



Perceived Influence of Mental Health Preventive Practices on Mental Health Status of Widows in Lagos State, Nigeria.

Ogundero Oluwabunmi Abiodun

Department of Human Kinetics, Sports & Health Education, Lagos State University, Ojo

KEYWORDS:

Widows, Mental Health, Preventive Practices, coping mechanisms, lifestyle.

WORD COUNT:

239

CORRESPONDING EMAIL ADDRESS:

oluwabumiogundero@gmail.com

ORCID NUMBER:

ABSTRACT

The challenges encountered by widows, as revealed by previous studies, significantly affect their mental health status, causing them mental stress, trauma, sadness, anxiety, depression, stigma, hopelessness, loss of purpose for living, retarded thinking, loneliness, low self-esteem and indecision. This study investigated the perceived influence of mental health preventive practices on the mental health status of widows in Lagos State, Nigeria. The target population were all widows within five years of widowhood in Lagos State, South-West Nigeria. Such widows were selected based on the consideration that the period of their widowhood was relatively recent and fresh and they may still be going through pressures or emotional pains arising from the loss. The study adopted descriptive research design, utilized quantitative data through survey method and data was collected with the use of Mental Health Preventive Practices Questionnaire (MHPPQ). The reliability of the instrument was carried out using the test-retest method while One hundred (100) widows were selected through convenient sampling technique from Badagry and Ojo Local Government Areas in Lagos State. Data were analyzed with frequency counts while the inferential statistics of chi square (χ^2) was used to test the hypotheses. Results revealed that seeking professional counselling and adoption of positive coping mechanism had significant influence on mental health status of young widows in Lagos State. It was concluded that seeking professional counselling and adopting positive coping mechanism have significant influence on the mental health status of widows in Lagos State.

HOW TO CITE

Ogundero O.A. (2025). Perceived Influence of Mental Health Preventive Practices on Mental Health Status of Widows in Lagos State, Nigeria. *Educational Perspectives*, 13(2), 221-232.



Introduction

A widow in the Nigerian context refers to a woman who has not remarried after her husband died. It has also been defined as a woman who married under native law and custom or under the marriage Act or any other law recognized in Nigeria, whose husband has died, and has not remarried (Oladipupo, 2009). Kayode (2011) submitted that a widow refers to a woman whose husband has died and who has not remarried, while widowhood is the state or period of being a widow or a widower as a result of spousal death. Widowhood is a painful circumstance in which women find themselves after their husbands pass away.

The term 'widowhood' is the state or period of being a widow. Widows are among the vulnerable and disadvantaged people in Africa and in other societies around the world. Widows are often faced with victimization and discrimination. They are vulnerable to socio-economic, religious, cultural, emotional, physical and sexual abuse within their families, communities and also in societies (Moshood, 2016). Widowhood in different communities have different challenges, which can also be identical.

The loss of a loved one can be extremely devastating. Oladipupo (2009) noted that harmful traditional practices which widows are forced to observe are associated with mental health problems such as anxiety, fear, anger, depression and neurosis. Sometimes, those affected overcome the grief with time while other times, they carry the pains throughout their life time. Some victims may even develop series of health challenges that may degenerate into complex cases or critical health problems. Same goes for the death of a spouse which usually, is associated with lots of burdens, ranging from shock, trying to accept fate, emotional distress, trauma, loneliness and shouldering responsibilities alone, especially when children are involved.

As a result of spousal death, widows are confronted with several challenges, including depression,

anxiety, emotional and social abuses, stigmatization, increased responsibilities, stress, financial and economic challenges, among others (Adeyemo, 2014). Adeniyi and Olufemi (2020) corroborate the above assertion when they opined that the death of a spouse alters the life journey of a widow and she needs to adjust to a new life of loneliness. The situation may be so traumatic that long-term physical, mental, social and psychosocial consequences may evolve. Poverty, male dominance, oppressive traditional rites, discrimination in sharing inheritance among others are some of the challenges encountered by widows in Africa. In addition to the various challenges faced by widows, Oladipupo (2009) reported that widows in Nigeria are confronted with harmful traditional practices which have negative impacts on their mental health status. Some of the harmful traditional practices identified by Oladipupo (2009) include forced marriage to late husband's relative, social neglect as a result of refusal to marry husband's relative, drinking of late husband's corpse water, shaving of widows' hair, confinement to a room for long period, among others.

