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TOPIC: PSYCHOLOGY OF GOVERNANCE AND LEADERSHIP
CASE STUDY

THE PSYCHOLOGICAL STATE OF THE NIGERIAN POLITICIANS, ITS EFFECTS ON
THE CITIZENS AND THE PROPOSED SOLUTION

A Final Thesis Proposal Presented to the Academic Department of the School of Social
and Human Studies in Partial Fulfilment of the Requirement for the Post Doctorate
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Abstract

For over a decade now, insecurity has been the greatest challenge the Federal Government of Nigeria has had to face, along with economic crisis and secessionist uprisings. Indeed, the subject of insecurity has slowed the overall development in the country, with funds meant for capital projects steadily committed to fighting terrorism and increasing the budget for defense.

In recent times, there has been an upsurge in criminal and terrorist activities. In September 2020, the END SARS protests organized by youths in Nigeria were hijacked by criminal elements, some of which were alleged to have been sponsored by the government. The resulting anarchy was widespread. Dozens of police officers were maimed and killed, with police stations burnt and weapons carted away. The protests have sparked up a rise in criminal activity in every region of the country. The proscribed terrorist group Boko Haram recently hoisted her flag in Niger State, Northern Nigeria, and has continued to battle the military in parts of Borno and the North East, with great success. News of kidnappings, bandit attacks, and criminal activities credited to 'unknown gunmen' and Fulani herdsmen have been making the rounds in the media daily. In the South East and South West, regional vigilante groups have sprung up, determined to stop the ongoing attacks on rural communities by criminals disguised as Fulani herdsmen. The Eastern Security Network in the South East, and the Amotekun in the South West. Scores die daily, many more are injured, in attacks on citizens and security agents alike. The situation in the country has left most citizens wondering if the government still has their best interests at heart.

The President's inaction and seemingly biased decisions and judgments, favoring the Northern region and Northerners, have split the country on an ethnic and religious basis. The same government that would refuse to negotiate with striking lecturers would not hesitate to negotiate with bandits, terrorists, and striking Northern farmers and traders. The decision to build the largest oil refinery in Africa, many miles away from the oil-rich regions, also raised many eyebrows, along with a host of other questionable decisions made by the government at both the Federal and State level, thinning the feeling of unity and oneness in the country.

These unwise decisions, and of course, the inaction of political leaders in certain situations, and their quick response to events that threaten their positions inform the thoughts that a majority of political leaders in Nigeria are self-centered, self-serving, insensitive, and even complicit to the present situation of the country.

This further reveals their psychological state as a group and how these thinking patterns have resulted in gross mismanagement of funds in the country and alleviated insecurity and instability. It is safe to say that Nigeria has been rendered a walking timebomb by the nefarious activities of her political leaders.

Political office holders in Nigeria prefer to play to the gallery, feign ignorance, or fall sick when their leadership abilities are called into question by circumstances and events rocking the nation. This paper aims to relate psychological problems to political performance, using the terrible performance of the majority of political office holders in Nigeria, sheds more light how their mistakes and poor decisions have negatively affected the country and her citizens, and suggests a way out for the nation.

Hence, this paper seeks to investigate the possible effects of mental health on the physical health, behavior, and performance of the Nigerian leadership cadre and the corresponding impacts on the quality of governance and leadership in Nigeria. It espouses the need for Nigerians to recognize mental health as a legitimate and serious concern, as well as display an unwavering commitment to the implementation of policies and practices that will ensure a supportive framework for leaders in both private and public capacities, one of which will be the establishment of Mental Health Evaluation and Certification Commission, tasked with the responsibility of certifying individuals as mentally fit to be in official appointments and leadership positions. It, the mental health certificate, is to be issued in the similitude of a driver's license, expiring after five years at most, to be renewed after new tests are conducted when the period of validity has elapsed. Families, businesses, communities, governments, and non-government organizations (NGOs) in the country must also co-operate to create awareness on mental health and as well make room for the provision of better mental health services. This study considers the importance of mental health in both public and private organizations, including leadership positions on which the running of our social system depends. It discusses the intricacies of the leadership and its particular challenges and argues that there is a need for the quality of leadership in Nigeria to improve drastically, to avoid being overrun by the mounting pressure of terrorism, insecurity, economic challenges, and so on. The visible effects of mental instability and incompetence in leadership on Nigeria and its citizens are also explored, and reflections are given on what should be the focus from here.

