belongings. He argued that it was wrong for a son to take his father's bull without his knowledge to slaughter or sell.

Counseling focused on reorienting one's values has the potential to assist individuals in examining their beliefs and values from a more realistic perspective. This form of counseling can support individuals in reorganizing and clarifying their personal value systems (Ekpang, Unimna

& Undie, 2020). When individuals lack this reorientation, it can lead to inconsistencies and reduced motivation to make rational decisions, affecting both youth and adults. It's important to note that value reorientation doesn't seek to impose a specific set of values but rather aims to guide young individuals in constructing their own value frameworks. Through counseling, young individuals can explore their deeply held values to identify potential conflicts among them. Ultimately, counseling should empower each person to comprehend their values and find ways to harmonize them with broader societal values.

Importance of Value Re-Orientation in a Family

1. **Alignment of Family Goals:** Value reorientation ensures that the values held by individual family members are in harmony with one another. When family members share common values, it becomes easier to set and achieve family goals, fostering a sense of unity and cooperation.
2. **Conflict Resolution:** Value reorientation can help resolve conflicts and misunderstandings within the family. By revisiting and clarifying shared values, families can address issues and disagreements more effectively, leading to healthier relationships.
3. **Behavioral Guidance:** In cases where family members, particularly children, exhibit anti-social or problematic behaviors, value reorientation can guide them toward more pro-social, responsible, and empathetic behaviors. It provides a framework for reinforcing positive conduct.
4. **Crisis Management:** During times of crisis or adversity, strong family values can serve as a source of support and resilience. They can help family members come together, provide emotional support, and navigate challenges more effectively.
5. **Moral and Ethical Development:** Families are essential in shaping the moral and ethical development of their children. Value reorientation allows parents and caregivers to actively instill and reinforce ethical values, helping children become responsible and ethical individuals.
6. **Cultural Preservation:** For families with strong cultural or religious ties, value reorientation ensures the preservation and adaptation of cultural and religious values over time. It allows families to remain connected to their cultural and religious roots while adapting to changing circumstances.
7. **Communication Enhancement:** Open and honest communication is key to family cohesion. Value reorientation can facilitate better communication by providing a shared framework for discussing sensitive topics and resolving conflicts.
8. **Identity and Belonging:** Family values contribute to a family's identity and sense of belonging. They define what the family stands for and what it believes in, fostering a strong sense of identity and shared purpose.
9. **Well-Being and Happiness:** When family members live in alignment with their values, they tend to experience greater well-being and happiness. A family that shares and reinforces positive values creates a nurturing and supportive environment.

10. Preventing Anti-Social Behaviors: For families dealing with anti-social behaviors in their children, value reorientation can be a vital tool to redirect these behaviors toward more positive and socially responsible actions.
11. Long-Term Legacy: Family values also play a role in creating a lasting legacy. By passing down well-defined values, families can contribute to the moral and ethical development of future generations.

Value Re-Orientation in a Nigerian Family

Value reorientation is important in a family because it helps maintain harmony, resolve conflicts, guide behavior, and foster a positive and supportive family environment. It plays a crucial role in the moral, ethical, and emotional development of family members, ensuring that the family remains a source of love, support, and shared values. Value reorientation in the family context involves reassessing, adjusting, and reinforcing core values and beliefs to ensure that they continue to serve as a guiding framework for family members. It is a process that can be used to address behavioral issues, improve family dynamics, and adapt to changing circumstances while nurturing a shared sense of identity and purpose within the family.

Chapter 2 of the Constitution of the Federal Republic of Nigeria 1999 (as amended) provides a list of Nigeria's national values, the ideals that the country stands for and which government and citizens have a duty to embrace and promote. It reiterates the country's republicanism which vests sovereignty on the people, with the right to participate in government and the duty to discharge the responsibilities that correlate with that right. The Constitution affirms peace, progress, unity and faith as national ideals of the country.

The National Conference on Moral Education, held in Port Harcourt, was about the trend of value re-orientation among the citizens of Nigeria. The concern of the conference about the values of the people in the society guided them to unanimously recommend the cultivation and practice, in the educational institution in particular and the society in general, of the following key values as enshrined in the Constitution of the Federal Republic of Nigeria (as amended) (FRN, 1999):

- a. **Honesty:** This is to be manifested in the following ways: truthfulness, fair play, and rejection of fraud, cheating, bribery and corruption.
- b. **Discipline:** This should be shown in such habits as self-control, modesty, and respect for legitimate authority.
- c. **Courage:** This includes physical courage and moral courage.
- d. **Justice:** This should be practiced in such ways as fairness in one's personal dealings with others, the equitable distribution of social amenities, goods and services, the equitable settlement of disputes in and outside the law courts.

- e. **Right attitude to work:** This includes punctuality and regularity, devotion to duty, service, co-operation (getting along with others), dignity of labour.

As Akintoye (2009:7) puts it: “then, children belonged to everyone and any parent could discipline any child. Children were flogged by either teachers or parents for offences. The picture of discipline and order at that period is a far cry from what we see now.”