Batha and Emma (2022) examined the world of widowhood in selected African cultures and reported cases of dehumanizing cultural and ritual practices including but not limited to accusations and stigmatization, wife cleansing, mandatory and prolonged mourning period, shaving of the hair, subjection to physical hardship, eating of a particular meal, movement restriction, mandatory use of a particular cloth and other wears, forced eviction from occupied property, among others, passed off as mourning rites. These rituals affect widows physically, emotional, socially, psychologically, all put together invariably poses threats to their general health and well-being.

The plight of the widow in Nigeria is pitiable because, not only is she saddled with harmful customary widowhood practices that she may have to go through to mourn her husband and in some



cases, prove her innocence in the death of her husband, she might also face the challenge of being dispossessed of her matrimonial home (Izzi & Claribel, 2020). The widow, in some instances, may be stripped of all the properties herself and her husband laboured to acquire over the years (Nwogugu, 2017), this is indeed a tragedy. These customary practices exhibit an overwhelming sympathy for the male child and sustain the unjust treatment of women. Borne out of this anomaly are several researches springing up to address the root cause of this persistent dehumanization of widows i.e, the factors influencing continuous widowhood practices, the after- math effects of such practices and possible way out for widows and women folks of any age. An investigation on widowhood practices in Southwest, Nigeria showed that harmful traditional practices against widows are fuelled by poverty, illiteracy, religious beliefs, male-dominated culture, illiteracy, male-dominated society, laws related to traditional inheritance and poverty (Adeyemo, 2016).

The synthesis of the literature so far indicates that several challenges do affect the mental health of the widows, and this requires active participation of the widow to adopt intervention and coping mechanisms that help to restore their mental health and over all wellbeing (Oladipupo, 2009). While it may not be possible to stop all mental ill-health challenges from developing, many mental health problems can be prevented with the right approach adopted by widows. Therefore, this study intends to examine the influence of health preventive practice, on mental health status of young widows in Lagos State, Nigeria with focus on seeking counseling, healthy life style habits, social support and adopting positive coping mechanism.

Statement of the Problem

Previous studies examined the myriads of challenges encountered by widows across African countries especially in Nigeria and observed that widows in Africa go through various physical, mental, psychological and psychosocial challenges

such as stress loneliness, depression, emotional and social abuses, stigmatization, increased responsibilities, financial and economic challenges, among others (Okafor and Onyeka, 2018; Dube, 2022). Studies like Izzi and Claribel (2020) have also revealed that the challenges encountered by widows in Nigeria significantly affect their mental health status, causing them mental stress, trauma, sadness, anxiety, depression, stigma, hopelessness, loss of purpose for living, retarded thinking, loneliness, low self-esteem and indecision. A major gap not adequately researched in studies related to widowhood in Nigeria is knowing whether widows adopt mental health preventive practices and the effect of such practices on their mental health status (Dube, 2022).

Adopting positive coping mechanism amidst devastating and life changing experience by widows is of significant importance to the mental health of widows. Seeking professional counseling is also vital, here widows seek advice from service providers or counselors, such counselor should be very accommodating, empathetic, and must exude good listening skills in order to achieve good result at the end of the day. Social support either from relatives, family members of their spouse, community can be in form of financial, Instrumental, emotional and appraisal support is another big mediation effort. In view of this, the researcher examined the perceived influence of the mental health preventive practices on the mental health status of young widows in Lagos State, Nigeria.

Purpose of the study

The study aims at ascertaining the perceived influence of mental health preventive practices such as professional counseling and positive coping mechanisms on the mental health status of young widows in Lagos State. Specific objectives of the study are as follows:

1. Determine the influence of seeking counseling services on mental health status of widows in Lagos State, Nigeria.



2. Assess the influence of positive coping mechanisms on mental health status of widows in Lagos State, Nigeria.

Research Questions

The following questions guided the study:

1. To what extent will seeking professional counseling influence the mental health status of widows in Lagos State?
2. Will adopting positive coping mechanisms influence the mental health status of widows in Lagos State?

