CONSEQUENCES OF RESIDENTIAL CONDITIONS ON PSYCHOLOGICAL WELL-BEING OF COMMUNITIES IN KWARA STATE, NIGERIA

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Abstract. Housing is more than shelter as it embraces all social services and utilities that lead to worthy living. This includes equipment and devices needed or desired for the physical, mental, health and social wellbeing of the household or individual. The research was perceived with the aim of tends to examine the effects of residential conditions on psychological wellbeing of Okelele-Adangba communities in Ilorin west local government area, Kwara State. The methods employed were systematic random sampling of interval of 5 buildings, amounting into one hundred and nineteen (119) buildings being sampled. Both qualitative and quantitative data were used for this study and they were sourced from primary and secondary sources. Data were analysed using both descriptive and inferential statistics. Results reveal that residents living in submerged buildings felt tensed thinking of their housing conditions; depressed when they heard about the cases of robbery; ashamed of inviting friends to their dilapidated houses and dirty environment; and at the slightest opportunity, will like moving to another houses in better areas. The regression results of (r^2 = 0.950) and the F-ratio (9200.376) which are significant at 0.01 confidence level, reveal that poor quality housing is in fact a significant explanatory variable as far as psychological well-being of the residents is concerned. The research concluded the findings with few recommendations like slum upgrading and economic rejuvenation, provision of infrastructure master plan, as well as joint environmental management plan as the way forward.
Keywords: *housing condition, housing quality, psychological wellbeing, stress, safety*

Introduction

The world's urban population is expected to increase about 2.7 billion by 2050. Virtually all of the increased population will be in developing countries, leading to massive needs for new and improved housing and urban infrastructures (UNDESA, 2012). Housing as a *sine qua non* of human existence however, remains one of the challenges facing developing and developed countries in both quantity and quality. Housing in its entire ramification is more than shelter as it embraces all social services and utilities that lead to worthy living. Housing means more than a roof over one's head, it is the physical structure that human use for shelter, including equipment and devices needed or desired for the physical, mental, health and social wellbeing of the household or individual (Olatubara, 2007).

In the context of socio-cultural functionality, housing can be regarded as psychological identity, a foundation for security and self-respect (Aroni and Hasson, 1982). By definition, housing has been defined as the total residential neighbourhood/environment or micro district including the physical structure, all necessary services, facilities and apparatus for the total health and social well-being of the individual and family (Bako et al., 2018). It is seen as the physical environment in which the family and society's basic units must develop.

Housing undoubtedly has a significant impact on safety and wellbeing of dwellers. The nexus between safe housing and wellbeing is very strong; safe home plays an

important role in influencing the lives family in entirety and living in an environmentally disturbing area irritates wellbeing. Poor housing condition can have an adverse effect on the family's psychological wellbeing (Minton and Jones, 2005). Housing in poor condition is more likely to contain hazards that could create an unsafe environment for the whole family (Britain and Ford, 2004) and such an environment increases the likelihood of harm and injury which could have implications for the whole family's wellbeing. Studies have found that poor quality housing can cause psychological stress (Dunn, 2002) and can negatively impact on self-esteem and family self-sufficiency (Evans et al., 2000).

The problem of adequate and habitable housing has long been a concern, not only of individuals but of governments as well. Thus, the history of housing is inseparable from the social, economic, and political development of humankind. It is clearly label housing as one of the traditional areas of concern for public health, that has been relatively neglected over recent decades. Housing as a unit of the environment has profound influence on the health, efficiency, social behaviour, satisfaction and general welfare of the community. As Omole (2010) observes that residential environment reflects the cultural, social and economic values of a society, as it is the best physical and historical evidence of the civilization of a country.

The residential environment of Okelele-Adangba has been an area of neglect, as no new housing, or very little, is currently built for the poor people of Okelele-Adangba communities in Ilorin West local government area. The trickle-down effect of residential environment in these communities is at its peak and Okelele-Adangba residential environment which is already facing a massive housing backlog, will soon be facing an even bigger housing challenge - compounded by the deterioration of the existing housing stock, infrastructure and the continuing shrinkage of household size in space and time. It is against the prospect of ever-worsening urban housing conditions in Okelele-Adangba that this research tends to examine the effects of residential conditions on psychological wellbeing of Okelele-Adangba communities in Ilorin west local government area, Kwara State and with a view of obviating such problems.

