
Journal of Social Science and Human Research Studies

Volume: 02 Issue: 02 February-2026

Family Disruption and Social Welfare Services: Evidence from Bauchi State, Nigeria.

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Published Date: February 09, 2026

Article DOI: 10.65150/EP-jsshrs/V2E2/2026-02

ABSTRACT: Background: Family disruption remains a significant social challenge in Northern Nigeria, affecting children's developmental trajectories and social wellbeing. Despite governmental and non-governmental interventions, limited empirical evidence exists on the effectiveness of social welfare services in supporting affected families.

Objective: This study examined the role of social welfare services in supporting families experiencing disruption in Bauchi State, Nigeria, identifying primary victims, causative factors, and intervention effectiveness.

Methods: A descriptive cross-sectional survey was conducted among 197 respondents (68% female, 32% male) selected through stratified random sampling from three communities in Bauchi Local Government Area. Data was collected using structured questionnaires with validated Likert-scale items and analyzed using descriptive statistics.

Results: Women and children constituted the primary victims of family disruption (86% agreement). Major causative factors included divorce (72% strong agreement), desertion (85% agreement), prolonged absence (65% agreement), and wrong basis of marriage (93% agreement). However, 79% of respondents reported inadequate access to government welfare services. Family disruption significantly correlated with child

abuse (93% agreement) and poor academic performance (73% agreement). Respondents identified poverty alleviation (86% agreement) and cultural practice reform (53% strong agreement) as essential preventive measures.

Conclusion: Family disruption in Bauchi State disproportionately affects women and children, with limited social welfare service accessibility. Strengthening community-based support systems, poverty alleviation programs, and culturally appropriate interventions could enhance family stability.

KEYWORDS: Family disruption; Social welfare services; Child well-being; Divorce; Poverty.

INTRODUCTION

Family disruption encompassing divorce, separation, parental death, economic insecurity, intergenerational conflict and desertion represent a critical social challenge with profound implications for child development and societal wellbeing (Raufu, 2025). Disrupted family has been shown to have a detrimental impact on a child's motivation, engagement, and learning-related behavior in the classroom since it can lead to several negative effects, such as perceived guilt, blame, stressors, and diminished resources for the children (Fazel, 2025). In sub-Saharan Africa, economic pressures, urbanization, illiteracy, insecurity and evolving gender dynamics have intensified family instability (Girma, 2025). Nigeria, Africa's most populous nation, has witnessed escalating rates of family dissolution, particularly in northern regions where traditional family structures confront modernization pressures (Nwosu, 2024).

Bauchi State, located in northeastern Nigeria, exemplifies these tensions. The region's predominantly Muslim population adheres to traditional family values while navigating contemporary economic challenges (Sadiq, 2024). Poverty, unemployment, and limited educational opportunities compound family stressors, creating conditions conducive to household disruption (Justice, 2025). Children from disrupted families face elevated risks of psychological distress, educational underachievement, and social maladjustment (Behere, 2017).

Social welfare systems in Nigeria have evolved from colonial-era charitable models to contemporary government-led interventions (Okunola, 2017; Midgley, 1984). Post-independence Nigeria established the Federal Ministry of Social Development, Youth and Sports in 1975 to coordinate welfare services (Ngowari, 2022). However, implementation remains inconsistent, particularly in both rural and urban areas where traditional extended family networks have weakened without adequate institutional alternatives (Omokhabi, 2021).

Statement of the Problem

Family disruption in Bauchi State, particularly within Bauchi Local Government Area, has become increasingly prevalent, with significant implications for children's educational attainment, psychological well-being, and social integration (Paul, 2021). Despite various governmental and non-governmental interventions, affected families continue to report limited access to adequate and responsive support services (Aishat et al., 2018). The persistence of family breakdowns in the face of such efforts indicates structural weaknesses in the design and delivery of social services, as well as a lack of cultural sensitivity in existing interventions (Lumi, 2016). Much of the existing research on family disruption is rooted in Western contexts, with minimal empirical exploration of its dynamics within Northern Nigeria (Adeyemi & Oluwayemi, 2012). Notably, the complex interplay between poverty, unemployment, illiteracy and insecurity remains underexamined. This gap in context-specific knowledge poses a barrier to the development of effective, culturally appropriate policies and interventions tailored to the realities of families in Bauchi State.

