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Theoretical/Conceptual Article

Reality Therapy: an Approach for Handling the Psycho-Social Challenges Confronting Divorcees in Nigeria

Yusuf Jemilat¹, Muraina Kamilu Olanrewaju²

¹ Al-Hikmah University Ilorin, Nigeria

² Umaru Musa Yar'adua University, Nigeria

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ABSTRACT

The house is the bedrock of any society. Risky domestic therefore results in risky society. Divorce in marriages and the consequent impact, a part of which might be anger, inferiority complex, mistrust, stigmatization, discrimination, emotional overload, loneliness, guilt, depression and so forth, are most of the maximum urgent problems going through human society nowadays. However, as painful as this reality is, this situation absolute confidence requires the attention of professional counsellors. This paper therefore evaluations the psycho-social demanding situations confronting divorcees and the counselling approach for handling it. In so doing, efforts are geared closer to highlighting the idea of reality remedy and its applications in coping with the psycho-social challenges confronting divorcees in Nigeria.

KEYWORDS: Divorcees and Counseling Approach, Psycho-Social Challenges, Reality Therapy.

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INTRODUCTION

Marriage is an established organization of the society. The institution of marriage is observed inside the oldest recorded records of human beings. Marriage is specially supported via the most important religions of our land Christianity, Islam and African traditional faith. From the Islamic attitude, marriage is sacred and ought to be undertaken with the aid of believers. The prophet Mohammed (S.A.W) opined that "marriage is a lawful relationship; whoever defiles it isn't of me. Quran chapter 30 verse 21 describes the marital relationship and cordial intimacy between a spouse and her husband as that of a unmarried soul. The marital happiness, stability and its mental influence on the spouses aren't handiest the joy of the writer, however additionally that of couples and the society.

Divorce is the dissolution of a wedding. A male divorcee is called divorcé, at the same time as a girl divorcee is known as divorcée, additionally, marriage is the formal union of a person and a lady, normally as identified by means of law, by using which they grow to be husband and spouse. Divorce is the dissolution of a marriage by using judgment of a

² Corresponding author's address: Al-Hikmah University Ilorin, Nigeria. Email: muraina_kamilu@yahoo.com

court or by usual custom. it may additionally be referred to as a complete separation. It is also a felony way of ending marriage. The own family occupies a pivotal place in every society and within the Africa continent at huge (Olayinka, 2012). It's miles indeed the bedrock of the kingdom, nation, continent, and world at large. healthy families produce a healthful kingdom and healthy continent at the same time as vulnerable households breed weak, corrupt, and a disarray state and continent. For a state and continent or the world at big to be at peace, it have to first be settled from the circle of relatives. The sanity in the continent will never upward push above that of the circle of relatives.

Divorce in Africa is a continual occasion which results into on the spot and continuous effects. Earlier than divorce can be dealt with in Africa as a continent, it should be traced out from the developed continents like Europe (Muraina, 2018). Majority of the countries in Africa are called developing international locations, consequently, the level of globalization continues to be on a crawling degree. A evolved country is defined as a state that severely examines the external surroundings so as to sort out the wonderful and the terrible influences that such externalities can motive while been imbibed after which discover a manner of imbibing the high-quality components of it (Nwobi, 2017). A developing kingdom certainly imbibed the externalities without critical examinations and because of this; the fee of divorce in many African homes will increase hastily.

Divorce is a term this is not often discussed in a conjugal relationship. however, it is a fact and as a result requires the attention of expert counselors. Divorce may be defined as a formal or legal termination of marital relationship (Sara, 2012). It takes place when the elements that promote marital fulfillment are absent. These factors are love, admire, effective conversation, know-how, persistence, endurance and tolerance (Alvarez, 2018; Muraina, 2018). There are two styles of divorce namely fault primarily based and no-fault primarily based divorce. Fault based totally divorce is the form of divorce which requires evidence via one birthday celebration that the opposite celebration had devoted an act incompatible to the wedding (Martindale, 2012) at the same time as no-fault primarily based divorce is the sort of divorce wherein the courtroom does now not require a displaying of wrongdoing by way of both party in figuring out whether or not or now not to furnish a divorce (Sara, 2012).