This research is aimed at assessing the effects of residential conditions on psychological wellbeing of Okelele-Adangba communities in Ilorin west local government area, Kwara state.

Materials ad Methods

The study employed both qualitative and quantitative approach. The study is basically concerned with are exploratory and requires responses that can easily be answered through descriptive survey techniques (Panneerselvam, 2014). The qualitative approach will be used to validate and explain the quantitative data, especially since the field of residential land use planning is specialist in nature. One set of questionnaires will be designed to elicit information on matters related to effects of residential conditions on psychological wellbeing in the study area. This design relies on observation, perceptions as a means of collecting data. It however, attempts to examine the effects of residential conditions on psychological wellbeing of Okelele-Adangba communities in Ilorin west local government area, Kwara State and with a view of obviating such problems. The primary data for this study will be obtained directly from the field, otherwise known as first hand data. Primary data for this research will be obtained through the avenues of reconnaissance survey, focus group discussion or oral

interview, questionnaires, photograph, and geographic information system data maps. The study also draws secondary texts and numeric data on national household survey data as well as specific urban household surveys and urban agriculture project data were available from relevant journals, reports, conference proceedings, monographs, chapters in a book, and text books.

The Research Population considered in this study area was 648,720 people, by the National Population Commission (NPC) in 2006 and later projected to 2019 to give 976,997 people residing in Ilorin. The population, comprising of both gender, male and female, aged men and women, adults, youths, young ones and infants who were the main users and dwellers of the environment all over the world. This population formed the basis on which generalizations of the research findings was based on. The research population for this study is the totality of the respondents for the study. This includes all the inhabitants of Ilorin metropolis. In taking the sampling frame which is Okelele-Adangba community, there are 993 existing buildings in the study area of Okelele-Adangba community covering about 1.18 square kilometres of land. Multi stage sampling technique will used in selecting the surveyed respondents. At the first and second stages, the researchers determined the total number of residential buildings and streets in the study area respectively. Currently, the settlement has 6 streets, namely Balogun-Ajikobi (with 259 houses), Kamalideen (with 149 houses), Pakata (with 228 houses), Kaiama (with 119 houses), Olokoba (with 79 houses), and Omoda (with 159 houses).

As observed and pointed out by Fasakin (2000) that average of seven (7) persons make up a household and average of four (4) households make up a building which approximately amounts into 27, 804 persons in both Okelele and Adangba communities. Since there is no hard and fast rule about picking sampling size, a 12% sample size will be taken out of the 993 buildings as the target population, which results into one hundred and nineteen (119) buildings that would be carefully and reasonably considered for the study due to the homogeny characteristics of these areas of study (*Table 1*).

Table 1. *Sampling size analysis.*

s/n	District	Population	Household size	Number of residential building	Percentage chosen (%)	Number of questionnaires
1	Ilorin-South	27,804	993	119	12	119

These are the instrument that will be used in collection of data and information which will be used for the realisation of the aim of the research. For this research, six research instruments will be employed namely (1) Reconnaissance Survey: This will focus on preliminary inspection or investigation of an area to gather information, especially about the strength and positioning of general study area; (2) Questionnaire: will be administered to the Heads of the residential buildings selected for sample; (3) Photography: Pictures too will be a veritable tool that will be used in gathering real time information as regard the study area. Snapshots of some relevant areas within the study area showing the nature, types and as well as the condition of residential buildings in the study area; and (4) Interview Guide/Focus Group Discussion: To collect information from the sub-sampled respondents in the study area.

The secondary data will be sourced online, both digital and E-libraries, the satellite imagery. After the collection of the secondary data, the researcher will proceed to the site accompanied by 6 trained research assistants out of which 3 will be Muslim faithful and indigenes of the community and can speak the native language fluently, exchange Islamic greetings clearly and the last 2 research assistants will be experts in the use of the Global Positioning System (GPS). The researcher with the help of the 5 research assistants who are native of the communities and/or understand the local cultural and political climate will administer the 119 questionnaires within one week. Data collected will be analysed using Statistical Programme for Social Sciences Ver. 17.0 (SPSS) software, presented and displayed with Microsoft Excel 2019 version, in-order to display tables, graphs, charts and diagrams as it applies, descriptive analysis will be employed.