Research Hypotheses

The following hypotheses were postulated and tested in the study:

1. Seeking professional counseling will have no significant influence on the mental health status of widows in Lagos State.
2. Adopting positive coping mechanisms will have no significant influence on mental health status of widows in Lagos State.

Concept of a Widowhood

A widow is a woman whose husband has died. The state of having lost one's spouse to death is termed widowhood. These terms are not applied to a person after he or she becomes divorced from their former spouse, though they may sometimes be used after the former spouse has died (Dube, 2022). The term "widowhood" can be used for either gender, at least according to some dictionaries, but the word widower hood is also listed in some dictionaries. Occasionally, the word validity is used.

The treatment of widows around the world varies, but unequal benefits and treatment generally received by widows compared to those received by widowers globally has spurred an interest in the issue by a human rights activist (Bonanno, 2009). In societies where the husband is the sole provider, his death can leave his family destitute. The tendency for women generally to outlive men can

compound this since men in many societies marry women younger than themselves. In some patriarchal societies, widows may maintain economic independence. A woman would carry on spouse's business and be accorded certain rights, such as entering guilds (Dube, 2022).

Importance of Counselling among Widows

Widows according to Okafor and Onyeka (2018) are women whose husbands have died and are now living without their spouse. They may face various challenges and adjustments as they navigate life without their partner. Adeyemo (2014) opines that widows go through a difficult phase in life, and it takes a lot of courage and strength to face the loss of a loved one. Being a widow means having to navigate life on her own, and it can be a challenging journey.

Izzi and Claribel (2020) believe that it is important to offer support and compassion to widows as they grieve and work to rebuild their lives. They assert that widowhood is a life transition that can be difficult and overwhelming for those who have lost their spouse. It is a period of grief and adjustment as one navigates through the challenges of living without their beloved partner. But despite the initial struggles, many widows and widowers find strength and resilience in their journey and are able to create a new life full of joy and happiness.

According to Kayode (2011), it is important for those going through this experience to seek support from family, friends, and community resources to help them cope with their loss and find ways to move forward. However, Coyle and Sokolik, (2013) argue that widows are known for their resilience and determination to carry on despite the hardships. We should always be kind and supportive towards widows, offering them a listening ear and a helping hand whenever they need it.

Nwogugu (2017) says widows are an important part of our community, and we should honour them for the sacrifices they have made counselling is a



process in which a trained professional provides support and guidance to an individual or group of individuals who are experiencing difficulties or seeking to make personal changes in their lives.

According to Neimeyer and Harris (2011), the aim of counseling is to help people address emotional, behavioural, or relationship issues and to develop coping strategies and tools to improve their well-being and quality of life. Counseling can cover a wide range of topics, including mental health concerns, substance abuse, career-related issues, and personal development.

Counseling is a type of talk therapy that is focused on helping people overcome personal and emotional challenges (Ihekweaba and Amasiatu, 2016). It is a safe space where you can share your thoughts and feelings with a trained professional who can help you work through difficult issues and develop coping strategies. Whether you're struggling with anxiety, depression, relationship problems, or just need someone to talk to, counseling can be incredibly beneficial. A counsellor listens without judgment and provides guidance and support to help navigate life's challenges (Ihekweaba, and Amasiatu, 2016).

Oladipupo (2009) believes that counseling plays a crucial role in supporting widows through the grieving process and helping them to navigate the practical and emotional challenges of life after loss. Widows often experience a range of complex emotions, such as sadness, loneliness, anger, guilt, and anxiety, which can be overwhelming and difficult to manage on their own. According to her, counseling can provide a safe and supportive space where widows can explore their feelings and receive guidance and support from a trained professional. Through counseling, widows can learn effective coping strategies for dealing with their grief, such as mindfulness exercises, relaxation techniques, and cognitive-behavioral therapy. They can also receive practical advice on how to manage finances, make important decisions, and socialize with others, as well as

connect with local support groups and other resources. Ultimately, counseling can help widows manage finances, make important decisions, and socialize with others, as well as connect with local support groups and other resources. Ultimately, counseling can help widows to develop a sense of resilience and hope for the future, as they work through their grief and embrace new opportunities for growth and healing.