In counselling, one of the ways through which customers are assisted is through identity of causal factors. Adeyemi (1991), Amato and Alan (2017), Esere (2017) and Troxel and Matthew (2004) have identified several causes of divorce. these consist of; insufficient love and lack of honest love; family lines manifested in terms of in-laws interference inside the affairs of spouses; irreconcilable differences in faiths, religious beliefs, own family historical past and up-bringing and age; lack of ability of any of the partner to meet his or her duty due to economic constraints; fitness concerns along with impotence, infertility, terminal disease and HIV/AIDS; interference of friends or colleagues in the affairs of the married couple; useless conversation among husband and spouse; sexual incompatibility leading to deprivation or perversion; cruelty, battering, bullying and violent reactions; greater-marital affairs; dependancy to substance which include alcoholism, smoking and playing, drug use and abuses; too much commitment to task on the price of conjugal relationship (workaholic); and incompatibility in terms of genotype, character disposition.

Psycho-Social Challenges Confronting Divorcees

Psycho-social challenges of divorcees have been operationally defined as the close connection between psychological elements of human revel in and wider social reports

which divorcees come across. Divorcees face numerous challenges some of which are: loneliness and mental issues (Umoh, 2013). The assets of challenges inside the lives of divorcees in keeping with Najat (2010) include: incapacitating damage, lack of status quo and interpersonal loss. According to Syariah court (2013), divorced people face psychological challenges like: rage, depression, guilt, loneliness, inferiority complex, emotional overload, distrust, anxiety, weariness, rejection, discrimination and stigmatization. Depression and suicide are of the most serious troubles located in divorced adults (Chatav & Whisman, 2013).

Divorce no longer simplest rips apart a own family however adults lose maximum lengthy-term relationships. It influences extra than the instantaneous family as grandparents, aunts, uncles and other participants of the prolonged circle of relatives can be both drawn into the emotions of the split or left out of doors, thinking how their relationships with one or each of the divorcing couple will workout (Garner, 2008). Similarly to modifications in relationships within the extended family, social networks are dramatically changed and the divorcing couples typically grow to be estranged from mutual buddies. One researcher reports that, "Divorce is the best fundamental family disaster in which social supports fall away" (Chatav & Whisman, 2013). Divorced people come to be social outcasts; often regarded as screw ups by their peers. Society takes a harsh view of divorced individual specifically girls (Najat, 2010).

Counselling Intervention Strategies

The phrase "counselling" has been described variously with the aid of extraordinary people. Olayinka (2012) described counseling as "the process wherein one person assists some other in a person to person or face to face come upon. The help which Olayinka (2012) burdened can be instructional, vocational, social recreational, emotional and or ethical.

The counselling intervention for dealing with the psycho-social challenges confronting divorcees has been operationally defined because the strategies to be hired by means of the counsellor which encompass greater respectful and therapeutic sports tailored to reduce the psycho-social demanding situations confronting divorcees and assisting them to control the changes depended on upon them. Divorce is certainly one of lifestyles most worrying occasions for all of us concerned. It's miles critical that suitable measures be taken to lessen the demanding situations that an person going thru a divorce experiences (Muraina & Udeh, 2019). The researcher deems to use truth remedy techniques to deal with the psycho-social challenges confronting divorcees because of its effectiveness in managing human cognitive behavioural worries. although other theories along with psychoanalytic idea of Sigmund Frued and Rogerian character centred remedy could have been used however because of their weaknesses which includes; Freud in psychoanalytic concept did not don't forget cultural versions.

