
**The Vocational and Health Needs of Human Trafficking Victims for Successful
Rehabilitation and Empowerment in Nigeria**

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ABSTRACT

The study sought to assess the vocational and health needs of human trafficking victims for successful rehabilitation and empowerment in Nigeria. Needs assessment survey design was used for the study. The population of the study consisted of all the trafficked victims, NAPTIP management staff, senior staff, and junior staff, stake holders and lecturers from the departments of sociology, and guidance and counseling in both the federal and state universities in the study area. The respondent in the study consisted of 200 respondents. These were obtained through the purposive sampling method. The researcher developed an instrument tagged: Vocational and Health Needs of Human Trafficking Victims for Successful Rehabilitation, Integration and Empowerment Questionnaire (VHNHTVSRIEQ). The data collected were analysed using descriptive statistics and Regression Analysis. The study concluded that there is significant impact of vocational needs of the trafficked victims on their empowerment. It also concluded that there is significant impact of health needs of the trafficked victims on their rehabilitation. One of the recommendations made was that Government should ensure human right principles, and all efforts to assist victims of trafficking should ensure restoration of rights and prevention of further violations which can be achieved through promotion and protection of the fundamental human rights and dignity of trafficked persons as well as observance of ethical standards as the foundation of all interventions.

KEYWORDS: Vocational, health, trafficking, rehabilitation, empowerment

Introduction

The psychological follow-up of women is done through counselling or psychotherapy on a one-to-one basis by professional counselors or psychologists that have experience of working with victims of trafficking, domestic violence, sexual assault, torture and war trauma. According to the NGO Reaching Out in Romania the trafficking experience results in women developing a dependent relationship with traffickers, (Williamson, Dutch., & Clawson, (2008). “Abroad they need this relationship to survive and in this way it is easy to keep the women and girls under control. The women are raped frequently and they start to believe the reality that the trafficker enforces on them. They believe they are useless and are programmed to think like this.” The result is that the women no longer trust themselves or others and this is exacerbated by a lack of self-worth. In the countries of origin women fear that others will know about their involvement in the sex industry and then judge them, (Zimmerman, 2003).

Measures to counter trafficking in Nigerian women and Minors and prevention of HIV/AIDS and other Sexually Transmissible Diseases, helps women take responsibility for their own actions and deal with possible stigmatisation and negative reinforcements of their behaviour in society. They will be exposed to other people's rude comments. We try to help them build up belief in themselves as worthy and valuable human beings." Intensive therapy may take anything from six months to three years depending on the person, (Brunovskis, and Tyldum, 2004).

According to Garfield, (2000) Support Groups counselling is provided to women returning to their countries of origin. In the Philippines women, who had personal experience of migration for work purposes, set up the NGO Baita. They focus on providing assistance and psychological support to women returning to the Philippines in order to facilitate reintegration. The aim of the group is to create an environment where a woman feels that she is able to express what has happened to her, is listened to and understood. Support groups help women build self-esteem and can lead them to think about alternative ways of perceiving things in their everyday lives.

According to Landesman, (2004), Cultural beliefs may be an obstacle to women achieving a general wellbeing in the process of reintegration into society. There are numerous reports of trafficked women from Sub-Saharan Africa are often made to enact rites that bond them to the trafficking network. Women take an oath of loyalty before their departure. It is their belief that breaking the oath can result in their own or a family member's death. NGOs in Nigeria are addressing this problem by providing counselling. 'We try to tell them that those things will have no impact on them.

As stated by Manz, (2002) family counselling is given to parents and other close relatives to help the family deal with a woman's return, especially if the woman suffers from trauma. Certain mental health problems may arise as a result of the trafficking experience and a woman's exploitation in the sex industry. If necessary the woman's partner is involved in counselling and a wide range of issues are covered, including trauma and emotional distress, couple dynamics, roll and responsibility within relationships, family planning, conflict resolution. According to US Department of State (2003), efforts are made to strengthen relations with families through supervised meetings and special group counselling sessions. Support groups for women working in the sex industry such as Puerta Abierta in Argentina, have drop-in centres where activities are carried out with children, mothers and other family members to build on relationships and encourage family bonding. The organisation also does outreach work and visits mothers and children in the areas where they work (squares, streets, rented rooms, bars, clubs) providing support in difficult family.

