

Henry O. Imhonde PhD(Ibadan)

EMAIL:himhonde@yahoo.com

PHONE:234-8056732523

FACULTY: Social Sciences

DEPARTMENT: Psychology

BRIEF INTRODUCTION

Imhonde, H. O is an Associate Professor of Psychology at Ambrose Alli University Ekpoma, with over 16 years of teaching and researching. He received his PhD in Clinical Psychology from the University of Ibadan. He has immense capability for independence, collaboration and leadership in research conception, initiation and execution. As a clinical Psychologist, Imhonde has demonstrated without any iota of doubt, focus, depth, grasp and a higher degree of contribution to Knowledge in the area of clinical psychology in particular and applied psychology in general. Imhonde, has over 50 publications including chapters in several books. With regards to Learned Societies, Imhonde is a member of the following professional bodies----
-- Nigerian Psychological Association (NPA), Nigeria Association of Clinical Psychologists (NACP), Association of Black Psychologists amongst others. He has served as Acting Head of Department, Sub-Dean amongst other administrative position in Ambrose Alli University. He was a visiting Lecturer at Ekiti State University and External examiner to the department of Psychology Long Distance programme at the University of Ibadan.

AREA OF EXPERTISE

1. Clinical/ Health Psychology
2. Social and Psychological Impact Assessment
3. Gender Issues
4. Smoking/drug cessation programs.
5. Psychological-wellbeing

PUBLICATIONS

A. Journals (*International*)

1. Imhonde, H. O., Olubuogu, A. U., &Handayani, L (2017). Personality, Social Support and Quality of Life as Determinants of Coping Behaviour among Visually Impaired Individuals. *Journal of Education and Learning*, 11(1), 1-8 Doi: 10.11591/Edulearn.V11i1.5682
2. Imhonde, H. O., Shaibu H., Imhonde, J. E., &Handayani, L (2012). Type of Birth, Depression and Anxiety as determinates of Breastfeeding Attitude among Nursing Mothers. *International Journal of Public Health science (IJPHS)*, 1 (2), 49-54
3. Imhonde, H. O. (2011). Exposure to Community Violence and Adolescent Psychological Functioning: The Protective Effects of Family vs. Friends' Support. *Journal of Social and Management Sciences*, 1(1), 45-53 (South Africa)
4. Okon, M. O., Momoh, S. O., Imhonde, H. O., &Idiakheua, E. O. (2011). Aggressive Tendencies among Undergraduates: The Role of Personal and Family Characteristics. *REOP*, 22 (1), 1er Cuatrimestre 3-14
5. Imhonde, H. O., Aigbodion, A., Iyore, S., &Imhonde, J. E. (2010). Breastfeeding Attitude and Employment Type as Determinants of Psychological Wellbeing among Nursing Mothers. *The International Journal of Research and Review*4,16–22.http://journalofresearchandreview.books.officelive.com/Documents/A2V4_TIJRR.pdf (Manila-Philippines)
6. Okoza, J., Imhonde, H. O., &Aluede, O. (2010). The Jailer or the Jailed: Stress and Prison Workers in Nigeria. *Current Research Journal of Social Sciences* 2(2), 65 – 68 (Pakistan)
7. Imhonde, H. O., Aluede, O. &Oboite, W. (2009). Domestic Violence and Adolescent Psychological Functioning among Secondary School Students in the Benin Metropolis of Nigeria. *European Journal of Educational Studies* 1(1) 7-12. http://ozelacademy.com/EJES_v1n1_2.pdf
8. Imhonde, H. O., Aluede, O., &Ifunanyachukwu, N. R. (2008). Effective Communication, Educational Qualification and Age as Determinants of Marital Satisfaction among Newly Wedded-Couples in a Nigerian University. *Pakistan Journal of Social Sciences* 5 (5), 433-437. <http://www.medwelljournals.com/archivedetails.php>

