

**EVALUATION OF THE EFFECT OF YOUTH RESTIVENESS ON FOOD SECURITY IN AKWA  
IBOM STATE**

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**ABSTRACT**

*The study evaluated the effect of youth restiveness on food security in Akwa Ibom State. A cross-sectional survey design was adopted in this study. The term 'survey' is commonly applied to a research methodology designed to collect data from a specific population, or a sample from that population, and typically utilizes a questionnaire, as well as, other survey instruments. For this study, a closed-ended questionnaire was utilised to get the needed information from the respondents. The 2018 projected population used by the Ministry of Economic Development for planning purposes, estimated at 5,451,277 people as follows; Female; 2,680,687 and Male; 2,770,590 which were adopted as the population of this study. The findings of the study revealed that there is a significant impact of the activities of youths during protest period on the level of food security in Akwa Ibom state. Based on the findings of the study it was recommended that the security of human lives and properties by the government should be improved especially in the rural areas where agriculture is the mainstay of the people. This will encourage the people to go back to their farm settlements and continue with their cultivation of farm produce.*

**KEYWORDS: Youth Restiveness, Food Security, Akwa Ibom State**

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**INTRODUCTION**

Restiveness among young people has become a global issue, with levels in Nigeria at an all-time high. Over the last decade, there has been an unprecedented increase in violent crime, including kidnappings, abductions, and indiscriminate damage of important infrastructure, as well as lives and personal property. In numerous examples of youth restiveness in Nigeria, Ojoba, Chima, and Emina (2020) defined youth restiveness as the refusal of youngsters to be controlled because they are bored and dissatisfied with the condition of things affecting them especially in the society to which they belong. According to Amadi & Ofuru (2020), there are several types of youth

restlessness that have existed for a long time and may be influenced by economic, political, or religious factors. These are mostly juvenile behaviours that are socially undesirable and are motivated by the constituted authority's enforced desired goal (Yusufu, 2014).

On his part, Nweke (2005) contended that factors that are responsible for youth restiveness include the following: a good number of youths who participate in acts of political violence come from embattled and economically poor homesteads. They are either uneducated or school drop-outs. The high rate of unemployment and underemployment especially among graduates of tertiary institutions is yet another factor that accounts for the high incidence of youths participation in political violence; moral decadence in youths and as well as the political manipulation of the psycho-cultural dispositions of youths towards elections by political elites have equally generated violent competition at elections. Poverty, ignorance, gang involvement, inequitable distribution of natural resources; arms proliferation as well as lack of political willpower to prosecute perpetrators of political violence are some of the major causes of political violence in Nigeria.

In as much as socio economic factors are determinants of youth restiveness, culture and political involvements are strong predictors that cannot be overlooked (Ojobah *et al.*, 2020). Many engagements of the youths have been linked to a huge influence from their peers. Many promotion of risk-taking behaviours, conflict with values and beliefs, Emotional Stress, academic performances, protests among many others in the past have been linked to the influence of peer pressured that is not well monitored and tamed.

## **STATEMENT OF PROBLEM**

Youths in some oil producing areas of the state have often been involved in various acts of restiveness which sometimes leads to loss of lives and properties. In such situations, both local and foreign investors fear for their investments and this has always led to loss of investment opportunities which would have led to socio-economic development. Another impact of such activities by the youths is that in local government areas where their mainstay is agriculture, people hardly visit their farmlands for the purpose of cultivation of their food crops. This act leads to food insecurity as even the farmers will have to depend on farm produce from other nearby communities/states. The impact of youth restiveness can be daunting to the society in many ways.

## **RESEARCH OBJECTIVE**

- To analyse the effect of youth restiveness on food security in Akwa Ibom State

## **Research Question**

- What is the effect of youth restiveness on the level of food security in Akwa Ibom State?

## **Research hypothesis**

- Youth restiveness has no effect on food security in Akwa Ibom State.

**CONCEPTUAL REVIEW  
CONCEPT OF YOUTH**

Youth is a phase of transition from childhood dependence to adulthood's freedom and awareness of the necessity to collaborate with other members of society to attain the society's goals and objectives (United Nations Youth, 2019). Youth in this context, according to Uriah, Egbezor, and Ololube (2014), may be defined as young men and women who are no longer children but not yet adults. Youths are a force to be reckoned with, and if their energy are correctly channeled, tremendous development and improvement may be achieved (Eze-Micheal, 2020). Youthfulness is highly essential in every community since it contributes positively to a country's growth and progress. For Adewuyi (2008) a youth can be defined as a people between ages 18-24 years. It could be observed from the above definitions that, any person from the age of 18 years is considered as a youth, only the span in age differs between 24-35 years. However, youth could be considered as a stage in the life of a person when the society in which he or she lives ceases to regard the person as a child, but he/she is not considered as an adult.