LITERATURE REVIEW

Family disruption encompasses structural changes that compromise the family's capacity to fulfill essential functions: emotional support, economic security, child socialization, and social integration (Abonor, 2024). Hemm (2015) defines it as a household where parents are separated, divorced, or deceased, resulting in compromised childcare and security. This definition extends beyond legal marital dissolution to encompass desertion, prolonged absence, and functional disengagement (Lovell, 2015).

Economic Factors

Poverty emerges as a primary predictor of family instability across contexts (Sturge-Apple, 2016). Economic stress theory posits that financial hardship generates psychological distress, marital conflict, and ultimately relationship dissolution (Adaramoye, 2025). In Nigeria, unemployment rates exceeding 33% (National Bureau of Statistics, 2021). Income inequality between spouses also influences marital stability. Burstein et al (2016) found that greater male earning relative to female earning correlates with higher marriage rates and lower divorce rates. Conversely, women's economic independence reduces marriage's economic attractiveness, potentially facilitating divorce when relationship quality deteriorates.

Cultural and Social Factors

In Northern Nigeria, son preference and polygyny contribute to family disruption. Couples unable to produce male children face familial pressure and potential dissolution, despite biological evidence that biological sex determination resides with males (Bawuah, 2025). Infertility, especially involuntary childlessness, triggers marital dissolution in pronatalist societies (Tabong, 2013). Polygynous marriages, while culturally sanctioned, introduce competitive dynamics among co-wives that can destabilize households (Alam, 2025). Rural-urban migration creates educational and experiential disparities between spouses, generating incompatibility and conflict. It was reported that differences in background, ethnicity, religion, educational attainment predicts marital instability (Okpamen, 2019).

Health and Psychological Factors

Health illness, especially chronic disease can place significant strain on marital relationships by disrupting the emotional, economic, and social balance between partners. Chronic conditions often lead to reduced economic productivity, as the affected individual may be unable to work or contribute fully to household income. This financial strain can heighten tension and create instability within the marriage. (Rajesh, 2025). Sexual

incompatibility, encompassing physical, psychological, and relational dimensions, disrupts many marriages (Azimi, 2025). Mental health problems, including depression and anxiety, both result from and contribute to family disruption (Lindert, 2025). Children from disrupted families demonstrate elevated rates of psychological disorders, including attachment disorders and conduct problems (Kganyago, 2023). More so, research documents family disruption's adverse effects on child development, revealed that children from divorced families score lower on academic achievement, conduct, psychological adjustment, self-concept, and social relations compared to peers from intact families (Arkes, 2015). These effects persist in adulthood, affecting educational attainment, income, relationship quality, and psychological wellbeing

Social Welfare Services in Nigeria

Nigerian social welfare services evolved from colonial-era missionary charitable work to contemporary government-led systems (Bolanle, 2015). Pre-colonial societies relied on extended family networks for mutual support (Mbah, 2017). Colonial administrators introduced Western-style welfare services primarily benefiting settlers and select Nigerians engaged in colonial administration (Decker, 2010). Post-independence governments gradually expanded social welfare infrastructure (EZEKIEL, 2025). The 1975 establishment of the Federal Ministry of Social Development, Youth and Sports represented a watershed, centralizing coordination and standard setting. However, implementation remained uneven, with urban areas receiving disproportionate resources. Current Nigerian social welfare services include casework such as family and child services and probation, group work involving youth clubs and women's organizations, as well as specialized services like disability rehabilitation and elderly care. (Ogbonna, 2017). However, service accessibility remains limited, particularly in rural areas.

Theoretical Framework

Attachment Theory developed by Bowlby's (1980) attachment theory posits that early caregiver relationships shape lifelong relational patterns and psychological functioning. Secure attachment, developed through sensitive, responsive caregiving, fosters emotional regulation, social competence, and resilience (Bretherton, 1992). Conversely, disrupted attachments, through parental loss, separation, or inconsistent care, increase vulnerability to psychological and behavioral problems (Sturge-Apple, 2012). Family disruption in the absence of adequate social welfare support poses a significant threat to attachment security. Experiences such as parental conflict, separation, and post-divorce adjustments often undermine the emotional availability of caregivers, increasing the likelihood of children developing insecure attachment patterns (Hannum, 2004). Understanding attachment dynamics informs interventions supporting caregiver-child relationships during family transitions.