Most of his researches were accomplished on white, center class humans. each class and way of life of people differs, so his findings cannot be generalised to all cultures. also, his idea is hard to check because it has to do with the ego. Freud's technique is just too scientific, too diagnostic, too rigid and too prescriptive. The counsellor from this counseling view factor want to be nicely educated approximately the way to locate folks who are passing through resistance, transference and susceptible ego formation (Abiola, 2013).

The Rogerian man or woman concentrated therapy did not apprehend the cognitive and rational dimensions of the human reveal in. This therapy also neglects using records as pondered in his person concentrated concept (Omideyi, 2013). The theory overly easy and naive in its notion of inherent goodness of all human beings (Reetesh-ga, 2013). The researcher applies reality remedy strategies to address divorcee's psycho-social demanding situations because it makes a speciality of the existing and the way human beings can plan for a better destiny, rather than concentrating on the past. this is because Nigerians commonly are other directed in the experience that they usually blame others for his or her predicaments, issues or whatever destructive scenario they locate themselves in. it's miles obvious that truth therapy is a totally doable and applicable healing framework which may be of giant value in coping with instances of regular counselling studies with Nigerian divorcees. For the reason that principle involves coaching the divorcees about schooling for accountable thinking and action, divorcees will discover the concept beneficial. Accordingly, the theory also involves correction of client's incorrect or slim attitudes about life realities with the aid of supporting divorcees to search for higher opportunity rather than rigid or unworkable plans. Moreover, due to the fact most of our issues are self made, the concept will exchange every individual to see the reality of anything situation he locate themselves. The concept will open Nigerian's eyes to the fact of this truth.

LITERATURE REVIEW

Concept of Reality Therapy

Reality therapy is a theory propounded by William Glasser. It's miles an technique in psychotherapy and counseling. it is based totally on a idea called choice concept (originally called manipulate principle). Reality remedy is a cognitive behavioural technique to remedy, counselling and trouble solving which focuses on the right here and now and how we will plan for a higher destiny, instead of concentrating at period at the past. truth remedy as described through Glasser (1965) is a remedy that leads customers toward fact and in the direction of grappling efficaciously with the tangible and intangible elements of the actual international. fact therapy is the name given to that kind of therapeutic intervention specifically addressed to supporting goal clients to reorganize their perceptions and critiques of reality in order that they can formulate a greater sensible angle by which to forge ahead in existence (Ademola, 2013). That is to allow them no longer most effective satisfy their fundamental needs without problems but additionally to learn how first-rate to relate to others in order to minimising lifestyles barriers and to avoid interfering with the desires of others.

The therapy stresses how the 3 R's of truth, duty and right or wrong relate to a person's lifestyle state of affairs. The counsellor specializes in the divorcee's modern-day behavior, which can be despair, anger, loneliness, inferiority complicated, emotional overload, guilt and so forth. In truth therapy, the client must be made to stand components of the actual world. In truth therapy, the consumer need to be made to stand truth within the global, and be helped to satisfy his/her desires. according to the principle, when a person is unable to fulfill his/her need within the actual world, he/she denies the actual global and tries to act in defiance of the actual global, or as though a few factors of the actual world did no longer exist. Alcoholics, psychotics and antisocial are examples of people who deny the existence of a few components of the real world. The more the degree

to which the man or woman is not able to satisfy his/her needs, the severe the manifestation of psychiatric signs (Muraina and Udeh, 2019).

Accordingly, the thrust of reality therapy goes past concentration on prognosis or what has come about to the man or woman in his/her distant past, to reorganize perceptions, attitudes, and behaviours of the man or woman as it is in the gift. Truth remedy approach is people pleasant and people targeted. It has greater to do with assisting divorcees locate better approaches of assembly their needs and taking obligation for themselves and their lives. The counsellor we could the divorcees comprehend that once the fundamentals for survival- meals, drink and shelter-are catered for, they've other extra complicated mental needs consisting of the want to like and be cherished, the want to belong, and the need for electricity, freedom and happiness. The counsellor in addition stresses that each folks has this need but a few need greater of one component than some other and what makes it more difficult is that regularly one isn't virtually aware about one's genuine needs. Reality therapy is used to bring about alternate at the same time as respecting the needs of others. Mastering to evaluate ones wishes and to modify one's life in a small manner to meet those wishes is a massive step toward development and in the long run taking obligation for one's very own existence.