Okeke and Ezenwaji, (2017) agree that counseling for widows can be a complex and nuanced issue, with several potential challenges and considerations. Some of the key issues that may arise when providing counseling to widows according to Okeke and Ezenwaji (2017) could include grief and loss, financial insecurity, isolation and loneliness, cultural factors and stigma.

Witting et al (2020) affirm that counseling is an important aspect of helping individuals cope with the loss of a spouse, particularly for widows who may experience a range of emotions such as grief, loneliness, and anxiety. They argue that through counseling, widows can receive emotional support and guidance from a trained professional who can help them process their feelings and develop coping strategies. Witting et al (2020) further opine that counseling can also assist widows in adjusting to changes in their daily life, such as managing finances or household responsibilities, as well as navigating social relationships with family and friends.

Additionally, Witting et al (2020) note counseling can provide a safe and non-judgmental space for widows to express their emotions and thoughts without fear of burdening others. It can also serve as a preventative measure for depression and other mental health concerns that may arise during the grieving process. Overall, counseling can be a valuable resource for widows in helping them navigate the complex emotions and challenges that come with the loss of a spouse.



Counseling is an incredibly important aspect of life, especially for those who have experienced loss. For widows, counseling can be a vital tool in helping them navigate the complex emotions and challenges that come with losing a spouse. It provides a safe space for them to express their feelings and work through their grief, while also offering practical advice and coping strategies. Additionally, counseling can help widows develop a support system and connect with others who have gone through similar experiences. So, if you're a widow or know someone who is, don't hesitate to seek out counseling services – it can make huge difference in the healing process.

Counseling can provide widows with a safe space to express their feelings and address any concerns they may have. Studies have shown that counseling has been effective in reducing symptoms of depression and anxiety among widows. Therefore, it is important for widows to seek counseling services to ensure they receive the support and care they need during this difficult time.

Coping Mechanism among Widows.

A study conducted by Okeke and Ezenwaji (2017) examined the coping mechanisms of Nigerian widows. The study found that Nigerian widows used a range of coping strategies to deal with their situation, including social support, religious activities, and economic activities. Social support was found to be the most important coping mechanism for Nigerian widows. This includes support from family members, friends, and members of the community. Widows who had strong social support systems were found to cope better with their situation than those who did not. Another study held by Okafor and Onyeka (2018) found that Nigerian widows also cope by seeking legal redress, community-based support groups, and participation in non-governmental organizations (NGOs). Seeking legal redress helps widows to protect their rights and access their late husband's property. Community-based support

groups provide emotional and social support, while NGOs offer financial and material support.

Furthermore, Adeniyi and Olufemi (2020) also found that Nigerian widows cope by seeking emotional support from family and friends, engaging in religious activities, and participating in income-generating activities. The study also revealed that widows who participate in support groups and receive financial assistance are better able to cope with their loss.

Research over the years has shown that resilience is one of the coping mechanisms adopted by widows. Resilience is defined as a person's capacity to adapt successfully after being exposed to adversity (Ewelukwa, 2002).

Previous observations have shown that individuals and families that encounter hardship do not always have poor results, according to resilience studies (Dube, 2021). "A resilience strategy differs from other approaches that focus more narrowly on pathological outcomes since it emphasizes both good and bad outcomes" (Hill, Burdette, Angel & Angel, 2006). According to DeBruin (2012), grieving people benefit from social assistance. In acknowledging that social support helps individuals manage, adapt, and prosper in the face of loss, grief and loss literature promotes broader social support literature (DeBruin, 2012). The death of a loved one is distressing, and research maintains that having enough social support can help to mitigate the stress that comes with it (DeBruin, 2012). When faced with misfortune, social support is intuitively seen as the assistance received from others. Despite the fact that social support is a well-studied term, there is no agreement on how to define it in the literature (DeBruin, 2012).

Research Methodology

The study adopted descriptive research design while survey was used as method of study. The target population were all widows within five years of widowhood in Lagos State, South-West Nigeria.

Such widows were selected based on the consideration that the period of their widowhood was relatively recent and memories of the loss was still fresh and they may still be going through pressures or emotional pains arising from the loss unlike those who lost their partners long ago. Convenient sampling technique was used to select 100 widows from Ojo and Badagry Local Government Areas.