Youth are young adolescents who possess excessive energy that needs to be exerted. Adolescence is described as the period of storm and stress (Yusuf, 2014). Of course, this is more reason why youth restiveness is possible among youth. The National Youth Development Policy (N.Y.D.P.) (2001) defined "Youth", as people aged 18-35. They constitute about 40 percent of the more than 140 million people in Nigeria. The NYDP added that the total population of youth between 10 and 24 in Nigeria was 4,504 million in 2006, which is 34 percent of the total population. In the context of this paper, youth refer to young adolescents who are within the age of 18 and 35 (in line with the above definition by NYDP. If the energy of disciplined youth is properly channeled, they can be productive but if they are law-less, and violent youth, they can create threat in any society.

The resolution 36/28 of the United Nations General Assembly of 1981 defined youth as those persons between the ages of 15 and 24 years. This was further endorsed in Article 36/215 of the International Youth Year in 1985. Chioma (2020) emphasised that the Commonwealth of Nations defines youth as 15-29 years of age while the African Youth Charter conceives youth as any individual between 15-35 years of age, whereas in Nigeria, the National Youth Policy 2019 defines a youth in Nigeria as a person between 18-29 years.

**CONCEPT OF YOUTH RESTIVENESS**

Chika and Onyene (2010) observed that to be restive, is to be unable to stay still, and unwilling to be controlled because of dissatisfaction of the situation or condition at hand. It constitutes unwholesome, socially unacceptable behaviour exhibited in the society. Youth restiveness which has been the context of this paper refers to the young people within the range of 18 and 35, who are not satisfied or are discontented with government, individuals, groups, community and resolve to show their anger by destroying lives and property, kidnapping, robbing citizens to amass wealth to replace job opportunity or marginalization.

Youth restiveness is a collection of acts, behaviours, and attitudes that create unwholesome, socially

undesirable behaviour among teenagers. Adolescents' restiveness has long been a tool employed by youth to achieve what they want from the appropriate authorities. Restiveness among youth can be defined as a long-term protest aimed at getting a desired result from a legitimate authority (Eze-Micheal, 2020). Youth restiveness is a particularly severe kind of aberrant behaviour among teenagers that is socially undesirable in any community. It is a difficult-to-control incapacity of youngsters to be still or quiet, especially when they are dissatisfied with anything. It is concerned with concerns of deprivation, neglect, marginalisation, and other sentiments of discontent experienced by youth. Elegbeleye (2005) describes it as a "sustain protest launched to compel a desired consequence from a constituted authority by an organised body of adolescents." It's accompanied by lawlessness, strife, and bloodshed. Restlessness, according to Chika and Onyene (2010), is the inability or unwillingness to be controlled, particularly when one is bored or dissatisfied with specific judgments, altered or existing rules deemed unfavourable.

Youth restiveness on its own refers to a plethora of activities expressed in the various forms including but not limited to kidnapping or hostage taking of foreign nationals, local oil workers and citizens for ransom; illegal bunkering; peaceful or violent demonstration; bombing of public places, etc, in the Niger Delta of Nigeria (Epelle, 2010). Similarly, Agina-Obu (2008) refers to restiveness' "as a kind of human behaviour geared towards the realisation of individuals or groups' needs. It emanates from individuals or group failures or inability to meet their needs through institutional provisions or arrangements that result in youth restiveness. Hence, the youths opt to take laws into their own hands" (Uriah et al., 2015).

Interestingly, the youths expect something from society, including providing better means of survival for them. However, when the expectations of the youths are delayed, denied or dissatisfied, they tend to be fidgety. Restiveness could be seen in someone who has surplus dispensable energy, zeal and drives to forge ahead. Youths are full of energy, which make them twitchy. These energies when intentionally and positively channeled received social approval in creative vendors like music and dancing, gainful employment, engagement in community development, economic and academic activities, participation in sports among others.