Results and Discussion

The data were analysed in order to have an exploratory information on examine the effects of residential conditions on psychological wellbeing of Okelele-Adangba communities in Ilorin west local government area, Kwara State. The 'beck and call' of the findings on socio-demographic characteristics focused mainly on the adults as *Table 2* evidently shows that 85% considerably number of respondents fell above 18 years of age while the remaining 15% fell below 18 years. While all the ages sampled in the study area were 100% Muslims and Yoruba speaking tribe respectively. This is so because Okelele-Adangba community is one of the traditional cores of the city of Ilorin. However, one of the origins of the formation of Ilorin Metropolis. Nevertheless, there was a close call between male and female distribution, as the rule of gender equality was observed. This amounted into 60% males and remaining 40% respondents were females. *Table 2* clearly puts the marital status on a scale, as 70% of the respondents were married, while 6% were divorced, 4% widowed and 20% were single respectively. Taking their educational background into equation, 65% respondents never had education or only had primary school certificate, while 10% and 25% respondents only had secondary school leaving certificate and tertiary certificates respectively. As pointed out by SGCAS (2010), there exist complex links between housing and educational level, as Okelele-Adangba community are aesthetical displeasing and unpleasant due to lack of proper education being the signature of slum areas like Okelele-Adangba community.

Table 2. Socio-demographic characteristics of respondents.

Character	Percentage (%)
Gender distribution	
Male	60
Female	40
Age Distribution	
<18	15
18-40	45
41-60	40
Religion	
Christianity	0
Islam	100

Traditional	0
Ethnic group Yoruba Others	100 0
Marital status Single Married Divorced Widowed	20 70 6 4

Furthermore, this research shows that 5%, 5% and 35% respondents were currently unemployed, students and self-employed respectively, while the remaining 55% respondents were involved in trading (*Figure 1*). West residents as a very enterprising area of Ilorin metropolis and *Aso Oke* being the most creative hand work in Okelele-Adangba communities.
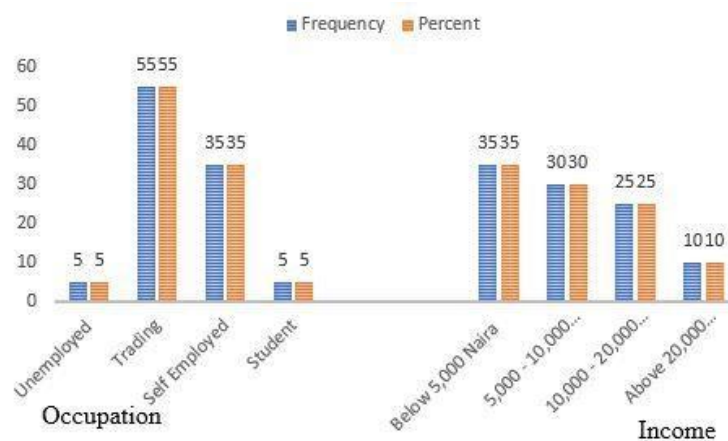

***Figure 1.** Occupational and income status.*

Table 3 evocatively shows what was gathered from respondents of Okelele and Adangba communities on the housing and sanitary conditions, as 92% of the houses in the study area were owned due to inheritance, while the remaining 8% were self-owned. This clearly affirms what that Okelele and Adangba communities remain one of the traditional core areas of contemporary Ilorin Metropolis. Nevertheless, the occupancy ratio of the study area was put on the scale, as 20% respondents observed fell between 1 – 2 persons per room, while the remaining 50%, 20% and 10% fell between 3 – 4 persons per room, 5 – 6 persons per room and above 7 persons per rooms respectively. This reaffirms the given that overcrowding is the signature of areas labelled as slum, just as Okelele and Adangba communities. Lack of privacy interferes with one's behaviour and mental health (Gove and Hughes. 1983). A female discussant argued as follows: *"Quite a good number of girls got pregnant before the age of 18 as result of the crowding environment and it equally has negative effect on the boys' behaviour which makes them join bad groups and refuse to further their education".*

***Table 3.** Psychological well-being of the respondents.*

Character	Yes (%)	No (%)
Feeling depressed when you heard about the cases of robbery at your place.	90.1	9.9