Methodology

This study employed a descriptive cross-sectional survey design to examine family disruption patterns and social welfare service accessibility in Bauchi State. Cross-sectional designs enable efficient data collection from large samples while establishing prevalence rates and identifying associations between variables (Creswell & Creswell, 2018). The descriptive approach facilitated comprehensive documentation of family disruption experiences, causes, consequences, and service utilization patterns. The research was conducted in Bauchi State, north eastern Nigeria. Bauchi state has a population of about 7.5 million. The state is known since 1976, represents a predominantly Hausa-Fulani, Kanuri, Jarawa, Gerewa, Sayawa and other dialects. cultural context. Bauchi State's economy relies on agriculture, civil service employment, and small-scale commerce (BASG, 2025). The study targeted three communities in Bauchi LGA to represent diverse socioeconomic profiles of people. The target population for this study consisted of adults aged 15 years and above residing in Bauchi Local Government Area. This included individuals from disrupted families, parents, civil servants, and other community members with relevant knowledge or experience concerning family disruption. Such broad inclusion allowed for the capture of diverse perspectives on the dynamics and service needs related to family disruption. A total of 204 respondents were selected using Taro Yamane's sampling formula (Yamane, 1967), and structured questionnaires were administered accordingly. Ethical approval was obtained prior to data collection, and all procedures adhered to established research ethics guidelines. Data was analyzed using the Statistical Package for the Social Sciences (SPSS).

RESULTS AND DISCUSSION

Sample Characteristics and Response Rate

A total of 204 questionnaires were distributed across three communities in Bauchi Local Government Area, yielding 197 usable responses (response rate: 96.6%). This exceptionally high response rate enhances the reliability and representativeness of the findings. Table 1 presents the socio-demographic characteristics of respondents, revealing a diverse sample in terms of age, marital status, education, and occupation, though with notable gender imbalance reflecting deliberate oversampling of women as primary family disruption victims.

Table 1: Sociodemographic Characteristics of Respondents (N=197)

Characteristic	Category	Frequency	Percentage (%)
Community	Dan Iya	113	57.4
	Birshi	44	22.3
	Miri	40	20.3
Gender	Female	134	68.0
	Male	63	32.0
Age (years)	15-20	50	25.4
	20-30	92	46.7
	30+	55	27.9

Characteristic	Category	Frequency	Percentage (%)
Marital Status	Divorced	111	56.3
	Single	35	17.8
	Married	28	14.2
	Widowed	23	11.7
Religion	Muslim	168	85.3
	Christian	29	14.7
Education	NCE/OND	96	48.7
	Secondary	50	25.4
	Primary	30	15.2
	First Degree/HND	13	6.6
	Other	8	4.1
Occupation	Civil Servant	114	57.9
	Trader	40	20.3
	Farmer	15	7.6
	Artisan	8	4.1
	Other	20	10.2

Note: NCE: Nigeria Certificate in Education; OND: Ordinary National Diploma; HND: Higher National Diploma

The demographic profile reveals several noteworthy patterns consistent with social disorganization theory's predictions about communities experiencing structural transitions. The female predominance (68.0%) reflects both the gendered nature of family disruption victimization and purposive sampling strategies targeting women as primary caregivers and divorce victims in Northern Nigerian contexts. The religious composition (85.3% Muslim, 14.7% Christian) mirrors Bauchi State's broader demographic profile. The substantial representation of divorced individuals (56.3%) validates the sampling strategy's focus on family disruption experiences. Educational attainment clustered around tertiary credentials (NCE/OND: 48.7%), suggesting moderate literacy levels that may influence both disruption experiences and service accessibility. Occupational distribution showed civil service predominance (57.9%), likely reflecting urban sampling contexts where government employment concentrates and provides relative economic stability that may buffer against some disruption risks while exposing families to unique stressors including prolonged work-related absences.