Methods

In this paper, information about mental health in the country was sourced from academic papers and newspapers. The objective of obtaining this information is to discuss the effects of mental health on leadership in the country, with the focus on mental health issues in the context of leaders, and to propose viable solutions to this compounding problem. Essentially, the information contained in this report can provide baseline data required in the identification of specific targets for the development of mental health services in the country. It should also be useful for maintaining progress in implementing reform policies, providing community services, and involving leaders, their families, and other stakeholders in mental health promotion. Even though the reports presented here reflect the national picture, their interpretation, however, requires caution as the data was obtained from newspapers and academic journals and mostly restricted to mental health issues involving political leaders.

The information regarding the present state of the nation, the insecurity challenges, news reports and interviews were sourced from news media outlets, television, newspapers and online platforms running on the internet.

Results

Findings from our research point to a strong relationship between mental wellness and effective leadership. Also, the consequences of poor and mentally unstable leadership were revealed, as well as a blueprint to be followed if the situation is to be salvaged.

Conclusion

Our research reveals a significant correlation between mental health disorders and abnormal psychological behaviors among Nigerian leaders. From the findings, we can infer that psychology in leadership in Nigeria is of the lowest quality, and thus, numerous woes have beset the country, due to the biased decisions and unfavorable ruling styles common to a majority of Nigerian political leaders.

Keywords: Mental health, mental illness, personality disorders, Nigeria, leaders, insecurity.

Chapter One - General Introduction

The core problem is the mental health and psychological state of those who take center stage in leadership. The psychological diagnosis of those elected into public office is the paramount reason for this research; how they should be evaluated before they are allowed to seek elective offices or appointments. The poor leadership problems in Africa, especially Nigeria, are overwhelming and, if not adequately contained, can lead to colossal disaster. (Vol. 10 2007) Penn state university press. The Researcher shall be diagnosing the psychological effects on the citizens because of the poor leadership of the political leaders. Solutions shall be recommended, part of which shall be the creation of a new agency or commission empowered by law to enforce medical, psychological test and constant appraiser before allowing those seeking for public office be allowed to do so. The essence of political leadership and control ought to be an individual's value that would yield resultant economic growth. The end-point of the governance process in all nations of the world is to make better societies by adding value to existing structures and systems. An improved disposition of political leaders on the subject matter of psychological and mental stability in democratic governance offers the only reliable and veritable platform for economic and socio-political development within any nation, thus meeting economic needs and adding to the positive value socio-economic terrain. All of these and many others are propelled when there is a harmonious connection between political leaders' attitudinal dispositions and perceptions on democratic governance and socio-economic sustainability (Marcus, 2012). The results of the study would be instrumental to the improvement of the political system and be implemented by the stakeholders: political parties, pressure groups, human rights advocacy groups, federal and state Education Ministries, Civil society groups, the private sector, and the general public. Researchers, who are currently undertaking research work on political leadership, political psychology, and other related study areas, would find the results of this study applicable.

There is an interrelationship between the physical and mental states of man. The behavior, decisions and performance of people depend on the state of both their mental and physical health. Hence, health of a person is dependent on the interactions that exists between the mind and body (Kolappa et al., 2013). A report in 2013 prepared by the Royal College of Psychiatrists (UK), explained how individuals could attain balance between mental and physical health. The report emphasized the significant distinctions between mental and physical healthcare. The findings of the report, however, are peculiar to the UK alone. In Nigeria, mental health is one subject that culture finds a way to avoid, with a great percentage of the populace shying away from issues pertaining to mental health (Bakare, 2014). The reality, however, is that the state of mental health in Nigeria, statistically speaking, is quite disturbing. According to a report, at least 20% of people living in Nigeria suffer from one mental illness or the other (Mental Health Leadership and Advocacy Program, 2012). The World Bank, on 2013, released statistics that claimed at least 64 million Nigerians suffer from at least one mental disorder, regardless of class and social status.