Data was collected with the use of Mental Health Preventive Practices Questionnaire (MHPPQ). The MHPPQ is a 12 item self-developed instrument used to assess the influence mental health preventive practices on widows' mental health status. The instrument contained two sections. Section A focused on the demographic variables of the widows while section B focused on the psychographic variables which were used to

address the research questions and hypothesis. The reliability of the instrument was carried out using the test-retest method. The responses were collated and analyzed using the multiple regression analysis while data was analyzed with frequency counts and percentage, bar charts, pie chart for bio-data while the inferential statistics of chi square (χ^2) was used to test the stated hypotheses at 0.05 level of significance.

Results And Discussion

Out of the 100 administered copies of questionnaire, 97 copies were retrieved while 9 copies were not appropriately filled. Analysis was based therefore based on the 88 valid questionnaires. The figures and tables below present the results.

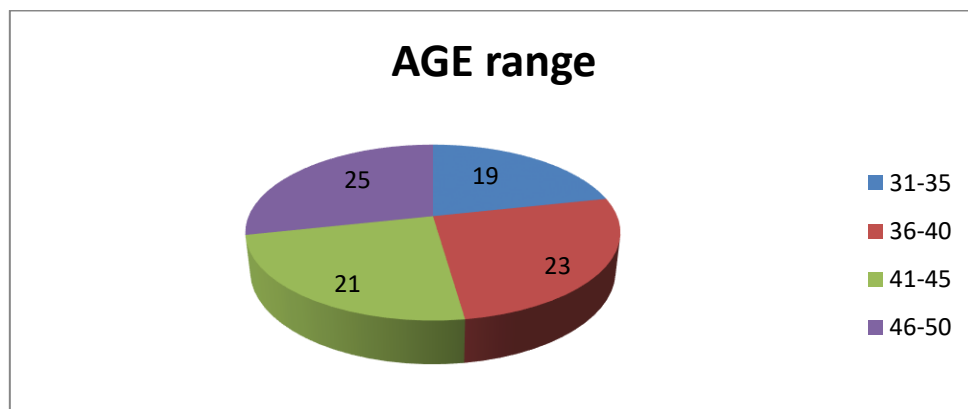


Figure 1

Figure 1 shows the ages of the 88 (100%) respondents of this study out of which 19 (21.6%) were within the age bracket of 31-35, 23 (26.1%)

were of age bracket 36-40, 21 (23.9%) were within age bracket 41-45, and 25 (28.4%) were of age 46 and 50.

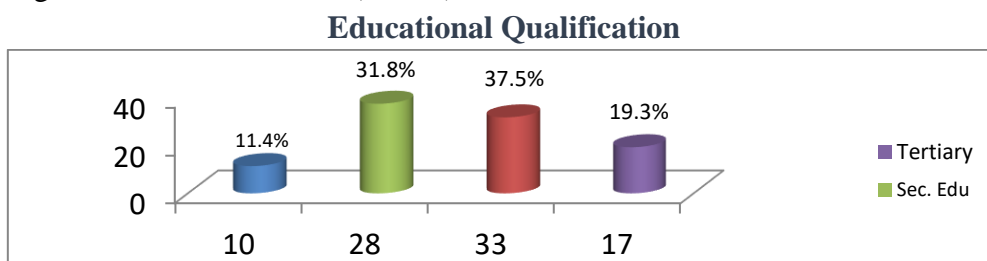


Figure 2

Figure 2 reveals the educational qualification of the 88 (100%) respondents of the study. 10 (11.4%)

had no former education, 28 (31.8%) attended primary school, 33 (37.5%) attended secondary school and 17 (19.3%) tertiary institution.