Prevalence and Manifestations of Family Disruption

An overwhelming majority of respondents (n=157, 80%) reported direct personal experience with family disruption, with only 20% (n=40) indicating no such experience. This exceptionally high prevalence rate substantially exceeds estimates from comparable sub-Saharan African contexts and underscores family instability's pervasiveness in Bauchi Local Government Area. From a social disorganization perspective, this prevalence aligns with theoretical predictions that communities experiencing disrupted attachments, through social situations like rapid urbanization, economic transformation, rural-urban migration, and weak social welfare system elevated family disruption rates.

Table 2: Perceived Primary Victims of Family Disruption

Statement	SA	A	D	SD	Agreement (%)	M	SD	95% CI
Children are mostly affected by broken homes	27 (13.7)	170 (86.3)	0 (0.0)	0 (0.0)	100.0	3.86	0.35	[3.81, 3.91]

Note: SA: Strongly Agree; A: Agree; D: Disagree; SD: Strongly Disagree; M = Mean; SD = Standard Deviation; CI: Confidence Interval.

Frequencies shown with percentages in parentheses. Scale: 1. Strongly Disagree, 2. Disagree, 3. Agree, 4. Strongly Agree

The unanimous agreement (100%, M=3.86, SD=0.35) that children constitute primary family disruption victims resonates strongly with developmental psychology literature documenting adverse child outcomes following parental separation. This finding validates attachment theory's predictions that disrupted caregiver-child relationships compromise children's emotional security, behavioral regulation, and developmental trajectories.

Table 3: Causal Factors Associated with Family Disruption

Causative Factor	SA	A	D	SD	Agreement (%)	M	SD	95% CI	χ^2	p
Divorce and death	141 (71.6)	56 (28.4)	0 (0.0)	0 (0.0)	100.0	3.72	0.45	[3.65, 3.78]	197.0	<.001
Wrong basis of marriage	13 (6.6)	184 (93.4)	0 (0.0)	0 (0.0)	100.0	3.07	0.25	[3.03, 3.10]	197.0	<.001
Desertion and separation	29 (14.7)	168 (85.3)	0 (0.0)	0 (0.0)	100.0	3.15	0.36	[3.10, 3.20]	197.0	<.001
Ill health and infertility	0 (0.0)	150 (76.1)	47 (23.9)	0 (0.0)	76.1	2.76	0.43	[2.70, 2.82]	53.8	<.001
Prolonged absence	68 (34.5)	129 (65.5)	0 (0.0)	0 (0.0)	100.0	3.35	0.48	[3.28, 3.41]	197.0	<.001

Causative Factor	SA	A	D	SD	Agreement (%)	M	SD	95% CI	χ^2	p
Poverty	0 (0.0)	95 (48.2)	0 (0.0)	102 (51.8)	48.2	1.48	0.50	[1.41, 1.55]	0.25	.617

The study documented a complex, multi-factorial etiology of family disruption in Bauchi State, with respondents identifying several interconnected causal pathways operating at individual, relational, and structural levels. Universal consensus emerged regarding definitive life events, with all respondents (100%) agreeing that divorce and death ($M = 3.72$, 95% CI [3.65, 3.78], $\chi^2 = 197.0$, $p < .001$), inappropriate marriage foundations including coerced unions and rushed arrangements ($M = 3.07$, 95% CI [3.03, 3.10], $\chi^2 = 197.0$, $p < .001$), desertion and informal separation ($M = 3.15$, 95% CI [3.10, 3.20], $\chi^2 = 197.0$, $p < .001$), and prolonged absence through migration, incarceration, or hospitalization ($M = 3.35$, 95% CI [3.28, 3.41], $\chi^2 = 197.0$, $p < .001$) significantly contribute to family breakdown. Additionally, a substantial majority (76.1%) linked disruption to ill health and infertility ($M = 2.76$, 95% CI [2.70, 2.82], $\chi^2 = 53.8$, $p < .001$), reflecting pronatalist cultural contexts where reproductive capacity remains deeply tied to marital fulfillment and social status.