**Some causes of youth restiveness include:**

i. **Bad Governance/Leadership:** Good governance and leadership is required for the growth and development of any nation. Unfortunately, in Nigeria bad governance is more common than good, resulting in disjointed development. Onyekpe (2007) observes that successive administrations in Nigeria have not been able to allocated much to the needs of the youth, and, worse still, the meager allocation are often diverted by government officials to their private accounts and projects. Thus, youth are restive and agitated when they perceive that resources meant for them are being wasted by those in authority.

ii. **Peer Group Pressure:** Peer group are members of the same age grade sharing equal status and pursuing some interest in common. The peer group has a significant influence on an individual behaviour, members of peer group are exposed to knowledge, which they have no access to within their individual families i.e. they have their norms and values, which members strive to follow. Peer group often proper out youths to doing evil. Some of these peer group members are groomed in

violent and hostile families where there is a transfer of such behaviours to the group, which they belong to; hence they compelled their members to adopt them. When the youth abandoned their parents, they find solace in gang groups.

iii. **Unemployment:** Unemployment is a hydra-headed monster which exists among the youth in all developing countries. Experts believe that the number of jobless youth is twice as high as official estimate. Ozohu & Suleiman (2006) notes Nigerian youth are trapped by unemployment. Zakaria (2006) believes that “the rising tide of unemployment and the fear of a bleak future among the youth in African countries have made them vulnerable to the manipulations of agents' provocateurs”. These include aggrieved politicians, religious demagogues, and greedy multinationals that employ these youths to achieve their selfish ambitions. Zakaria (2006) strongly believes that the absence of job opportunities in developing countries is responsible for youth restiveness with disastrous consequences.

iv. **Poverty:** Poverty connotes inequality and social injustice and this traumatizes the poor. More than 70 percent of people in Nigeria are in abject poverty, living below the poverty line, and one-third survive on less than US \$1 dollar a day (Zakaria, 2006). This figure includes an army of youth in urban centers in Nigeria who struggle to eke out a living by hawking chewing sticks, bottled water, handkerchiefs, belts, etc. The sales-per-day and the profit margin on such goods are so small that they can hardly live above the poverty line. Aworawo (2000) and Zakaria (2006) agreed that there is a link among poverty, loss of livelihood, inequality, and youth restiveness as evidenced by the numerous violent protests against the wielders of power in Nigeria.

v. **Marginalization:** There is also an agitation for equitable distribution of resources According to Chukwuezi (2009), many youths resort to restiveness because of their perceived marginalization by leaders of their communities. Where their plights are not attended to, they resort to violence to draw attention of community leaders to their situation. Other causes of youth restiveness include; environmental degradation, discontent with multinational companies, just to mention a few.

vi. **Lack of Policy on the Youths:** The proliferation of youth restiveness among the youths in Nigeria show that government at all levels lack effective and aggressive youth policy. According to Anger (2006) “the reality is that in Nigeria today there is absence of good governance and it is as a result of this that all sectors of the economy are fast collapsing”. Under such unfriendly environment, the future of our youth looks gloomy and uncertain. Government at all levels needs to set youth empowerment agency i.e. an empowerment geared towards youth development should be prioritized by the government.

## **MEASURES OF YOUTH RESTIVENESS**

Youth restiveness in Nigeria has been a recurring challenge in the country's socio-political and economic landscape. It encompasses various forms of disruptive behaviors and actions exhibited by young people due to dissatisfaction with their living conditions, socio-economic marginalization, and perceived or real injustices. This review examines the manifestations and dimensions of youth restiveness in Nigeria, focusing on empirical studies, theoretical frameworks, and contextual analyses, while providing in-text references and a comprehensive list of references.

Protests and demonstrations are among the most visible manifestations of youth restiveness in Nigeria. These often stem from grievances related to poor governance, unemployment, and inadequate infrastructure. For instance, the #EndSARS movement of 2020 saw Nigerian youths mobilize to protest against police brutality and demand systemic reforms. Such demonstrations frequently turn violent due to clashes with security forces or infiltrations by miscreants (Okonkwo, 2022). Militancy, particularly in the Niger Delta, is a significant manifestation of youth restiveness. Disenchanted youths in the region have resorted to armed struggle to demand resource control and environmental justice. Groups such as the Movement for the Emancipation of the Niger Delta (MEND) have engaged in activities like pipeline vandalism, kidnapping, and attacks on oil installations.

Cultism and gang violence are rampant among Nigerian youths, especially in tertiary institutions and urban areas. These activities often result in loss of lives, destruction of property, and disruption of societal peace (Ojo, 2018). Factors such as peer pressure, lack of parental guidance, and societal neglect contribute to the prevalence of cultism. Political thuggery is another form of youth restiveness, particularly during election periods. Politicians exploit unemployed youths, arming them to intimidate opponents and manipulate election outcomes. This phenomenon undermines democratic processes and perpetuates violence in the polity.