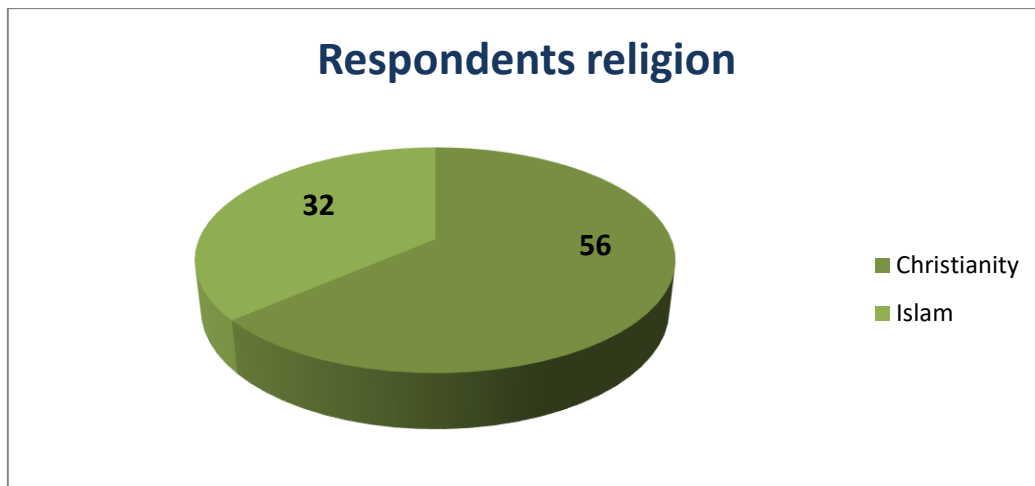
**Figure 3**

Figure 3 discloses the religion of the 88 (100%) respondents of the study out of which 56 (63.6%)

practiced Christianity, while 32 (37.4%) practiced Islamic religion.

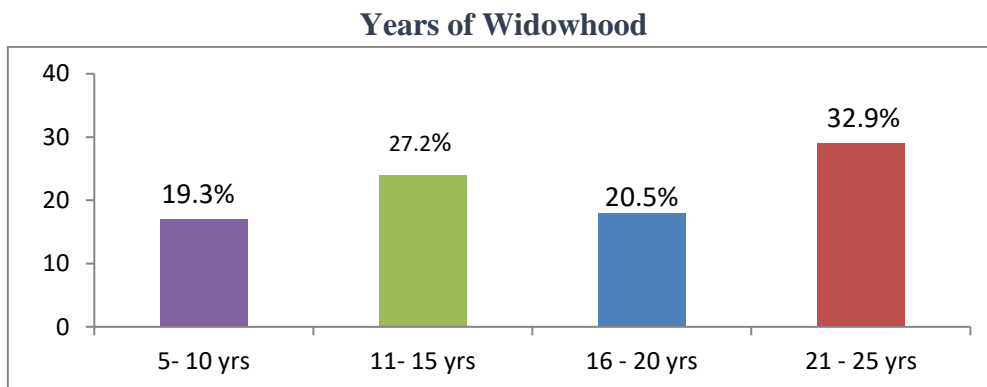
**Figure 4**

Figure 4 reveals that out of the 88 respondents for this research, 17 (19.3%), had been widows for about 10 years, 24 (27.2%) has had about 15 years widowhood experiences, 18 (20.5%) has had about 20 years widowhood experiences, and 29 (32.9%) has had close to 25 years of widowhood experiences.

Testing of Hypothesis

Hypothesis 1: Seeking professional counselling will have no significant influence on the mental health status of young widows in Lagos State

Table 1: Chi-square Analysis on Perceived Influence Seeking Professional Counselling on Young Widows' Mental Health Status

Q. Responses					Chi-Square Value	Df	Asymp. Sig. (2-sided)
		Low	Moderate	Total			
Seeking Professional Counselling	6.00	16	0	16	88.000a	6	.000
	7.00	8	0	8			
	8.00	28	0	28			
	9.00	0	4	4			
	10.00	0	16	16			
	11.00	0	12	12			
	13.00	4	0	4			
Total		56	32	88			

Table 1 which projects the data collected from the respondents on perceived influence seeking professional counselling on young widows' mental health status reveals a calculated χ^2 value of 88.000^a which is statistically significant as $p = 0.00 < 0.05$ level of significance at 6⁰ of freedom hence the rejection of the null hypothesis. It therefore implies that seeking professional counselling has

significant influence on the mental health status of young widows in Lagos State.