Feeling jittery because of the noise pollution in the environment.	87.1	12.9
Are you tense thinking of your house condition?	56.4	43.6
Feel like moving to another house in a better area at the slightest opportunity.	83.9	16.1
Worry about your family because of the unsafe environment.	91.3	7.7
Ashamed of inviting friends to your place.	53	47
Find it difficult to live in that kind of house but have no other choice.	64.6	35.4
Any change in children's attitude as a result of where they are staying.	58.7	41.3
Children spend most of their time outside the house.	79.2	20.8
Feeling like coming back home on time when visit relatives in more organized places.	69.1	30.9
Ever tried looking for accommodation in other places.	42.3	57.7
Have taken a good decision living here.	64.6	35.4
Satisfied with where you are staying?	58.2	41.8

Furthermore, taking the age of buildings in the area into consideration, it was observed that 10% of the buildings were below 20years of age, while the remaining 90% buildings were over 20 years of age. These findings were further consolidated with a discussant of over 50years of age saying *"this house, I inherited from my fore fathers is older than me, cannot give a specific date this house was built"*. This shows that majority of the houses in the study area are expired, as Omole (2000) opines the life expectancy of a building to be sixty (60) years. However, 70% of the buildings were observed to be leaking, while the remaining 30% were observed to be patched. Accordingly, 90% of the buildings were mud blocks and the remaining 10% were constructed with cement blocks. Hence in *Figure 2*, shows the structure of the buildings examined as 70% of the buildings need major repairs and the remaining 30% need to be pulled down. From observation, one finds it inconceivable that average of 3 – 4 persons still live in a room beyond repairs in Okelele-Adangba community. Thus, the situation in Okelele and Adangba communities is getting complex for urban planners for viable and doable solutions.
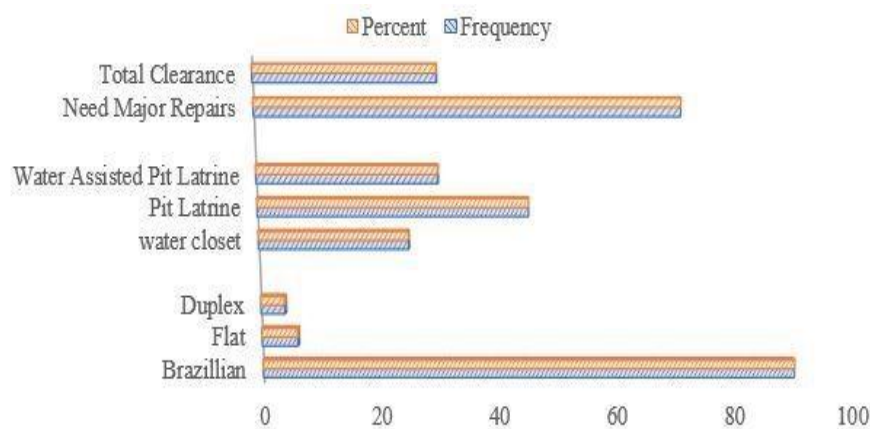
*Figure 2. Condition of building structure, toilet facility and forms of dwelling structure.*

Figure 2 shows the type of residential dwellings in the study area, as 90% respondents owned up to live in a tenement (Brazilian) form of dwellings while the remaining 6% and 4% respondents claimed to be living in a Flat and Duplex

respectively. Assessing the buildings with cracks, 72.4% buildings examined had cracks while the remaining 27.6% were without evident cracks. This clearly expounds how dangerous people can endanger their lives. In the words of a discussant, *legal title document has not been given to anybody in the community and as a result most of the houses were not well maintained and there were several mud structures (Ile Alamo) competing with monster waste*. Most of the houses were constructed with non-standard materials. Building with no access to drainage makes residents of such dwellings vulnerable to flooding. The risk is further increased where household wastes are burnt in the open and dwellings constructed close together. Ninety per cent (90%) respondents lived in houses that covered more than 75 per cent of residential lots. This is contrary to planning regulation that says that not more than 45 – 50% of residential lots should be developed. Since residential buildings are congested, vehicular accessibility is equally low and most residents usually park their vehicles on the streets.