Several scholars have established a relationship between the prevalence of mental illnesses in Nigeria to the crisis besetting the country, calling the crisis situations triggers, as most mental

disorders often need external triggers. These factors include the brain drain syndrome in the healthcare system, poor educational infrastructure, tradition and cultural appropriation, the under-funding of the mental health system, as seen in the relatively low ratio of psychiatrists to patients, amongst other physical and psychological factors (WHO, 2003; Baba, 2005; Desjarlais et al., 1995). The state of the mental healthcare system in Nigeria, the poor infrastructure on ground, the absence and non-implementation of policies to foster transformation of the sector has worsened the situation, also the inability of the government to move on from laws and policies made in the colonial era (Westbrook, 2011; The Lunacy Act, 1958). Mental health is almost completely neglected in Nigeria. Poverty, illiteracy and other factors have successfully deprived the average Nigerian of access to adequate mental health services. There are only nine psychiatric hospitals to serve about 200 million people in the country. Due to these shortfalls created by lack of infrastructure and the scarcity of quality mental health, Nigerians have resorted to seeking mental healthcare through religious and traditional means. This may help those whose cases are not severe. In severe cases, however, mental disorders treated under such circumstances often worsen, and stigmatization of patients causes a lot more problems. The deprivation of the average Nigerian from proper psychological health services has resulted in very disturbing statistics that prove that mental disorders are twice as common in Nigeria as in other parts of the world.

As mentioned earlier, mental health is not restricted to certain social strata or geo-political zones. It affects everyone, rich or poor, young or old, male or female, leader or follower. (Steel et al., 2014). Thus, mental health is a current and important issue, for the leaders of all kinds, most importantly, political leaders.

Leaders do not live in a vacuum, and are also products of the same societies which they now represent. With the statistics that reveal the true state of mental health in Nigeria, the mental conditions of the political leaders in the nation should be called into question. Hence, the statistics of mental health about Nigeria should be of serious concern to all Nigerians who desire a change in the socio-economic development of the country.

Leadership, in itself, is a responsibility that puts significant pressure on the minds of individuals. Thus, scholars should be interested in investigating how the mental health of political leaders in Nigeria influences their behavior and overall performance, and how the citizens are bound to enjoy or suffer due to the favorable or negative decisions made by their leaders, as healthy leaders translate into healthy organizations, workplaces, or nations (Ahmed et al., 2015).

The cognitive state of Nigeria's leaders has often been largely ignored. Indeed, so little attention is given to the mental health of politicians, especially in Africa, where tyrants and authoritarians have been in positions of authority, time and again, and so little is known about it that the citizens would be forgiven for the assumption that perhaps all leaders enjoy perfect mental health, and even if they do not, it is of no concern to them, either because there is nothing that can be done about it or because there are no consequences for the leaders, their organizations, their followers, or their employees. Truly, these assumptions are inherently wrong, and close attention needs to be paid to the mental health of our leaders, be it in government or business, as is done in the cases of employees or followers, if not extra attention.

The current crisis in Nigeria, insecurity and political instability are pointers to the fact that the continual negligence of the mental conditions of people in power can result in the total ruin of a working system, over time.

Chapter Two - Research Focus

To establish a proper framework, bridge the relationship between political leadership and psychology. It is vital to understand the basic concepts that make up the bedrock of this research is the nexus between leadership and a stable psychological frame of mind. The science known as psychology is the study of the mind and how it influences general human behavior, using purely scientific methods in conducting research and arriving at conclusions. Social psychology, therefore, is the science that studies the influence exerted by the presence (real, imagined, and implied) of others on the thoughts, emotions, actions, and general behavior of individuals. It also studies how the presence of people influences an individual; In other words, how one perceived the immediate environment, how the situation can affect the thought framework, feelings, and borrowing from numerous other disciplines, like economics, sociology, philosophy, anthropology, and history, political psychology. It seeks to study relationships between people and concepts that have been strongly influenced by inherent beliefs, available information, perception, and motivation (Dietrich et al., 2012).