Hypothesis 2: Adopting positive coping mechanism will have no significant influence on the mental health status of young widows in Lagos State

Table 2: Chi-square Analysis on Responses on Perceived Influence of Adopting Positive Coping Mechanism on Young Widows' Mental Health Status

Quantitative Response	Coping Mechanism Values				Chi-Square Value	Df	Asymp. Sig. (2-sided)
		Low	Moderate	High	Total		
Adopting POSITIVE Coping Mechanism	6.00	12	0	0	12	176.000 ^a	14
	7.00	8	0	0	8		
	8.00	28	0	0	28		
	9.00	0	28	0	28		
	10.00	0	4	0	4		
	11.00	0	4	0	4		
	12.00	0	1	0	1		
	13.00	0	0	3	3		
Total		48	37	3	88		

Table 2 shows the summary of the data on perceived influence of adopting positive coping

mechanism on young widows' mental health status. It indicates the calculated χ^2 value of 176.000^a to be statistically significant as $p = 0.00$



< 0.05 level of significance at 14^0 of freedom hence the rejection of the null hypothesis. This expresses that adopting positive coping mechanism has significant influence on the mental health status of widows in Lagos State.

Discussion of Findings

This study investigated the perceived influence of mental health preventive practices on mental health status of young widows in Lagos State. Result from the study reveals that seeking professional counselling has significant influence on mental health status of young widows in Lagos State. Numerous studies have investigated the influence of seeking professional counseling on mental health status and have consistently shown positive outcomes for individuals who participate in counseling or therapy. Many studies have found that seeking professional counseling can lead to a reduction in symptoms of mental health conditions such as depression, anxiety, and post-traumatic stress disorder (PTSD).

Counseling has also been found to help individuals develop effective coping strategies to deal with life's challenges and stressors. Engaging in counseling has been associated with improved overall well-being and a better quality of life (Hofmann et al., 2012). It also improves communication and interpersonal skills, leading to more fulfilling relationships (Beutler et al., 2004) and that the positive effects of counseling can be sustained in the long term, even after the counseling sessions have ended (Swift & Greenberg, 2012).

All the reviewed studies noted, seeking professional counseling can have a significant positive impact on mental health status of young widows. It can lead to symptom reduction, improved coping abilities, better overall well-being, and enhanced interpersonal relationships. The benefits of counseling can extend beyond the

treatment period and contribute to long-term mental health improvements for young widows

Result from this study further reveals that adopting positive coping mechanism has significant influence on mental health status of young widows in Lagos State. Positive coping mechanisms are adaptive ways of dealing with stress, challenges, and emotional distress, and they can play a significant role in promoting mental well-being. Research has shown that individuals such as young widows who use positive coping mechanisms are more likely to experience a reduction in symptoms of mental health conditions such as depression, anxiety, and Post-Traumatic Stress Disorder (PTSD).

Positive coping mechanisms have been found to be associated with increased resilience, which allows individuals to bounce back more effectively from difficult situations and traumatic experiences. Adopting positive coping strategies is linked to better overall psychological well-being and life satisfaction. Further, positive coping mechanisms can improve social functioning and interpersonal relationships and studies suggest that individuals who consistently utilize positive coping strategies experience more enduring mental health benefits.

Adopting positive coping mechanisms by young widows will improve mental health status, reduce symptoms of mental health conditions, enhance resilience, and better overall well-being. Utilizing healthy coping strategies can have a lasting positive impact on mental health, promoting emotional well-being and adaptive responses to life's challenges.

Conclusions

Based on the findings of this study, it was concluded that seeking professional counselling has significant influence on the mental health status of widows in Lagos State. Adopting positive coping mechanism has significant influence on the mental health status of widows in Lagos State.



Recommendations

Arising from the conclusions of this study, the following recommendations are made:

1. Since there is a strong association between counselling and mental health status of widows, there is need for health educators to emphasize the need for regular counseling among widows
2. Widows should endeavor to constantly adopt positive coping mechanisms

