

PSYCHOLOGICAL FACTORS ASSOCIATED WITH LEARNED HELPLESSNESS AMONG ADOLESCENTS IN RIVERS STATE

Dr. (Mrs) Rosemary Ekechukwu

Department of Educational Psychology, Guidance and Counselling, University of Port Harcourt
Choba, Port Harcourt, **NIGERIA**

&

Mrs. Blessing Chioma Isiguzo

Department of Educational Psychology, Guidance and Counselling, University of Port Harcourt
Choba, Port Harcourt, **NIGERIA**

ABSTRACT

The study examined psychological factors associated with learned Helplessness among adolescents in Rivers State of Nigeria. Ex-post factor design was used for the work. Sample size of 200 adolescents were utilized for the study; a thirty item questionnaire was developed by the researchers and it had a reliability coefficient of 0.98. Four research questions were answered using mean and standard deviation. The study found out that psychological factors such as depression, locus of control and self concept are associated with learned helplessness among adolescents. Based on the findings teachers and other significant others should always observe their children's feelings and behaviours that not part of them so as to dictate early signs of depression and low self concepts. Schools should employ qualified guidance counselors who will educate the adolescent on maintaining and sustaining adaptive behaviours.