Statement of problem

The trafficked victims have vocational and health needs that will enhance their skill development. Without being provided with vocational development and adequate provision of health needs one cannot think of the rehabilitation and integration. But come to think of this. Are the victims of human trafficking given the opportunity to engage themselves in vocational development and utilize the knowledge. Common shelter space that enhance their standard of living for empowerment can be problematic. Most trafficking survivors require a longer shelter stay than domestic violence survivors, where a survivor of trafficking may typically need shelter for one to one and one-half years. Shekar attributes the longer shelter stay to a trafficking survivor's lack of independent living skills and the need to adjust her immigration status before becoming self-

sufficient. The problem of this study is therefore how to determine the vocational needs of the trafficked victims that can promote their rehabilitation and empowerment via finding the symptoms and diseases associated with human trafficking.

Objectives of the Study

1. To find out the impact of vocational needs of the trafficked victims on their empowerment.
2. To examine the impact of health needs of the trafficked victims on their rehabilitation.

Research Questions

1. What is the impact of vocational needs of the trafficked victims on their empowerment?
2. What is impact of health needs of the trafficked victims on their rehabilitation?

Hypotheses

1. There is no significant impact of vocational needs of the trafficked victims on their empowerment.
2. There is no impact of health needs of the trafficked victims and their rehabilitation.

Concept of Human Trafficking

Child trafficking is a serious human rights issue but the problems of child abuse and neglect in SSA are rooted primarily in the deteriorating economic situation. Deepening rural poverty forces poor families to give up their children to traffickers, under the pretext of providing them the opportunity to secure good jobs and better lives (Dottridge, 2002). Human trafficking is ranked the world's third largest crime (Keefer, 2006). Perhaps the nefarious activities of human traffickers in Nigeria would have remained hidden and uninhibited despite general concern but for the intervention of the office of the wife of the Vice-President of Nigeria with the collaboration of the wife of the Edo state governor in 1999. The suffering and indignity meted out to trafficked victims in the process of transporting them and at the various destinations, especially those abroad, had become a huge source of embarrassment to Nigeria's integrity as a nation with responsibility to safeguard the interest of its nationals. The various forms of manifestation of these indignities are prostitution, child labor and under aged domestic servitude.

On the other hand internal trafficking of women and children is not also a new phenomenon. It has been going on with the trafficking of people from rural communities to major cities in the South-South region and other part of the country predominantly for exploitative domestic work, scavenging, begging, hawking and prostitution. The incidence is a little more precarious in Lagos, the commercial nerve center of Nigeria with a surging population of about 9.1 million. The busy schedules of families who are mainly working class, makes high demand for domestic servants imperative. All over the world, trafficking in human beings has been recognized as not only a serious crime, but an abuse of individual's human rights. According to the United Nations (UN), it is one of the fastest growing areas of international criminal activity, as it often involves a number of different crimes, spanning different countries and involving an increasing number of victims.

Human trafficking in India is a complex process, and often starts with family members handing over responsibility for the safety and well-being of the trafficked person to others known to them, but then ending up trafficked by a third set of persons and into the profession as a Commercial Sex Worker (CSW), commonly known as a prostitute. The term 'prostitute' has always aroused a range of hostile feeling and perceptions. However, till date no society has been able to eradicate or abolish it. In India available statistics on trafficking are limited and contested. The Suppression of Immoral Traffic in Women and Girls Act 1956, now Immoral Traffic (Prevention) Act (ITPA), was enacted in pursuance of India's international commitment on ratifying the Convention for the Suppression of the Traffic of Persons and of the Exploitation of the Prostitution of others (signed at New York on 9th May, 1950).