With reference to housing satisfaction, (58.2%) indicated that they were satisfied with their present abodes, 64.6% believed that they had taken a good decision living where they were. Only 42.3% claimed that they had ever tried looking for accommodation in other places. However, majority of the residents (83.9%) still felt like moving to another house in a better area at the slightest opportunity. Shame of inviting friends to the types of house in Okelele-Adangba is one of the effects of poor-quality houses on psychological wellbeing of residents. Investigation revealed that 53% of the respondents are ashamed of inviting friends to their houses and 64.6% respondents found it difficult to live in the kind of houses in which they were living. According to them, they were living in those houses because they had no other choice. This outcome from the psychological point of view is expected because stressful and poor living conditions can cause continuous feeling of shame, insecurity and worthlessness. Poor housing affects positive relations with others as shame of inviting friends usually lead to self-rejection. About 59% households claimed that they noticed changes in children's attitude as a result of where they were staying. Most of the children (79.2%) spent most of their time outside the house. A discussant opined as thus; "my friends love to go home with me from school, but I used to decline. Some of my friends that we sell together in Ilorin don't even know I leave in Adangba", another discussant revealed. A discussant even asked the moderator: *does this place looks like where you can invite your friends to?*. Studies have found that poor quality housing can cause psychological stress (Dunn, 2002) and can negatively impact self-esteem.

Another discussant opined that *housing has profound impact on everyone's quality of life, health, welfare, productivity, health, efficiency, social behaviour and the general wellbeing of the people*. According to Huppert (2009),the consequences of psychological wellbeing to include better physical health, mediated possibly by brain activation patterns, neurochemical effects and genetic factors. Minton and Jones (2005) stated that poor housing condition could have an adverse effect on the family's psychological wellbeing. But, in spite of this, most residents (69.1%) still felt like coming back home on time when visit relatives in more organized places. According to a discussant, "*there was a time I went to visit my sister in Budo-Oso, it is as if I should be staying there, but I have to come back home. It is when you visit people in other places, and then you will know that this Okelele is not a good place to live*". Another discussant stated that *"home is sweet, no place like home, I will come back home because my business is here (i.e. Okelele)"*.

Next, taking the sanitary facilities into reckoning, *Figure 3* shows that 80% respondent claimed to have toilet facilities while the remaining 20% were rigid with truth enough to claim not to have any toilet facility whatsoever, contributing to the open defecation in the study area.
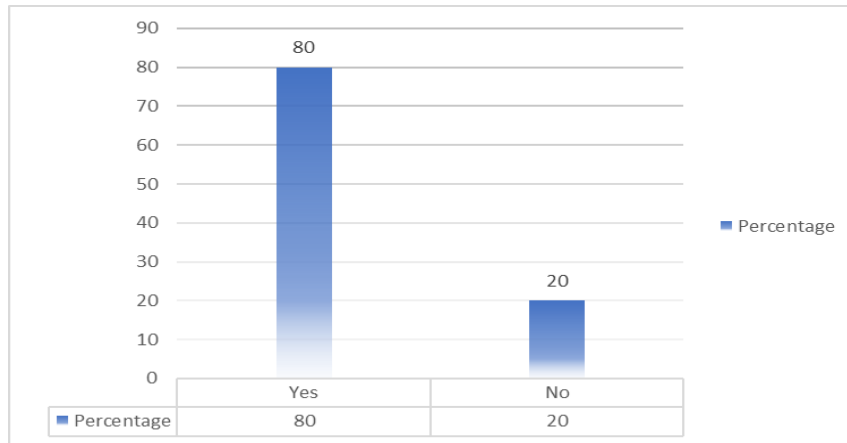
***Figure 3.** Present of toilet facilities.*

Subsequently, *Figure 4* shows that out of the 80% respondents who claimed to have toilet facilities, only 25% uses water closet while the remaining 45% and 30% use Pit latrine and Water-assisted Pit latrine respectively. This regrettably shows the level of access sanitation in Okelele and Adangba communities, as UNICEF (2008) opines access to sanitation to be a *sine qua non* in preventing diseases spread by unsanitary conditions and by water contaminated with human waste. It is a minimum requirement for human health and wellbeing.
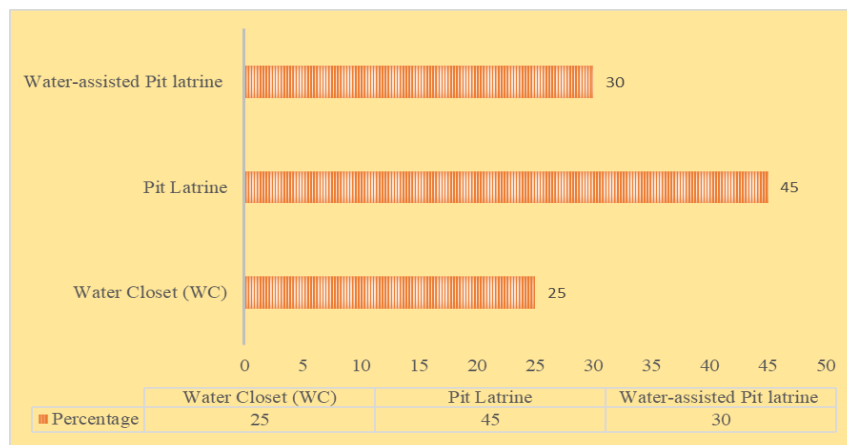
***Figure 4.** Types of sanitary facilities.*