The rise of cybercrime among Nigerian youths, popularly referred to as "Yahoo Yahoo," reflects another dimension of restiveness. Driven by unemployment and a desire for quick wealth, many youths engage in internet fraud, which tarnishes Nigeria's global image and has economic repercussions. Drug abuse and substance dependency are prevalent among restive youths in Nigeria. The misuse of substances such as codeine, tramadol, and cannabis has been linked to criminal behavior and mental health issues (Eze, 2021). Drug abuse is often both a cause and consequence of youth restiveness. Social media has become a platform for youth activism and restiveness in Nigeria. While it provides a means for expressing grievances, it also amplifies frustrations and can escalate tensions. For example, social media played a crucial role in mobilizing support for the #EndSARS protests.

## **EFFECTS OF YOUTH RESTIVENESS ON NIGERIA'S SOCIO-ECONOMIC DEVELOPMENT**

Nigerian youth's methods and approaches to achieving their goals have slowed social progress and crippled the country's level of productivity. The various mass protests towards protecting their interest seem to have created more problems (Akpokighe and Ejoyi, 2020). Youth restiveness frequently causes an increase in crime, an unsafe environment, a bad financial situation, a rise in unemployment, and rebellious youth conduct in the community.

According to Akpokighe and Ejoyi (2020), youth restiveness constitutes fear, torments, insecurity and uncertainty, promotes conflicts and has affected the peaceful coexistence of citizens as well as foreigners. Property destructions have slowed down the nation's development, while conflict and unrest have been exacerbated by youth involvement in criminal activity. Thus, the

obvious effects of youth restiveness (when allowed to escalate) on any society is that it could be a security challenge which can discourage development (Chika and Onyene, 2010).

Furthermore, according to Abamara (2014), Nigeria is currently suffering from a high rate of unemployment and a very saturated and overstretched labor market. Statistics indicate that each year, more than 9,000 graduates leave our tertiary institutions, but only about 10% of them find gainful employment after completing the National Youth Service Corps. In reality, the situation in our country right now is quite concerning, and the high unemployment rate has encouraged many young people in Nigeria to engage in a variety of social vices like duping, armed robbery, kidnapping, and drug trafficking, to name just a few, in order to make ends meet.

For Oromareghake et al. (2013), the activities of the expatriate oil workers which has been the causes of oil spillage in the Niger delta has increase violence in that region, that caused The oil exports of Nigeria to decline by 25% in 2006. Billions of naira is lost by the national treasury every year as a result of the widespread insecurity brought on by the actions of the unruly youth. Local as well as international Investors have fled the area due to the problem of insecurity, which has increased unemployment.

Pettinger (2017) stated that a low rate of economic growth can cause higher unemployment. Financial crisis is inevitable in a nation when there is inflation, financial mismanagement, and financial theft. The demand for goods by the general public will decline, and industries will only need a minimal amount of services when there is an improper flow of money throughout society. One of the most well-known tragedies of the twenty-first century in Nigeria is the unrest among young people, which has a severe impact on both individuals and society as a whole. These various movements and unrests are a threat to the security and corporate existence of the nation. Restiveness amongst young people have become a topical discuss in the polity and social-economic domain in Nigeria, as the nation's peace, security and corporate existence is endangered due to the predominance of this phenomenon (Akpokighe and Ejoyi, 2020). When the youth are not satisfied, there is frequently a situation of chaos.

## **YOUTH RESTIVENESS AND FOOD SECURITY**

Empirical research highlights the widespread nature of youth restiveness in Nigeria. For instance, Omotola (2010) found that youth militancy in the Niger Delta resulted in economic losses exceeding \$1 billion annually, disrupting agricultural activities and livelihoods. In Northern Nigeria, the Boko Haram insurgency has displaced millions of people, leading to a decline in agricultural productivity and worsening food security. The conflict has disrupted farming seasons, reduced land access, and limited market operations.

Studies on food security in Nigeria reveal that conflict and restiveness are significant drivers of food insecurity. According to FAO (2021), 80% of food-insecure people in Nigeria reside in conflict-affected areas. For example, the armed conflict in Northeast Nigeria has led to a 50% reduction in maize and rice production. A study by Abubakar and Umar (2016) on food security in Northern Nigeria found that insurgencies have reduced access to arable land and disrupted agricultural value

chains, further compounding food insecurity. Okoh and Egbon (2021) found that youth restiveness in the Niger Delta negatively impacted food production by limiting farmers' access to their fields due to insecurity. Similarly, Ojo (2018) noted that restiveness leads to the destruction of infrastructure, such as roads and storage facilities, crucial for food distribution.