9. Momoh, S.O., Imhonde, H.O., &Omagbe, E (2008). The Role of Gender, Self-Efficacy, Age and Extroversion on Smoking Behaviour among Ambrose Alli University Students, *Ekpoma Nigeria. Journal of International Women's Studies* 10 (2), 134-140. www.bridgew.edu/SOAS/jiws/Nov08/Genderefficacy (USA).
10. Imhonde, H. O., &Aluede, O. (2007). Smoking Intensity among Nigerian Secondary School Adolescent Smokers. *Educational Research Quarterly*, 32 (2), 55-71. (Ruston, LA USA.)
11. Aluede, O., Imhonde, H. O., &Eguavoen, A. (2006). Academic, Career and Personal Needs of Nigerian University Students. *Journal of Instructional Psychology*33(1) 50-57. (USA)
12. Aigbodion, A. I., Imhonde, H. O., &Aluede, O. O. (2005). Attitude of Nigerian University Students toward Female Genital Mutilation: A Pilot Study. *The Anthropologist* (International journal of Contemporary and Applied Studies of Man), 7 (4), 289-292. (Delhi, India)
13. Aluede, O., Imhonde, H. O., Maliki, A. E., &Alutu, A. N. G. (2005). Assessing Nigerian University Students' knowledge about HIV/AIDS. *Journal of Social Sciences*, 11 (3), 207-213. (Delhi, India)
14. Azelama, J., Aluede, O., &Imhonde, H. O. (2005). Peer Victimization in Campus Secret Cults: Response from Nigerian University Undergraduates. *Journal of Human Ecology*, 18 (1), 57-67. (Delhi, India)
15. Imhonde, H. O., Aluede, O. &Imhonde, J. E. (2005). Life or Death: A Brief HIV/AIDS Risk-Reduction Intervention for Secondary School Students. *Journal of International Council for Health, Physical Education, Recreation, Sport, and Dance* (ICHPER-SD), XLI, (2) 44-48. (Virginia, USA)
16. Imhonde, H. O., Azelema, J., &Aluede, O. (2005). HIV/AIDS Sexual Risk Behaviour Associated with Condom Use: Assessing the Attitude of Nigerian University Undergraduates. *Journal of International Council for Health, Physical Education, Recreation, Sport, and Dance* (ICHPER-SD), XLI, (3) 26-29. (Virginia, USA)

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17. Imhonde, H.O., &Onwuka, E. C. (2015). Children in Danger: Psychosocial Disorders Associated with Exposure to Community Violence. *Ekpoma Journal of Social Sciences* 6 (2) 399-345
18. Imhonde, H. O. (2015). Understanding the Human Capacity for Evil as a Way of Fighting TheBoko-Haram Insurgence in Nigeria. *International Journal of Governance and Development* 4 (1) 288-296

19. Imhonde, H.O., &Ndom, R. J. E. (2015). Psycho-Social predictors of Quality of Life among Parents of Mentally Retarded Children. *Ekpoma Journal of Behavioural Sciences* 5 (1) 108-118
20. Imhonde, H.O (2014). Self-esteem, Gender, Family-Communication-Style, and Parental Neglect as predictors of Aggressive Tendencies among Secondary School Adolescents. *The Counsellor*. 33(2)151-162
21. Idiakheua, E.O., &Imhonde, H.O. (2014). Changes in the 21st Century Workplace: The Need for Employees Welfare Programme. *Ekpoma Journal of Behavioural Sciences* 4 (1) 1-13
22. Imhonde, H. O., Ndom, R. J. E. & Ehon, A. (2013). Social-Support, Self-Esteem and Depression as determinants of Quality of Life among Sickle Cell Patients. *IFE Psychologia*, 21 (1) 101 – 113
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31. Imhonde, H. O., Idiakheua, E. O., &Ewanbhorshioria, O. F. (2010), Quality of Life among Female Workers in Edo State: Consideration of Job-Type, Age and Marital Status. *Gender &Behaviour*, 8(1), 2846-2856
32. Imhonde, H. O., Adesina, A. A., Imhonde, J. E. &Agbenra, H. (2010). Knowledge of HIV/AIDS and Attitude towards Contraceptive Use among Ambrose Alli University Undergraduates. *Journal of Global and Social Studies* 1(1), 227-241
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45. Imhonde, H. O., Aigbodion, A., & Imhonde, J. E. (2003). Emotional Distress and Cigarette Smoking During Adolescents. *Journal of Teacher Education and Teaching*, 6, 1-9.
46. Afolabi, A. O. & Imhonde, H. O. (2002). Situational Factors in Work Behaviour and Incidence of Stress. *Nigerian Journal of Applied Psychology*, 7(1), 126-137.
47. Imhonde, H. O., Afolabi, A.O., & Ehon, A. (2001). The Influence of Self-Efficacy, Duration of Smoking and Gender on Perceived Smoking Cessation. *Nigerian Journal of Psychology* 18, (2), 123-133.
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Chapters in Edited Books