Combatting anti-social behavior within a Nigerian family requires a proactive and multifaceted approach. Families play a crucial role in shaping a child's values, behaviors, and moral development. Here are some strategies that families can employ to address and combat anti-social behavior:

- ◆ **Open Communication:** Encourage open and honest communication within the family. Create an environment where children feel comfortable discussing their feelings, concerns, and experiences. Effective communication can help identify the underlying causes of anti-social behaviors.
- ◆ **Set Clear Expectations:** Establish clear and consistent rules, boundaries, and expectations within the family. Children should understand the consequences of their actions if they engage in anti-social behaviors.
- ◆ **Positive Role Modeling:** Parents and caregivers should model pro-social behaviors and values. Children often learn by example, so demonstrating empathy, respect, and responsibility is essential.
- ◆ **Reinforce Core Values:** Reevaluate and reinforce the family's core values. Engage in discussions about values, ethics, and the importance of empathy and responsibility. Make sure that family values are well-defined and consistently upheld.
- ◆ **Behavioral Consequences:** Implement appropriate consequences for anti-social behaviors. These consequences should be logical, consistent, and designed to teach lessons about responsibility and accountability.
- ◆ **Conflict Resolution Skills:** Teach children healthy conflict resolution skills, emphasizing communication, negotiation, and compromise. This can help them manage disagreements without resorting to anti-social behaviors.
- ◆ **Family Counseling:** Consider seeking professional family counseling or therapy when anti-social behaviors persist. A trained counselor can help identify the root causes of these behaviors and provide guidance on addressing them effectively.
- ◆ **Positive Reinforcement:** Acknowledge and reward pro-social behaviors. Positive reinforcement can motivate children to engage in behaviors that align with family values.
- ◆ **Limit Exposure to Negative Influences:** Monitor and limit exposure to negative influences, including peers who may encourage anti-social behaviors, violent media, and other potentially harmful sources.

- ◆ **Empathy Development:** Foster the development of empathy in children by encouraging them to consider the feelings and perspectives of others. This can be done through activities like volunteering and discussions about empathy.
- ◆ **Seek External Support:** If anti-social behaviors persist or worsen, consider involving external support systems, such as school counselors, therapists, or support groups. These professionals can provide additional insights and strategies.
- ◆ **Consistency and Patience:** Change takes time. Be consistent in your efforts to combat anti-social behavior and be patient with the process. Keep in mind that setbacks may occur, and it's essential to persevere.
- ◆ **Individualized Approach:** Recognize that each child is unique, and what works for one child may not work for another. Tailor your approach to the specific needs and personality of each child.
- ◆ **Cultivate a Supportive Environment:** Create a nurturing and supportive family environment where children feel loved, valued, and secure. A strong support system can help children develop positive self-esteem and self-worth.

By implementing these strategies, families can work together to address and combat anti-social behavior, guiding children toward more pro-social and responsible conduct and ensuring a healthier and more harmonious family environment. The family is the fundamental unit of social life. Everybody starts life in the family and all other known human institutions grew out of the family. The formation or the origin of family continues to remain a mystery judging from the universality of the concept. In the words of Horton and Hunt (1981), if society is to survive, people must find some workable and dependable ways of paring up, conceiving and raising children, caring for them and the aged and carrying out certain other functions.

In traditional societies of the world and in Africa, all human activities revolve around the family circle; therefore, it was the only organised institutions known to them by then. Horton & Hunt went further to give a satisfactory definition of an institution by stating that it is an organised system of social relationships which embodies certain common VALUES and PROCEDURES and meets certain basic needs of society.

Fundamentally therefore, entering into the family is conducted through the concept of marriage and there is no society that takes it casually, neither would two adult human beings enter into the act arbitrarily. Even though today people are living together bearing children; marriage with its divine nature and universal adoption is too important for such casual arrangement. On this premise therefore, Bogardus (1954, in Nmom, 2002) sees marriage as an institution admitting men and women to family life; that is living in the intimate personal relationship of husband and wife for the primary purpose of begetting and rearing and children.

But Nanda (1980 in Nmom, 2002) has a more deep-rooted definition that is comprehensive, very traditional, Africa and Nigerian, when she says that marriage refers to the customs, rules, and obligation that establish a special relationship between a sexually cohabiting adult male and female, between them and the kin groups of husband and wife. A look at this definition establishes the fact that a particular marriage pattern of a given society is cultural.

In line with marriage as an entry point, Burgess (1963, in Nmom, 2002) defines family as a group of persons united by ties of blood or adoption, constituting a single household; interacting and communicating with each other in their respective social roles of husband, wife, mother and father, son and daughter, brother and sister, and creating and maintaining a common culture. In these concepts, there abound different forms and types which the paper would not like to go into.

Challenges

Despite the promise of value reorientation counseling, there are challenges. The effectiveness of counseling may vary depending on the age of the child, the severity of anti-social behaviors, and the willingness of family members to engage in the process. Additionally, long-term sustainability of behavioral change remains a concern that requires further exploration.

Conclusion

Value reorientation counseling, grounded in established psychological theories, holds the potential to be a transformative tool for addressing anti-social behaviors in family children. Practical applications and empirical evidence indicate its efficacy in reshaping family dynamics and promoting pro-social behaviors. While challenges and limitations exist, the body of research and case studies suggests that value reorientation counseling has a significant role to play in guiding families toward a harmonious and pro-social future, where anti-social behaviors are supplanted by values of empathy, responsibility, and a sense of purpose. Further research is needed to refine best practices and provide a more comprehensive understanding of its long-term impact within family units.

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