Accordingly, it was observed that most of the bathroom and kitchen were far below standard, as large proportion of the buildings examined have these facilities, only that they are substandard, grossly inadequate or inconveniently located. Many of the bathrooms are just small enclosures, some of which are made of non-durable materials like bamboo, rusted iron sheets, or planks at the backyard. Furthermore, the intertwined flow of sewage from different bathrooms and kitchens is unspeakable and very haphazard in nature, however, due to the clear absence of septic tanks in the study area,

the stench of smell in these areas cannot be underscored. The use of firewood and charcoal for cooking is prevalent, hence many of the buildings have their kitchens located at the backyard or sometimes as the focal point of the local compound called '*Agbole*', except for the few ones that used kerosene stoves as supplement to cook at the passage or right inside their rooms.

Infrastructure can be labelled as the economic and social underpinnings of a community or nation (Bako et al., 2017). However, elements of infrastructure include systems of transportation, power generation, sewage and solid waste disposal, communications, open space, education, and health. The infrastructural distribution in Okelele-Adangba community relative to space and time is grossly inadequate, as *Figure 5* shows that 20% respondents believed that access to potable water was the infrastructure purely missing in the study area, while 40%, 30% and 10% voted for effective solid waste collection and disposal system, power supply and others (all infrastructure), to be missing in the study area respectively. Infrastructure remains the backbone of any liveable community as a discussant clearly shares his views, *'my family have to trek over 40 minutes to get a drinkable water'*, this is by far very compromising to the definition of World Health Organization, which sees reasonable access to potable water in urban areas, as access to piped water or a public standpipe within 200 meters (219 yards) of a dwelling or housing unit (UNICEF, 2008).
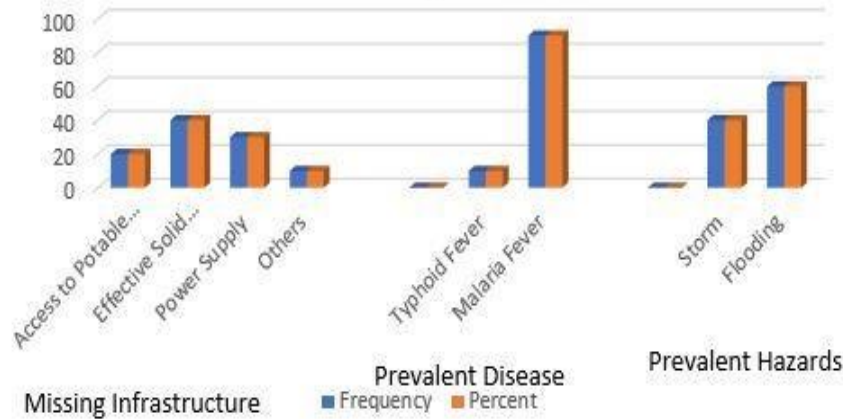

Figure 5. *Missing infrastructure, prevalent disease and prevalent hazards.*

From the environment alone, one can deduce that effective solid waste collection and disposal system was unambiguously absent. All these lead to poor housing quality as studies have found that poor quality housing can cause psychological stress (Dunn, 2002) and can negatively impact self-esteem. Moreover, the prevalent disease was also sampled amounting to 90% of respondents ticking Malaria fever as the most prevalent disease in the area while the remaining 10% ticked Typhoid fever to be the prevalent disease in the study area as no case of cholera or diarrhoea was recorded. This shows that Okelele and Adangba will forever be plagued with malaria fever as the filthy environment, houses the causative agent (Mosquitoes) of malaria fever due to the stagnant, storm water and inappropriately channelled sewage (*Figure 5*).