49. Imhonde, H. O. (2005). Ethical Decision making and the Clinical Psychologist. In P.O. Iroegbu & A. O. Echekwube (Eds.), *Kpim of Morality, Ethics General, Special and Professional* (pp. 310-322). Heinemann Educational books, Nigeria.
50. Imhonde, H. O. (2006). Ethical and Professional Standards in the Helping Profession Student should Know. In A. O. Oyaziwo (Ed.), *Guidance and Counseling for Nigerian Schools*. (pp. 146-198), KRISBEC Publications, Nigeria.
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55. Imhonde, H. O. (2010). Introduction to Psychotherapy. In H. O. Imhonde& S. O. Momoh (Ed), Psychology: Understanding Human Behaviour (pp. 93-105) Ever-Blessed Publishers, Nigeria.

TERTIARY TEXT BOOKS

1. Imhonde, H.O. (2017). An introduction to Psychology of Women Imhonde;s Lecture Series. PEO Printers, Benin City
2. Imhonde, H.O. (2016). An introduction to Psychopathology of Deviant BehaviourImhonde;s Lecture Series. Ever-Blessed Publisher, Benin City
3. Imhonde, H. O. (2012). MIS and CBT in Reducing Adolescence Nicotine Dependence Risk. LAP Lambert Academic Publishing, Germany
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Contributing Factors on Breastfeeding among Nonworking Mothers Who Joined Mother Support Group (MSG) Program in Indonesia

Lina Handayani¹, Azlina Md. Kosnin², Yeo Kee Jiar², Solikhah¹, Imhonde H.O.³

¹Ahmad Dahlan University, Faculty of Public Health, Yogyakarta, Indonesia

²Universiti Teknologi Malaysia, Faculty of Education, Johor Bahru, Malaysia

³Department of Psychology, Ambrose Alli University, Ekpoma, Edo State, Nigeria

Email: linafkm@yahoo.com; amkosnin@yahoo.co.uk;

kjyeo_utm@yahoo.com; soleha_m@yahoo.com

Abstract

Background and objectives: The infant feeding decision is complex and involves the influence of psychological, social, and economic factors, and health care system. This study was examining a hypothesized model of relationship between social support, knowledge, attitude, self-efficacy in influencing breastfeeding practice. **Methodology:** This was a cross-sectional study which measuring all variables using questionnaires. All of the scales were translated into Indonesian language and the internal consistency reliability scores (Cronbach's alpha) were found to be above 0.7 for all scales. A total of 173 nonworking mothers with babies between 0-6 months who joined the mother support group (MSG) program participated in this study. Hierarchical multiple regression test was used to assess the influence of social support, knowledge, attitude, and self-efficacy on breastfeeding. In order to test the hypothesized model of relationship between social support, knowledge, attitude, self-efficacy, and breastfeeding practice, structural equation modeling (SEM) was used for. **Results:** The results showed that only knowledge has significant influence on breastfeeding practice among the non-working mothers (beta= .21, p= .01). **Conclusions and implications:** For nonworking mothers who joined MSG program, there was only knowledge that has significant influence on breastfeeding practice. MSG may be a suitable method to promote breastfeeding among Indonesian mothers.

UNDERSTANDING THE HUMAN CAPACITY FOR EVIL AS A WAY OF FIGHTING THE
BOKO-HARAM INSURGENCE IN NIGERIA

Imhonde, H. O.
Department of Psychology
Ambrose Alli University
himhonde@yahoo.com

Abstract

This paper examines the understanding of the human capacity for evil as a way of fighting the Boko-Haram Insurgence in Nigeria. A lucid discourse was conducted on the Realm of challenge, human capacity for evil and social responsibility during conflict. An elaborate explanation was carried out on Psychopathic evil forces, Terrorists: human or animal. Psychological contribution to the understanding of the Boko-Haram as well as the contributions of Psychologist to building cultures of sustainable peace. The work of Stanley Milgram, Albert Bandura and Zimbardo on the ease with which ordinary people can be recruited to engage in harmful behaviours against their fellows were also explained. The paper concluded that we must collectively refuse to adopt the terrorist devaluing of human life, we have seen the enemy; do not allow us to become them.