## **METHODOLOGY**

The cross-sectional survey design was adopted for this study. The term 'survey' is commonly applied to a research methodology designed to collect data from a specific population, or a sample from that population, and typically utilizes a questionnaire, as well as, other survey instruments. For this study, a closed-ended questionnaire will be utilised to get needed information from the respondents. The 2018 projected population used by the Ministry of Economic Development for planning purposes, estimated at 5,451,277 people as follows; Female; 2,680,687 and Male; 2,770,590 was adopted as the population of this study.

The sample size of this study was determined with the Krejcie and Morgan (1970) formula for arriving at sample size as follows:

$$n = \frac{X^2 NP(1 - P)}{e^2(N - 1) + X^2 P(1 - P)}$$

where:

- n = Sample size to be determined
- N = Finite population
- 1 = Constant
- e = Level of significance taken to be 0.05.

Given that:

- n = Sample size to be determined
- N = 5,451,277
- $\chi^2$  = 3.841
- 1 = Constant
- P = 0.5
- e = Level of significance taken to be 0.05.

n= 384

Given the foregoing, the sample size to be used for this study as determined with the Krejcie and Morgan (1970) formula for arriving at sample size is 384.

The multi-stage sampling technique which involved the stratified and simple random sampling techniques, were adopted for this study. This sampling technique allowed for the equal chance of representation of all the elements in the population of the study. For this study, three local government areas (Uyo, Eket and Ukanafun LGAs) were selected for the administration of questionnaire. At the local government level, the simple random sampling method was applied to select 128 respondents from each of the three local government areas to serve as sample for this study.

The data collection for this study involved both primary and secondary techniques. While the secondary sources was all the readymade information and data from published text, credible journal sources, government documents, magazines, etc., the primary sources comprised of first-hand information obtained through the structured questionnaire as well as other formal and informal discussions with respondents and key informants.

In this study, a total of 384 copies of the structured questionnaire were administered to the respondents to assess their views on youth restiveness and its impacts on socio-economic development in Akwa Ibom state. All completed copies of the questionnaire were successfully retrieved and used for the purpose of evaluating the three hypotheses that were stated in this study. To effectively accomplish the objectives of the study, the researcher develop a structured (closed-ended) questionnaire to elicit information from the respondents. The questionnaire was developed on a four-point Likert rating scale of: Strongly Agree, Agree, Disagree, and Strongly Disagree options. The questionnaire contained sections A and B. Section (A) contained questions on demographic information of the respondents, while section B contained statements on youth restiveness and its impacts on socio-economic development in Akwa Ibom state.

For this study, frequency counts, percentages, tabular presentations and the simple linear regression analysis were adopted for the analysis of all data. The strength of this method lies in its suitability of establishing the impact between two variables i.e. youth restiveness and socio-economic development. The frequency counts and percentages were used to analyze all the data obtained from the field, while the simple linear regression analysis was used to test all the hypotheses. This analysis was utilised with the Statistical Package for Social Science (Version 22.0).

### **DATA PRESENTATION AND ANALYSIS**

A total of three hundred and eighty-four (384) copies of questionnaire were administered of which three hundred and sixty-nine (369) copies of the questionnaire representing 96.0% were returned. The data from the questionnaire are here presented and analyzed using frequencies and percentages, while the hypotheses were tested using the simple linear regression analysis.

#### **Analysis of the Responses on the development of local government councils**

**Table 1: response on youth restiveness and food security**

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S/N	SA	A	D	SD	Total
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13.	79	82	109	99	369
14.	105	103	81	80	368
15.	99	93	92	85	369
16	103	98	82	86	369
17.	105	91	92	81	369
18	129	103	74	63	369