Legislation on the subject of suppression of immoral traffic did exist in a few States but the laws were neither uniform nor did they go far enough. In the circumstances, it became necessary that a Central law be passed which would not only secure uniformity but also be sufficiently deterrent for the purpose. The importance of prevention of trafficking is irrefutable, but somehow, the entire focus of ITPA appears to be on eliminating prostitution rather than prevention of trafficking in persons. It is noteworthy that in the continuum of anti-trafficking initiatives, law formulation and enforcement is more or less restricted to the area of raid, rescue, and repatriation and to a limited extent the rehabilitation aspect. There is a marked absence of any standard guideline for intervention or law enforcement in preventing trafficking from occurring in India. Prostitution in itself is not an offence under the Act, save in the manner given in Sections 7 and 81 of the ITPA. Yet the rights of these CSWs/ victims of trafficking are often violated (Akee, Bedi, Basu, and Chau 2010).

Equally, South Africa Facility Management Association (SAFMA) feels that the discussion and analysis should move from questions of morality towards an examination of the human rights of women. A mix of both repressive and empowering strategies can be of value in addressing the present problem of trafficking of women. Repressive strategies aim at suppressing organized crime, while on the other hand empowering strategies, used primarily by NGOs, aim at supporting the women concerned and strengthening their rights.

Concept of Rehabilitation

According to Krishnan (2000), Rehabilitation is the process of helping victims of trafficking heal, to overcome stigma, and to integrate back into society economically, socially, and educationally. Once a victim is rescued, they need time and help to rehabilitate. Counter trafficking initiatives have over time emphasized protection and assistance to trafficked persons as the main focus in the fight against human trafficking. Protection involves an intricate process of activities geared towards the successful rehabilitation and reintegration of victims into the society, which could either be their immediate family environment or the larger society. Rehabilitation and reintegration of victims of trafficking in persons is of critical importance when viewed from the perspective of relevant human rights principles. Human right recognizes that trafficking in persons constitutes indisputable human right violation inimical to the affected individuals and the society. According to National Policy on Protection and Assistance to Trafficked Persons in Nigeria (2008), human right provisions violated by human trafficking include those provide in the 1999 constitution of the federal republic of Nigeria, Africa charter on human and people's right, Universal deceleration of human right, International covenant on economic, social and cultural right, International covenant on civil and political right and Africa charter on the rights and welfare of the child and

other human right instruments. Some of these fundamental rights include right to life, right to dignity of the human person and freedom from torture, cruel, inhuman and degrading treatment or punishment, right to freedom of movement, right to health, right to freedom from discrimination, right to liberty and security of persons, right to freedom of worship, etc. On right of victims, the United Nations High Commission for human right has provided guidelines and principles that incorporate the right of victims of Trafficking in Persons. To this end victims must be acquitted with these rights and their obligation as part of rehabilitation and integration process.

Human right principles therefore recommended that all efforts to assist victims of trafficking should ensure restoration of rights and prevention of further violations. Through promotion and protection of the fundamental human rights and dignity of trafficked persons as well as observance of ethical standards as the foundation of all interventions. Lending its support (International office for migration, 2007: 57) stated that services delivery organizations should take care to respect the basic human rights of all assisted victims as expressed in the major global and regional human rights instruments, the un protocol to prevent, suppress and punish trafficking in persons, especially women and children the convention on the rights of the child the convention on the elimination of all forms of discrimination against women and other relevant international instruments and standards, including general comments from human rights monitoring bodies and the OHCRS recommended principles and guide lines on rights and human trafficking.

The implication therefore is a call to all agencies working with trafficking victims to ensure international best practices in the process or rendering protection and assistance to trafficked victims which must culminate in successful rehabilitation and reintegration of the affected persons. Globally rehabilitation and reintegration in seen as a vital component of counter trafficking initiative. It is termed as a healing process which empowers victims of trafficking to overcome psychological damage they have encountered and become functional individuals economically socially and educationally. Rehabilitation of trafficked persons addresses the welfare of persons that have suffered dehumanizing physical, mental psychological, social, vocational and economic stress as a result of exploitation on the hand of traffickers, it helps to instill self confidence in victims, restore their dignity thus preventing them from being re-trafficked. It is a process of reinsertion of victim of trafficking into the society for the purpose of safe dignified and sustainable normalized life.