SELF-ESTEEM, GENDER, FAMILY-COMMUNICATION-STYLE AND PARENTAL NEGLECT AS PREDICTORS OF AGGRESSIVE TENDENCIES AMONG SECONDARY SCHOOL ADOLESCENTS

Imhonde, Henry O.
Department of Psychology
Ambrose Alli University
Ekpoma Edo State
himhonde@yahoo.com

ABSTRACT

This study examined the role of self-esteem, gender, family communication style, and parental neglect on aggressive tendencies among secondary school adolescents' in Esan West Local Government Area of Edo State. A total of two hundred and forty (240) secondary school adolescents drawn from 9 private and 3 public schools in Esan West Local government Area of Edo state participated in the study. One hundred and forty of the participants were males, while one hundred were females. A questionnaire was used in collecting data. The questionnaire consisted of five sections; the demographic variables, family communication style, parental neglect, self-esteem, and aggressive tendencies. Results of the multiple regression analysis revealed that only self-esteem, independently predict aggressive tendencies. Family communication style, gender and parental neglect were not found to independently predict aggressive tendencies. However, self-esteem, gender, family communication, parental neglect jointly predict aggressive tendencies among secondary school adolescents. Based on the findings from this study, it is recommended that the future of a successful intervention by therapists/service providers for students with aggressive behaviour in Nigeria lies heavily on knowing and identifying the personal and family characteristics of the individual. This no doubt would help the therapists in managing individuals with specific treatment.

PSYCHOLOGICAL ADJUSTMENT AMONG THE ESAN PEOPLE: THE ROLE OF GIVEN NAMES

IMHONDE, H. O (PhD)
Ambrose Alli University
Department of Psychology
Faculty of Social Sciences
Ekpoma Edo State Nigeria
himhonde@yahoo.com

&

Ndom, R. J. E (PhD)
Department of Behavioural Sciences
University of Ilorin
Kwara State

ABSTRACT

Names given to children in Nigeria are not just names but must serve a function which helps the parents to adjust, cope or send information to others around them. This study examined Esan names and psychological adjustment among parents. Drawing on survey data collected from six hundred families from the five local government area that made up Edo Central Senatorial District, Nigeria, our findings show that names in Esan land are given to children as a result of the circumstances surrounding the birth, names of ancestors, relief for pains, healing, scorn among others. Secondly, Families with Esan names reported high family cohesion ($B = 4.67$, $SE = 1.82$, $P < .001$), inversely high self-esteem ($B = -0.95$, $SE = 0.32$, $P < .001$). Anxiety, BDI, PCD and BSI were all not significant indicating low anxiety and depression, thus signifying higher psychological adjustment among families with Esan names. The t-tests results indicated that there was a significant difference between families with Esan names and those without Esan names on family cohesion ($t = .21$, $df 598$, $P < 0.01$). There was also a significant difference on depression ($t = 3.65$, $df 598$, $P, 0.001$), and a significant difference was observed on the BSI scores ($t = 5.32$, $df 598$, $P < 0.001$). There was however, no significant difference between families with Esan names and those without Esan names on anxiety and self-esteem. This indicates that names given to children in Esan land serve as key factor in understanding psychological adjustment among the Esan people. This therefore call for the understanding of these names and its psychotherapeutic benefit in the understanding of the peculiarity of the Esan family and their psychological wellbeing in the sustainability of a growing economy.

**GENDER, EXPERIENCE AND SELF-DISCLOSURE AS PREDICTORS OF
STRESS MANIFESTATION AMONG UNDERGRADUATES**

IDIAKHEUA, E. O.& IMHONDE, H. O.

Department of Psychology,

Ambrose Alli University,

Ekpoma.