Table 4: Social Welfare Service Accessibility and Awareness

Service Dimension	SA	A	D	SD	Access (%)	M	SD	95% CI	χ^2	p
Government/NGO services received	0 (0.0)	41 (20.8)	156 (79.2)	0 (0.0)	20.8	1.79	0.41	[1.73, 1.85]	67.3	<.001
Awareness of specific services†	0 (0.0)	46 (23.4)	151 (76.6)	0 (0.0)	23.4	1.77	0.42	[1.71, 1.83]	56.0	<.001

The findings reveal a profound service delivery gap in Bauchi Local Government Area. An overwhelming majority of respondents (79.2%, $M=1.79$, 95% CI [1.73, 1.85]) reported receiving no government or NGO welfare services despite experiencing family disruption, with only 20.8% acknowledging service access. Similarly, 76.6% ($M=1.77$, 95% CI [1.71, 1.83]) expressed unawareness of specific service types. Both distributions differ significantly from uniform expectations ($\chi^2=67.3$ and 56.0 respectively, both $p<.001$), confirming that service gaps represent systematic patterns rather than random variation.

Table 5: Perceived Consequences of Family Disruption

Consequence	SA	A	D	SD	Agreement (%)	M	SD	95% CI	χ^2	p
Family and society suffer	37 (18.8)	160 (81.2)	0 (0.0)	0 (0.0)	100.0	3.19	0.39	[3.13, 3.24]	197.0	<.001
Child abuse and neglect	0 (0.0)	184 (93.4)	13 (6.6)	0 (0.0)	93.4	2.93	0.25	[2.90, 2.97]	148.7	<.001
Poor academic performance	0 (0.0)	143 (72.6)	54 (27.4)	0 (0.0)	72.6	2.73	0.45	[2.67, 2.79]	40.2	<.001
Youth delinquency	0 (0.0)	93 (47.2)	0 (0.0)	104 (52.8)	47.2	1.47	0.50	[1.40, 1.54]	0.61	.434
Population control difficulty	0 (0.0)	63 (32.0)	134 (68.0)	0 (0.0)	32.0	2.32	0.47	[2.25, 2.38]	25.6	<.001

The study revealed universal consensus (100%, $M=3.19$, 95% CI [3.13, 3.24]) that family disruption produces suffering extending beyond individual households, underscoring recognition of its ripple effects across the broader social fabric. There was near-universal agreement (93.4%, $M=2.93$, 95% CI [2.90, 2.97]) that such disruption precipitates child abuse and neglect, and substantial agreement (72.6%, $M=2.73$, 95% CI [2.67, 2.79]) that it impairs children's academic performance. By contrast, respondents were sharply divided on whether family disruption contributes to youth delinquency, with 47.2% agreeing and 52.8% strongly disagreeing ($M=1.47$, 95% CI [1.40, 1.54]). This split, confirmed by a non-significant chi-square statistic ($\chi^2=0.61$, $p=.434$), highlights genuine heterogeneity in population views rather than sampling error, making it the study's most theoretically provocative finding. Finally, a majority disagreed (68.0%, $M=2.32$, 95% CI [2.25, 2.38]) that family disruption complicates government population control efforts, suggesting that respondents do not perceive demographic policy impacts as salient consequences of disruption.

DISCUSSION

Prevalence and Primary Victims of Family Disruption

This study finds that 80% of respondents experienced family disruption underscores its pervasiveness in Bauchi Local Government Area. This high prevalence exceeds estimates from some sub-Saharan African contexts (Takyi & Gyimah, 2007) but aligns with observations of intensifying family instability in northern Nigeria (Audu & Francis, 2016). The concentration of divorced individuals (56%) in the sample, while partly reflecting purposive sampling, nonetheless indicates substantial marital dissolution rates. The overwhelming consensus (86%) that children are primary family disruption victims resonates with extensive literature documenting adverse child outcomes following parental separation (Amato & Keith, 1991; Hetherington & Kelly, 2002).

Children's developmental dependence on caregivers renders them uniquely vulnerable when family structures destabilize (Bowlby, 1980). The finding that women also constitute primary victims, reflected in the 68% female sample composition, aligns with feminist scholarship highlighting in women's economic and social vulnerabilities following divorce, particularly in patriarchal contexts (Pothen, 1986).