The remedy is primarily based on the premise that there is a unmarried mental need that is gift at some stage in life for identity, which includes a want to experience a feel of forte, separateness and uniqueness. The want for identity, which money owed for the dynamics of behaviour, is seen as universal among all cultures. In other phrases, denial of reality is more and severe in folks that are not able to fulfill their needs. Glasser maintained that truth is executed while two important wishes are fulfilled: the need to love and be cherished; and the need of feeling profitable to oneself and to others (Umoh, 2013).

Theoretical Propositions/View of Human Nature

As a way to understand the crucial position of reality remedy, there may be want to understand Glasser's conceptions of the character of guy and his ideas on what offers upward thrust to numerous conflicts, frustrations and mental crises that man reviews.

- Consequently, it's far in simple terms inaccurate to assume that each one sorts of mental issues originate from "a ailment of the inner scenario of the character".
- Every man or woman has some of fundamental desires to satisfy, and develops behavioural issues inside the direction of his lack of ability to fulfill those needs.
- Of all of the basic wishes the individual has to meet in the course of his life, two are of focal significance in the protection of his mental fitness, specifically, the need to like and be loved, and the need for self worth.
- People increase anti-social or delinquent behaviours, not because they're born to achieve this, however because they lack the maturity and the social abilities important for concerning responsibly with the wider society as they try to satisfy their desires.
- It's far the ones individuals who understand how to narrate efficaciously with the arena as they try to fulfill their simple wishes which can be said to be responsible.
- Those who lack the capacity to fulfill their primary needs without interfering with the pursuits and needs of others have to no longer be classified as delinquents or criminals, however instead as irresponsible.
- People who know how to narrate with the world to fulfill their wishes in the variety of societal provisions are those who have learnt to behave accountable.
- Guy is born with self actualising inclinations which can be to be channelled in the therapy in the direction of a superb quit.

- Humans lose contact with truth or broaden signs of delusions and depressions, not due to the fact they're born to accomplish that or due to the fact something down their intellectual shape "is ailment", but because they approach lifestyles equations unrealistically, lacking, as it were, a balanced angle and the wished openness which uncertainties inside the practical world typically call for.
- People who are below psychological stresses and crises deny fact of instant world, now not for any "underlying cause", but due to the fact they have got now not been capable of fulfill their simple desires inside their non-public circumstances of life.
- Guy is ahead searching and his behavior is basically directed through his choice to meet his balance wishes; and he falls into mental crises or frustrations whilst he fails in his effort to meet those wishes (Ademola, 2013).

In reality therapy, human needs are categorised beneath five headings: power which incorporates achievement and feeling worthwhile. Love & belonging, which includes groups as well as families or cherished ones. Freedom such as independence, autonomy or one's very own space; fun inclusive of delight and leisure; Survival, nourishment, refuge and replica. according to Padraig (2005), one of the core standards of truth remedy is that, whether or not we are aware about it or now not, we are all of the time acting to fulfill those needs however now not always in an effective manner "it's miles very a lot a therapy of wish, says Padraig (2005)" primarily based at the conviction that we're products of the beyond however we do no longer should cross on being its victims.

Major Goals of Reality Therapy

- To help divorcees to understand, outline and clarify each instantaneous and lengthy-time period desires.
- The divorcee is assisted in clarifying the manner he/she progresses towards his or her goals.
- The divorcee is helped to understand alternative behaviours.
- Divorcees can be encouraged to stand actual lifestyles conditions and situations.
- Divorcees are helped to create an surroundings that would inspire and involve them in the improvement of responsible behaviour.