08032883330.

omogenfe@yahoo.com

ABSTRACT

This study investigated the influence of gender, experience, and self-disclosure, on stress manifestation among undergraduates. Gender(male and female) experience in school environment (1-2 and 3-4 years) and self-disclosure (able and non able) on stress manifestation .Using the stratified sampling technique, a total number of 300 (made up of 150 females and 150 males), selected across the levels of study ,representative of the faculties of Arts, Management, and Social Sciences within the ages of 21-27 years participated in this study by completing the author disclosure /stress manifestation questionnaire. The stated hypotheses were tested at 0.05.It was found that gender and experience has no significant effect, and self-disclosure has significant effect on stress manifestation. The need for disclosure and social skill training was suggested as a means of presenting, enhancing and maintaining social convoy, which leads to social ties and social support that acts as a stress buffer.

UNEMPLOYMENT AND POVERTY: A Threat to Psychological Well-Being

Idiakheua, E.O & Imhonde, H.O

Department of Psychology
Ambrose Alli University, Ekpoma
Omogenfe@yahoo.com

Abstract

This article postulates that there is a strong relationship between poverty and unemployment. Poverty and Unemployment are two thorny issues that go in hand with hand which generally affects the wellbeing of individuals, community and nation in general .They both placed the individuals on the path of “search” This article asserts that the ongoing state of being a job seeker, associated with unreliable and undependable source of income thus leads to being poor(financial insecurity) so unable to afford basic things for self enhancement thus leading to threatened self, which include poor self-esteem, (self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth) of all ages through This article using meta-analytic review of previous findings asserts that unemployment leads to poverty and poverty leads to unemployment and that it is worse off in a country like Nigeria, a classified developing, dependent economy but the sixth largest producer of crude oil in the world, a nation blessed with natural and human resources, yet suffering from a nation induced poverty. The unemployment and poverty of the citizens has led to a large degree loss of hope in institutions, leaders and community. The article beckons on researchers to develop a unified and integrated theory to explain the link between unemployment and poverty and suggested the creation of jobs by establishing services and production firms, reduction of charges on tariffs and services, effective and honest leadership and services, community education, and punishment of economic saboteur.

Motivational Counselling and Cognitive Therapy in Reducing Adolescence Nicotine
Dependence Risk in Benin City, Nigeria

Imhonde, Henry O.
Department of Psychology
Ambrose Alli University
Ekpoma Edo State

&

Olley, Benjamin O.
Department of Psychology
University of Ibadan
Oyo State
Abstract

Cigarette smoking continues to be a serious problem worldwide with enormous psychological implications among adolescents. This study was, therefore, designed to determine the relative efficacy of Cognitive-Behavioural Therapy (CBT) and Motivational Interviewing Supportive (MIS) counselling in reducing adolescents' nicotine dependence risk. 25 participants (20 males and 5 females) were assigned to each of the three intervention conditions, CBT, MIS and Wait listing Control Group (WLCG). Adolescents assigned to the two intervention groups reported significant reduction in the number of cigarettes smoked than those on the WLCG ($P < 0.05$). Follow-up assessment showed that while adolescents in the CBT reported significant reduction in the number of cigarettes smoked at one month evaluation ($P < 0.05$); such effect was no longer observed at the three-months evaluation. Conversely, while there was no significant reduction in the number of cigarettes smoked by adolescents in the MIS at one month, there was a significant reduction in the number of cigarettes smoked at three-months evaluation ($P < 0.05$). Adolescents who were nicotine dependent benefited from two psychological based interventions strategies for risk reduction.

NURSES QUALITY OF CARE; THE ROLE OF GENDER, OCCUPATIONAL STATUS,
BURNOUT, MARITAL STATUS, AND PROFESSIONALISM

Imhonde, H.O &Idiakheua, E.O

Psychology Department

Ambrose Alli University, Ekpoma.

himhonde@yahoo.com&omogenfe@yahoo.com.

ABSTRACT

This study investigated burnout on nurses quality of care , the effect of organizational status (senior and junior), gender, (male and female), marital status (single and married) and professionalism which is nursing education (specialist and non-specialist) A total of one hundred and sixty five(165) made up of (95) females and seventy(70) registered nurses on full time employment from a federal health and privately owned institution within the rank, NO II-PNO who constitute the direct care rendering staff participated in this study by responding to the author's modified Maslach's burnout scale . Pooled data was treated with the student t test to test the differences at 0.05 a significant level .Findings and implications was discussed according to its context, suggestions was made based on the findings.