Nevertheless, actual and potential hazards in the residential environment was taken into consideration, as hazard has been defined as the potential for natural or human caused events to occur with negative consequences. 60% respondents believed the prevalent hazard in the study area to be flooding, while the remaining 40% voted the

prevalent hazard to be storm, with fire and hazardous waste having no occurrence whatsoever (*Figure 5*). From observation, it could be deduced that the flooding that occurs in Okelele and Adangba communities was due to blockages and or absence of drainages. This type of flooding has been classified by Nwilo (2014) as fluvial flooding, however, it was pointed out that if the drainages are not properly channelled and cleaned specifically in the above-named communities in Okelele and Adangba communities, fluvial flooding will forever be a friendly disaster.

Assessing the most prevalent form of pollution in the study area, it was observed incontrovertibly that, there exist pollution in Okelele. Air and land/soil pollution as shown by *Table 4* were the most prevalent forms of pollution having respondent views of 20% and 80% respectively. This implies that, there exist an intertwined relationship between the stench of smell and filthy environment and both strikes a balance at Okelele, with exhaust from vehicle contributing to the air pollution in the study area. Accessing the source of power supply, 90% of respondents agreed to be using IBEDC (Ibadan electricity distribution company) power supply while the remaining 10% agreed to be using self-generating plant. However, many of the respondents lamented vehemently on the power situation in the community to be nothing to write home about. Furthermore, accessing the road condition of the study area, 82% of the houses sampled were only accessible by footpath and this is due to the contiguous nature of the buildings in this area, while the remaining 9% each could only be accessed by tarred and untarred roads respectively. From analysis, it was deduced that total area of road measured in the study area was 0.059 km^2(5.9%) out of 1.18km^2 land mass of Okelele and Adangba communities, this clearly compromised the circulation standard of (15% - 25%) planning cities.

Table 4. Assessment of Infrastructure Facilities and Environmental Conditions.

Character	Percentage (%)
Electricity (Source)	
Government (IBEDC)	90
Self-Generating Plant	10
Prevalent Pollution	
Land/Soil	80
Air	20
Accessibility (Road Condition)	
Fool Path	82
Tarred Road	9
Untarred	9
Availability of the Environment	
Rowdy	21.1
Dirty	78.9

However, assessing the open space facilities in the area, 88.7% agreed not to have open space site, while the remaining 11.3% agrees to use open *Agoole* compound as open space. In the assessment of the general environment, not less than 21.1% of the sampled respondents agreed that their environment is rowdy, probably because of its closeness to the CBD, particularly the Emir market. While this was followed by the 78.9% who affirmed that the environment is dirty. but from observation the Okelele and Adangba communities have their neighbourhoods extremely filthy and raucous. This was further buttressed by a discussant who anonymously confirmed the cleanliness of

neighbourhood to be nothing to write home about during the rainy season, he said *"residents with no toilet has seen it as a routine to roll out stashed faeces, just to stuff it into drainages whenever it is raining, for running water to wash away"*. The environment of Okelele and Adangba have spoken for itself already, as environmental resilience is fighting to gain its ground due to the persistent damages being done to the environment.

Conclusion

Global environmental collapse is not inevitable. Thus, housing is very important for many aspects of healthy living and well-being, as number of people living on the planet is rising every second, as the World Population Clock shows, the cultural characteristics of cities reflect both historical and contemporary ways of living. In assessing the residential conditions of Okelele-Adangba communities relative to space and time however, is lamentable, as this research as pointed out that all infrastructures are clearly missing, occupancy ratio well above minimum standard and income level cannot cater for the residential environment.

The massive housing backlog in Okelele-Adangba communities is made worse by the absence of adequate, habitable housing environment and the apathy of stakeholders in addressing housing-related issues. However, the heartrending and quagmire situation of Okelele-Adangba communities require an assertion of political leadership that goes far beyond political sloganeering.It is imperative that political leadership comes forward, in a determined manner to take on this challenge, by mobilizing urban planners, academic scholars, local governments and regulatory authorities. Equally important is the need for knowledge-sharing in order to apply best practices. The era of strategic negligence and patience is over. This paper due to the deplorable sight of Okelele-Adangba community, therefore throws a clarion call and challenge to the Kwara State government both at the State and Local levels, all NGOS and Stakeholders, professionals, and individuals to rise up and see to the situation of Okelele-Adangba community.

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