Common Health Issues Experienced by Victims of Human Trafficking

According to Zimmerman, C., Yun, K., Shvab, I. (2003), trafficking victims may suffer from an array of physical and psychological health issues stemming from inhumane living conditions, poor sanitation, inadequate nutrition, poor personal hygiene, brutal physical and emotional attacks at the hands of their traffickers, dangerous workplace conditions, occupational hazards and general lack of quality health care. Preventive health care is virtually non-existent for these individuals. Health issues are typically not treated in their early stages, but tend to fester until they become critical, even life-endangering situations. In many cases, health care is administered at least initially by an unqualified individual hired by the trafficker with little, if any, regard for the well-being of their 'patients' - and even less regard for disease, infection or contamination control.

Gushulak, B & MacPherson, D. (2000) noted that the common health issues seen in trafficking victims include the following:

- Chronic back, hearing, cardiovascular or respiratory problems from endless days toiling in dangerous agriculture, sweatshop or construction conditions;
- Sexually transmitted diseases, HIV/AIDS, pelvic pain, rectal trauma and urinary difficulties from working in the sex industry;
- Pregnancy, resulting from rape or prostitution;
- Infections or mutilations caused by unsanitary and dangerous medical procedures performed by the trafficker's so-called 'doctor';
- Weak eyes and other eye problems from working in dimly lit sweatshops;
- Malnourishment and serious dental problems. These are especially acute with child trafficking victims who often suffer from retarded growth and poorly formed or rotted teeth;
- Infectious diseases like tuberculosis;
- Undetected or untreated diseases, such as diabetes or cancer;
- Bruises, scars and other signs of physical abuse and torture. Victims are often beaten in areas that won't damage their outward appearance, like their lower back;

Substance abuse problems or addictions either from being coerced into drug use by their traffickers or by turning to substance abuse to help cope with or mentally escape their desperate situations.

Concept of Empowerment

Empowerment to Wilcox, (2005) brings enormous benefits to the victims. Empowerment has been shown to improve quality of service, productivity and competitiveness of the victims. Empowerment is based on the idea that giving employees and satisfaction. Improved productivity and competitiveness in turn contributes positively to the life of the victims after rehabilitation. Victims of human trafficking have experienced the complete loss of their personal freedom and, consequently, their ability to exert control over their own lives. Part of rehabilitation should include empowering the survivor to regain control over that which was taken by their trafficker/pimp.

The process of acquiring control will depend on the level of healing experienced by the victim. As the trafficker has controlled every aspect of the victim's life, including when she could eat or go to the bathroom, presenting too many options and areas of decisions can be overwhelming for the victim. The victim must be empowered to reach each level of self-control and decision-making, which will necessarily happen over a period of time. Nevertheless, there are ways to provide victims control immediately. One way is to talk with the victim using accessible language and the minor's communication style. Secondly, it is important to disclose to the victim from the very beginning the details of the program and the agency's capacity, the reactions of the systems they are involved with (e.g. juvenile justice system), and what recovery may look like both the positive and the negative. WOTCLEF, a frontier in this regard has among its objectives the following:

1. To mobilize and motivate stakeholders at all levels to respond to the challenges posed by trafficking and violent abuse of the rights of women and children.
2. To rehabilitate and re-integrate victims to their countries in accordance with their best interests.

3. To work with relevant and concerned parties for the enactment and enforcement of appropriate legislation against trafficking, child labor and violent abuse of the rights of women and children.
4. To generate, organize & disseminate critical data and up to date information about trafficking and child labor.
5. To establish the WOTCLEF rehabilitation and special purpose center in Abuja, Nigeria with Africa & world affiliations.
6. To establish special school programs for its “catch-them-young” scheme.
7. To place the African dimension of trafficking and child labor on the global agenda for special attention & action.
8. To network and collaborate with concerned parties, worldwide towards the eradication of trafficking, child labor and violent abuse of women’s and children’s rights (WOTCLEF, 1999).

Methodology

Needs assessment survey design was used for the study. The population of the study consisted of all the trafficked victims, NAPTIP management staff, senior staff, and junior staff, stake holders and lecturers from the departments of sociology, and guidance and counseling in both the federal and state universities in the study area. The respondent in the study consisted of 200 respondents. These was obtained through the purposive sampling method. The researcher developed an instrument tagged: Vocational and Health Needs of Human Trafficking Victims for Successful Rehabilitation, Integration and Empowerment Questionnaire (VHNHTVSRIEQ). The data collected were analysed using descriptive statistics and Regression Analysis.