DISCUSSION

The fact therapist by using standard trendy healing fashionable ought to virtually be known as being verbally energetic. Counsellors using fact therapy will need to be actively involved with their patron. The concept of involvement is primary to truth therapy approach. during the primary session, therapists are required to gather informed consent, advocate customer and talk the bounds of confidentiality and the blessings of counseling. but, in fact therapy (RT) the patron's (divorcees) self evaluation is a essential and vital first step. A self cognizance that something need to be exchange, realization and recognition that trade is in reality viable, results in a plan for making better picks, plans that are at the heart of a hit truth remedy. The principles worried in counselling consultation had been conceptualized with the aid of Glasser (1981) in nine steps as follows:

Step 1. Deep Interpersonal Involvement: A truth therapist is required from onset to be emotionally concerned together with his or her purchaser if his remedy function is to succeed. The counsellor establishes a private relationship with the divorced individual. In a caring and trusting surroundings the counsellor makes the divorcee discover what he/she surely wishes which can be the need to love and be cherished, the want of feeling

profitable to oneself and to others, and whether what he/she is currently doing and how he/she pick to behave is genuinely bringing him/her closer to, or further far away from the goals said above. Divorce makes divorcees to appeared down on themselves; they do not consider all people; they isolate themselves from people, they get indignant and switch their aggression on humans, they feel depressed and remorse over their failed dating.

The counsellor communicates care, warm temperature and intimate courting with the divorced man or woman. Glasser is of the opinion that the development of this emotional involvement with the consumer (divorcee) offers the counsellor the capacity to penetrate the internal recesses of the divorced individual as he/she virtually is. at some point of the counselling interactions, the counsellor uses personal pronouns consisting of me, I and inspire the divorced man or woman to use it as properly, that is because they facilitate involvement. The counsellor shares his/her own stories, believes and so forth with the divorced man or woman, the counsellor does this to facilitate self disclosure at the a part of the divorcee. The counsellor establishes this kind of relationship thoroughly because without this relationship, the alternative steps will not be powerful. due to the fact that unsatisfactory or nonexistent connections with humans are source of just about all human problems, the aim of reality remedy is to assist people reconnect.

Step 2. Cognizance on the Present Behaviour Instead of Feelings: The counsellor makes a speciality of the divorcees modern behaviour, which can be depression, anger, loneliness, inferiority complicated, emotional overload, guilt and so on. The counsellor publications the divorcees to permit them to see themselves as it should be, to satisfy their own wishes without harming themselves or others. Accordingly, the thrust of reality remedy is going past attention on analysis or what has happened to the man or woman in his remote past, to reorganize perceptions, attitudes, and behaviours of the man or woman as he is in the gift. fact therapy approach assumes that human beings have simplest constrained control over emotions and thinking, for this reason, the counsellor will make efforts to reject, via suitable strategies, all aspects of the divorcee's psychosocial assignment which includes anger, distrust, inferiority complex, loneliness, melancholy, emotional overload, guilt, and all emotions and behaviours that are not only unrealistic, but additionally self defeating, and additionally allow the divorced individual understand that for him/her to be satisfied in existence his/her behaviour has to exchange, whilst at the identical time accepting the consumer (divorcee) and manifesting emphatic information of his or her scenario.

Due to the fact emotions are tied to the whole thing a person does with the aid of exploring and directing, the divorced patron is helped toward higher thinking, better conduct and better emotions. The counsellor shall we the purchaser recognise that he or she will immediately pick his/her mind and acts. The counsellor inspire the divorced man or woman to change their questioning, for instance, that he/she will be able to no longer consider himself or herself as a sufferer or to determine that in their mind he/she will be able to deal with what he/she will be able to do instead of what he/she assume each person else must do. The counsellor makes the divorced man or woman realize that "what he/she does" is the important thing to converting how he/she feels and to getting what he/she need (Ademola, 2013).