References

- Adeniyi, M.A & Olufemi, O.A. (2020). Coping Strategies of Widows in Nigeria. Implications for social work Intervention. International Journal of social work and Human Services practice, 8 (4), 95-103.
- Adeyemo, C. W. (2014). *Vocational Skills Acquisition and Micro-credit Loans as Determinants of Socio-Economic and Psychological Adjustments of Widows in Southwestern Nigeria*. An unpublished PhD Thesis. University of Ibadan.
- Adeyemo, C. W. (2016). Department of Adult Education, Ekiti State University, Ado-Ekiti, Nigeria, e-mail: cwyemo@yahoo.com URL:[http://dx. doi.org /10.2215 8 /wjer.v3n2p380](http://dx.doi.org/10.2215/8/wjer.v3n2p380)
- Batha, D. O. & Emma, K .B. (2022). Fact box: Global Number of Widows Rises as War and Disease Take Toll. London: Thomson Reuters Foundation, Available online: <https://www.reuters.com/article/us-global-widows-factbox-idUSKBN19E04P> (accessed on 25 May 2022).
- Bonanno, G. A. (2009). The other side of sadness: What the new science of bereavement tells us about life after loss. New York: Basic Books.
- Coyle, C. E., & Sokolik, C. (2013). "Social support and depression in widowhood: A cross-sectional study." *Aging & Mental Health*, 17, 388-395.
- DeBruin, K. (2012). Support after loss: Straight Talk from Young Widowed Parents. Master of social work Clinical Research papers. Paper 123. Retrieved 29September 2015, from: http://sophia.stkate.edu/msw_papers/123.
- Dube, M. (2022). Isolation and Its Impact on Widows: Insights from Low-Resourced Communities in Binga District, Zimbabwe. *Social Sciences* 11:298 [https:// doi.org/ 10.3390/socsci11070298](https://doi.org/10.3390/socsci11070298) Academic Editor: Nigel Parton. Article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license ([https:// creative commons. org/ licenses/ by/4.0/](https://creativecommons.org/licenses/by/4.0/)).
- Ewelukwa, U. U. (2002). "Post-Colonialism, Gender, Customary Injustice: Widows in African Hill, T. D., Burdette, A. M., Angel, J. L., & Angel, R. J. (2006). "Social support, religiosity, and psychological well-being among the elderly." *Journal of Aging and Health*, 18(3), 3-28.
- Ihekwaaba, O.N., & Amasiatu, I. A. (2016). Influence of widowhood practices on the psycho-social and physical health of widows in selected states of south-eastern, Nigeria *European Journal of Research and Reflection in Educational Sciences Vol. 4 No. 6, 2016* ISSN 2056-5852.
- Izzi, M. O., & Claribel F. E. (2020). *International Journal of Innovative Legal & Political Studies* 8(3):1-12, www.seahipaj.org ISSN: 2467-8503. International Covenant on Civil and Political Rights (ICCPR) and the International Covenant on Economic, Social and Cultural Rights (ICESCR)
- Kayode, B. (2011). Problems associated with widowhood as expressed by widows in Ilorin metropolis. Masters Dissertation, Ilorin University Nigeria.
- Neimeyer, R. A., & Harris, D. L. (2011). Grief and bereavement in contemporary society: Bridging research and practice. New York: Routledge.
- Nwogugu, E.I. (2017). *Family Law in Nigeria* (3rd edn, HEBN Publishers Plc 2014)426-429; see generally, widowhood Practices Project" www.nials-nigeria.org.
- Moshood, K. (2016). Widowhood and Its Harmful Practices: Causes, Effects and the Possible Way out for Widows and Women Folk. *World Journal of Educational Research* 3, no .2, 382
- Okafor, J.O., & Onyeka, N.J. (2018). Coping Stragies of widows in Nigeria: Implications for



- Social work Practice. *International Journal of Innovative Social sciences & Humanities Research*, 6(3), 25-34.
- Okeke, E.C., & Ezenwaji, I. P. (2017). Coping strategies of widows in Nigeria: A study of Enugu State. *Developing Country Studies*, 7(2), 71-81.
- Oladipupo, O. (2009). Socio-Cultural Practices as Determinant of Widows' Mental and Social Health. In Nwogun, H.O & Akintunde, D.O (eds.) *Women Issues in Nigeria*, Royal People, Ibadan, Nigeria.
- Van de Walle, D. (2016). *The Shock of Widowhood: Marital Status and Poverty in Africa*. Available online: <https://blogs.worldbank.org/africacan/the-shock-of-widowhood-marital-status-and-poverty-in-africa>.
- Witting, A. B., Lambert, J., Johnson, L., Goodkin, C., & Wickrama, T. (2020). The stigma of widowhood in war and disaster affected communities of Sri Lanka: Contextual paths between trauma exposure and mental health distress. *International Journal of Psychology* 55: 647–56.