Results and Discussion

Hypothesis One

The null hypothesis states that there is no significant impact of vocational needs of the trafficked victims on their empowerment. In order to test the hypothesis simple regression was used to analyse the data, (see table 1).

Table 1: Simple regression of the impact of vocational needs of the trafficked victims on their empowerment.

Model	R	R Square	Adjusted R Square	Std. error of the Estimate	R Square Change
1	0.97a	0.94	0.94	0.57	0.94

***Significant at 0.05 level; df = 228; N = 230; critical r-value = 0.139**

The table 1 shows that the calculated R-value 0.97 was greater than the critical R-value of 0.139 at 0.5 alpha level with 228 degree of freedom. The R-square value of 0.94 predicts 94% of the impact of vocational needs of the trafficked victims on their empowerment. This rate is highly positive and therefore means that there is significant impact of vocational needs of the trafficked victims on their empowerment.

Hypothesis Two

The null hypothesis states that there is no significant impact of health needs of the trafficked victims on their rehabilitation. In order to test the hypothesis simple regression was used to analyse the data, (see table 2).

Table 2: Simple regression of the impact of health needs of the trafficked victims on their rehabilitation.

Model	R	R Square	Adjusted R Square	Std. error of the Estimate	R Square Change
1	0.91a	0.82	0.82	0.92	0.82

***Significant at 0.05 level; df = 228; N = 230; critical r-value = 0.139**

The table 2 shows that the calculated R-value 0.91 was greater than the critical R-value of 0.139 at 0.5 alpha level with 228 degree of freedom. The R-square value of 0.82 predicts 82% of the impact of health needs of the trafficked victims on their rehabilitation. This rate is highly positive and therefore means that there is significant impact of health needs of the trafficked victims on their rehabilitation.

Discussion of the Findings

The result of the data analysis in tables 1 was significant due to the fact that the obtained R-value (0.97) was greater the critical r-values at 0.05 level with 228 degree of freedom. The result implies that, there is significant impact of vocational needs of the trafficked victims on their empowerment. The finding agrees with the opinion of Wilcox, (2005), who asserted that victims of human trafficking have experienced the complete loss of their personal freedom and, consequently, their ability to exert control over their own lives. The significance of the result caused the null hypotheses to be rejected while the alternative one was accepted.

The result of the data analysis in tables 2 was significant due to the fact that the obtained R-value (0.91) was greater the critical r-values at 0.05 level with 228 degree of freedom. The result implies that, there is significant impact of health needs of the trafficked victims on their rehabilitation.

The finding agrees with the opinion of Zimmerman, et. al. (2003), who avowed that trafficking victims may suffer from an array of physical and psychological health issues stemming from inhumane living conditions, poor sanitation, inadequate nutrition, poor personal hygiene, brutal physical and emotional attacks at the hands of their traffickers, dangerous workplace conditions, occupational hazards and general lack of quality health care. The significance of the result caused the null hypotheses to be rejected while the alternative one was accepted.

Conclusion

The trafficked victims (especially women and children) have vocational and health needs that will enhance their skill development. The promotion of their rehabilitation and empowerment can be achieved via finding the symptoms and diseases associated with human trafficking. The implication therefore is a call to all agencies working with trafficking victims to ensure international best practices in the process or rendering protection and assistance to trafficked victims which must culminate in successful rehabilitation and reintegration of the affected persons. Based on the findings, the study concluded that there is significant impact of vocational needs of

the trafficked victims on their empowerment. It also concluded that there is significant impact of health needs of the trafficked victims on their rehabilitation.

Recommendations

Based on the finding of the study, it was recommended that:

1. Government should ensure human right principles, and all efforts to assist victims of trafficking should ensure restoration of rights and prevention of further violations which can be achieved through promotion and protection of the fundamental human rights and dignity of trafficked persons as well as observance of ethical standards as the foundation of all interventions.
2. All agencies working with trafficking victims to ensure international best practices in the process or rendering protection and assistance to trafficked victims.
3. Victims of human trafficking must be psychologically counselled in order to build up belief in themselves as worthy and valuable human beings.

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