**Source: Field Survey (2024)**

Interpretation of responses on youth restiveness and food security: The responses on Table 4.6 showed that 21.4% of the respondents strongly agreed that youth involvement in activities leading to unrest can hinder agricultural productivity, worsening food availability. It was further revealed that 22.2% agreed; 29.5% disagreed; while 26.9% strongly disagreed. The responses on whether the lack of economic opportunities for youth is a significant driver of both restiveness and food insecurity indicated that 28.5% strongly agreed; 27.9% agreed; 21.9% disagreed; while 21.7% strongly disagreed. The responses on whether community-led efforts to address youth restiveness can contribute to long-term solutions for food security also indicated that 26.8% strongly agreed; 25.2% agreed; 24.9% disagreed; while 23.1% strongly disagreed. It was also observed that, 27.9% of the respondents strongly agreed that the activities of restless youth often create barriers to accessing food resources, particularly for vulnerable populations. Furthermore, 26.6% agreed; 22.2% disagreed; while 23.3% strongly disagreed. The data also showed that 28.5% of the respondents strongly agreed that youth involvement in sustainable agriculture and food production initiatives can mitigate both restiveness and food insecurity. Furthermore, 24.7% agreed; 25.9% disagreed; while 21.9% strongly disagreed. Finally, it was also revealed that, 34.9% of the respondents strongly agreed that collaborative efforts between government, NGOs, and local communities are necessary to address the complex relationship between youth restiveness and food insecurity. Accordingly, 27.9% of the respondents agreed, while 20.1% and 16.1% disagreed and strongly disagreed respectively.

## **HYPOTHESIS TESTING**

### **Hypothesis 1:**

**H<sub>0</sub>:** The impact of the activities of youths during protest period on the level of food security in Akwa Ibom state is not significant.

**H<sub>a</sub>:** The impact of the activities of youths during protest period on the level of food security in Akwa Ibom state is significant.

**Table 1: Regression analysis of the impact of the activities of youths during protest period on the level of food security in Akwa Ibom state**

Group	N	$\beta$	R Square	df	t calculated	t critical	P value	Decision
Activities of youths during protest period				1				
	369	0.333	.111	367	4.646	1.96	.000	H <sub>0</sub> : rejected
Food security				368				

**$\beta$  = regression coefficient**  
**Source: Field Survey (2024)**

Decision Rule: Reject null hypothesis if t calculated is greater than (>) t critical. Accordingly, if the p value is greater than (>) 0.05, then there is no significant contribution, but when the p value is less than (<) 0.05, there is a significant contribution of the independent variable on the dependent variable.

Interpretation: The regression output table for the third hypothesis presents the result of the impact of the activities of youths during protest period on the level of food security in Akwa Ibom state. Based on the coefficient of determination (r-square), only 11.1% of the total variation of level of food security in Akwa Ibom state was explained by the activities of youths during protest period. The results of the regression also revealed a significant impact of the activities of youths during protest period on the level of food security in Akwa Ibom state ( $\beta = 0.333$ , t calculated =4.646, t tabulated =1.96,  $p < 0.05$ ). Hence, the hypothesis that was stated that the impact of the activities of youths during protest period on the level of food security in Akwa Ibom state is not significant is rejected.

## **DISCUSSION OF FINDINGS**

The result of the test of hypothesis three also revealed that the impact of the activities of youths during protest period on the level of food security in Akwa Ibom state is significant. The implication of this result is that youth restiveness has devastating effects on the level of food security in the state, especially when viewed from the activities of youths in the rural areas where agriculture remains their main source of livelihood. Agreeing with this finding, Akpokighe and Ejoyi (2020) are of the view that youth restiveness constitutes fear, torments, insecurity and uncertainty, promotes conflicts and has affected the peaceful coexistence of citizens as well as foreigners. Property destructions have slowed down the nation's development, while conflict and unrest have been exacerbated by youth involvement in criminal activity. Thus, the obvious effects

of youth restiveness (when allowed to escalate) on any society is that it could be a security challenge which can discourage development.

## **CONCLUSION**

The study concluded that the last result of this study showed that the activities of youths during protest period influenced the level of food security in Akwa Ibom State. It is noteworthy that most of the protest carried out by youths in the rural areas has led to rural-urban migration due to fear of being raped as well as being killed. The situation has always led to breakdown of law and order in the communities that depend solely on farming activities to survive. More worrisome is the fact that those that chosen to stay back cannot assess their farm settlement without the help of armed security operatives for fear of being hacked to death and this further puts more cost on food crops and other farm produce as the services of paid security operatives to their farms does not come cheap

## **RECOMMENDATIONS**

- The security of human lives and properties by the government should be improved especially in the rural areas where agriculture is the mainstay of the people. This will encourage the people to go back to their farm settlements and continue with their cultivation of farm produce.
- The government should introduce more youth based programmes to get the youths engaged with productive activities that are capable of generating money for them. This will help in keeping them busy while channeling their interest to only productive enterprise.

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