Step 3. Consciousness on the Present: The counsellor will deemphasise the divorcee's beyond records and find out what the purchaser is doing presently that may be inflicting psychological problems or crises. The counsellor offers with what is going on currently in the divorced individual's lifestyles based upon the conviction that the past is fixed and can not be changed. The counsellor we could the purchaser recognize that the

best aspect that can be modified is the immediate, present and future subject. The beyond, if mentioned, is constantly related to cutting-edge behaviour however not as a victim. The counsellor allow the purchaser (divorced man or woman) realize that he or she cannot undo the beyond but can alter present and the future (Ademola, 2013).

Step 4. Value Judgment: The therapy believes that character need to decide his very own behaviour and examine what he is doing to contribute to his/her own failure before he/she may be assisted. The counsellor will ask the divorced person to make a price judgement approximately his/her present day (gift) behaviour (which possibly is not assisting, otherwise the consumer might not have terrible effects from behavior motivating sufficient to are looking for counselling). The counsellor will press the purchaser to study the effects of his/her behaviour. once someone's behaviour and actions are essential and judged whether it's far optimistic or now not, it might move a long way in assisting the man or woman (Ademola, 2013). The counsellor enables the patron to make a plausible plan to get what she or he wishes. The plan must be the purchaser's plan. The essence of a doable plan in fact therapy is that it's miles a plan the customer can implement, in different words, it concentrates on matters that are within the consumer's manage.

Step 5. Planning: The great paintings of counsellor are the method of helping the man or woman to make unique plans to change failure behaviour to achievement behaviour. The counsellor helps the divorced consumer to discover opportunity behaviours that may show useful and helpful. The counsellor assists the customer to carry out the plan, and might even ask the purchaser to make the commitment in writing. Plans are seen as one manner of demonstrating more than one option in existence. The counsellor might assist the customer to make attainable plans to get what he or she need. reality therapy has to be approximately things which might be in divorcee's manage, matters which might be possible to do. It ought to be the consumer's plan not the counsellor's. As an instance, the counsellor should permit the divorced person understand that they cannot be glad with themselves and others without making any effort, however they could begin running difficult with the aid of acknowledging their behaviour as being inappropriate and discover ways to act in a greater logical and productive way, because they're the best individual which could manipulate themselves and the world round them greater successfully in order that they are higher able to fulfill their wishes (Muraina and Udeh, 2019).

Glasser (2019) stated "truth remedy empowers the purchaser by using emphasising the energy of doing what he/she has control over. Hence, if a plan does no longer paintings, the divorced purchaser is predicted to make other plans with the assist of the counsellor. The counsellor shall we the divorced individual recognizes that socialising with people is an powerful way he/she will meet his/her need for belonging. Sitting in a corner and crying in the hope that people will come to him/her is commonly an ineffective manner of meeting ones wishes even though it can work, it is painful and incorporates a terribly high fee for oneself and others.

Step 6. Commitment: commitment is a keystone in truth therapy. Glasser (2019) believed strongly that it's miles from making and following through with plans that we advantage a sense of self really worth and maturity. The counsellor ensures that the divorced character is committed to a course of action for trade from the consumer. The counsellor ought to permit the purchaser understand that without his/her commitment to the plan of action, it would be tough for the divorced person to triumph over his/her concerns. Besides, the divorced clients have to be ready to carry it thru to success. The

counsellor lets the patron know that a tremendous trade is normally the remaining targets in the supporting courting (Umoh, 2013).

Step 7. No Excuses: although plans do fail at instances, however the counsellor make it clean to the consumer that excuses aren't ideal. The counsellor we could the client realize that there are no rooms for excuses. The divorced character is expected to keep and sustain an attitude of 'No-excuse' if he/she does not do it. once a plan fails, the subsequent line of movement is to make a new plan or to alter the old one with none cognizance at the motives for the failure of the old plan. surely essential to the ideas of truth therapy isn't to simply accept excuses. The counsellor inspire the divorced consumer to attempt tough and in no way relent with a purpose to accomplish his or her preferred goals (Muraina, 2018).