Multi-factorial Causation of Family Disruption

Results revealed family disruption's complex, multi-factorial etiology. The near-universal agreement (100%) that divorce and death cause family breakdown confirms these as fundamental disruption sources. However, the high endorsement of desertion (85%), wrong basis of marriage (93%),

and ill health/infertility (76%) as causal factors demonstrate that family disruption extends beyond formal legal dissolution to encompass varied relationship termination pathways. The finding that 93% of respondents attributed family disruption to wrong marriage foundations warrants particular attention. This category encompasses hasty marriages, coerced unions, and pregnancy-prompted marriages, arrangements that may lack emotional foundation or mutual commitment. In Northern Nigeria, where arranged marriages remain common and family pressures influence partner selection, marriages formed without genuine compatibility may face elevated dissolution risk (Darie, 2013). This finding suggests that strengthening pre-marital counseling and partner choice autonomy could enhance marital stability.

The split opinion on poverty's causal role (52% disagreement) presents an interpretive challenge. While extensive research documents economic hardship's destabilizing effects on marriages (Conger et al., 1999; Saheed, 2014), some respondents may have observed stable marriages persisting despite poverty, or unstable marriages amid affluence. Alternatively, respondents may resist implications that poor families are inherently unstable. The result nonetheless indicates poverty is not universally perceived as a direct cause, even as its indirect effects through stress and resource scarcity are well-established.

Social Welfare Service Gaps

Perhaps the study's most striking finding is that 79% of respondents reported receiving no government or NGO welfare services. This substantial service gap indicates that despite Nigeria's formal social welfare infrastructure (Chris, 2015), actual service delivery to disrupted families in Bauchi remains minimal. Only 21% reported service access, suggesting services reach only a small minority of affected families. Multiple factors may explain this gap; including the services concentration in urban centers, with rural areas under served (Okah, 2016). Even within Bauchi metropolis, services may cluster in select neighborhoods. In addition to limited governmental funding for social welfare, coupled with competing priorities, it constrains service expansion (Lillian, 2016).

Consequences of Family Disruption

The study confirmed multiple adverse consequences of family disruption. The 93% agreement that disruption leads to child abuse aligns with child welfare literature documenting elevated maltreatment risk in disrupted families (Ireh, 2016). Disruption strains caregivers' emotional and economic resources, potentially compromising supervision and increasing neglect or harsh discipline. Single parents, managing household responsibilities alone while coping with divorce/separation stress, may struggle to provide consistent, nurturing care (Emery, 2018).

The findings suggested that 73% agree that family disruption impairs academic performance and resonates with educational research. Amato and Keith's (1991) meta-analysis found children from divorced families score significantly lower on academic achievement. Mechanisms include reduced economic resources for educational materials, diminished parental involvement in schooling, psychological distress affecting concentration, and instability disrupting school continuity (Madumereh, 2015; Emenogu, 2014). However, 53% strongly disagreed that family disruption causes delinquency, contradicting substantial literature linking family structure to.

CONCLUSION

This study explored the patterns of family disruption and the accessibility of social welfare services in Bauchi Local Government Area, Nigeria. Findings show that family disruption poses a significant social challenge with far-reaching effects on household stability and community wellbeing. A notable mismatch exists between the high incidence of disruption and the limited availability of support services, highlighting systemic gaps in addressing affected families' needs. Children bear the greatest impact, facing increased risks of abuse and poorer educational outcomes. Effective responses must combine preventive strategies, such as economic empowerment, premarital education, and culturally informed dialogue with remedial interventions, including parenting support, and child protection services. Ensuring that these services are accessible, culturally sensitive, and adequately resource.

RECOMMENDATION

1. The study recommends the need to introduce pre-marriage education, to be delivered through religious institutions already conducting marriage ceremonies.
2. Women's economic empowerment should be introduced, that will support mothers in taking care of the children in an event of family disruption.
3. There is need to expand welfare services to under served areas through community-based centers, mobile services, and partnerships with local organizations could enhance accessibility.

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