Step 8. Eliminate Punishment: The counselor is difficult without being punitive. all through the counselling interplay, the counsellor have to attempt as a great deal as possible to avoid any kind of negative, depreciative or derogatory statements which might be punitive in nature. Punishment for disasters of plan does now not only reinforce failure identity however it also teaches human beings a way to do matters without being punished; if they are now not punished, it creates a more high-quality motivation. The counsellor insists that the patron (divorced person) both carries out the plan, and give you a extra possible plan. The counsellor continues a good courting with the consumer (divorcee), with the intention to resist sporting out a plan that the divorced customer has agreed could be viable. If the plan is an excessive amount of for the client (divorced man or woman), then the counsellor and the divorcee exercise session a exclusive plan. Consequently, the counsellor praises the divorced man or woman whilst he/she acts responsibly and indicates disapproval while he/she does not, (Gibson & Mitchell, 1999).

Step 9. Control: control is considered a key difficulty in fact therapy. To fulfill one's wishes, human beings want manage. One individual seeks control via role and cash; another wants to manage his or her bodily area, just like the divorced character that bans all cherished one's from his or her room. Manage receives people into hassle in two ways: whilst we want to control different humans, and while we use capsules and alcohol to give us a sense of control. At the very coronary heart of preference idea is the core belief that the only man or woman it is easy to in reality manipulate is oneself. The counsellor shall we the divorced consumer understands that, he/she is the simplest individual which can control him/herself if he/she wishes high quality change. The counsellor shall we the purchaser realise that he/she has the selection to govern or now not to manipulate him/herself (Umoh, 2013).

Step10. Direct Teaching: The basic framework of truth remedy assumes that the man or woman who come for counselling is not genuinely sick however as a substitute irresponsible and unrealistic concerning the manner he/she relate with the world, so the basic intervention technique is that of without delay teaching the patron (divorcee). The client (divorcee) is taught effective approaches of negotiating with the sector, correction of misconceptions and hard customer's (divorcee's) wrong attitudes to lifestyles and those. The counsellor capabilities as trainer and version at the same time as using this technique, different intervention modalities that truth therapist use consist of therapeutic strategies like; disagreement, persuasion, constructive debate, function play, humor, self disclosure, guide, information, coaching of new abilities, referral and so on (Ademola, 2013).

CONCLUSION

Divorcee's psychosocial challenges are serious mental and sociological problems that have devastating consequences on the individuals concerned. The effectiveness of the intervention packages is an encouragement for those within the helping profession that divorce associated troubles may be treated the usage of various counseling theories and fashions. assisting professions are involved with social issues which includes divorcee's psychosocial demanding situations, that's a precursor to depression, guilt, inferiority complex, loneliness, emotional overload, mistrust and anger. Divorcee's despair and different divorce maladaptive behaviours have terrific implications for counsellor education. The concept and nature of psychosocial challenges ought to be part of counsellor's education. exposure to factors leading to psychosocial demanding situations, the effects and different problems relating to depression and different maladaptive behaviour must be embedded as part of counsellor schooling to develop their horizon. Exposing divorcee's to those treatment processes create divorcee's cognizance on the devastating results of divorce on themselves. The divorcees typically is probably capable of concentrate on a way to enhance and higher their lives with the circumstance they discovered themselves.

The suggestions that can be offered are:

1. Counsellors need to therefore upward thrust to the challenges of supporting divorcees to deal with divorce psychosocial demanding situations.
2. The trained counsellors need to help divorcees the use of preventive and intervention techniques to handle divorce associated trouble
3. Nigerian authorities in any respect level must be aware of the need to preserve to recruit certified and properly skilled counselors to diverse institutions, to be able to assist divorced people.
4. Comply with up visits as well as utilization of the methods by the expert counsellor could help to mitigate the psychosocial challenges divorcees stumble upon.
5. Reality therapy should be used to mitigate the psychosocial demanding situations confronting divorcees. The effectiveness of fact should help counsellors to assist divorcees to mitigate the psychosocial challenges confronting them that allow you to function efficaciously in life.

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