The application of political psychology spreads into leadership, international relations, conflict resolution, Insecurity, Legal system, law enforcement agencies, elections and electoral commission, public health sector, election behavior, and the role of media in political stability. Psychologists like Sigmund Freud developed theories linking psychology to politics, from explaining the personalities of world leaders and how it affected their decision-making in considerable periods down the ages to conflict resolution and the role of diplomacy in strengthening international relations. Notable, also, is how the authoritarian government in Germany successfully implemented the acceptance of its ideals by most. The Researcher shall be solving political tension by interviewing all stakeholders, especially present and past presidents of the federal republic of Nigeria, on how best to choose a good leader with stable political psychology

This paper aims to present psychology as it applies to leadership, and the present psychological state of leaders in Nigeria, Africa, using real examples, and link their psychological conditions to the political climate in the nation, and proffer workable solutions which, if considered and applied, might arrest the trend and effect positive change.

Concerns yet linger over the influence of the mental state on human behavior, physical development, decision making, and overall performance. When viewed through the lens of leadership, representing the interests of a large number of people, the concerns are justified. This study addresses those concerns by simplifying the concept of mental health and mental disorders, connecting psychological problems to the political process and climate in the nation, outlining the steps to take to address the lingering problems, and encouraging the development of mental healthcare in the country and improve the lives of the citizens in general.

A position of leadership is an elevated position, and as such, the actions of leaders are scrutinized by the people they lead, most especially in a democratic setting. Leaders, especially elected leaders, have been given some sort of power to make decisions on behalf of a group of people, by those people, so decisiveness is expected of political leaders (Pinker, 2011). The body language of people towards their leaders sometimes makes them, the leaders, relaxed over their duties and

the implications of their decisions. It is good that we call a spade a spade, and establish an understanding of the society of who leaders are, what is expected of them and the effects of their performance on the citizenry, since leaders are raised from existing societies (Warr, 1987; Van Horn et al., 2004).

The mental health of politicians in power has always been shrouded in controversy, most especially on African soil. It is against medical ethics for experts to opine on matters surrounding the mental health of a public figure, except an examination has been carried out on the individual and he or she certified mentally unstable. In other words, one could be sued for defamation of character if such opinions about the mental health of leaders are aired in the open without the backing of a medical report. Also, citizens have argued that further discussion on the mental health of Nigerian leaders could stigmatize those diagnosed with mental illnesses among the populace, and create an avenue for misuse of mental categorization in political debates and recruitment exercises aimed at raising leaders. However valid these concerns may be, there are some compelling reasons why the mental health of Nigerian leaders must be analysed and discussed to length:

- **Political Power**

Political leadership has always been the center of national and international development of states since time immemorial. As world systems change over time, so did the process of determining political control also change. These changes have been driven by the individual personality traits, value systems, and behavioral tendencies of political leaders, which have fallen under an aspect of science known as psychology. Therefore, political leadership's psychological component of stability is an essential discussion for national and human development. Hence, the research study focused on extracting political leadership from a branch of psychology known as social and political psychology, with an in-depth analysis of stable political leaders from the international scene and the African continent. The viewpoint of this study was on local politics in Nigeria, and results showed

The first argument for investigating the psychology of Nigerian leaders is that it provides us better understanding on the dynamics of attaining power. Bad leaders, like dictators, do not rise to power randomly. There is a calculated effort, and interaction between the inherent psychology of the leaders, the environment that enables them present themselves as alternatives, and a strong and loyal followership, who regard them as saviours. Such leaders are always chess pieces of a grand and sinister scheme, usually perpetrated by a group, for instance a political party, and they are mostly chosen because they represent everything the group stands for, and even more. For instance, in his time as president, President Muhammadu Buhari has only served to prove his incompetence, in the opinion of many Nigerians, and the sinister motive of the ruling APC, as a party with no good intentions towards Nigerians. The circumstances that have informed this view are obvious, ranging from increased insecurity problems to total uncertainty and instability.

This understanding of how bad leaders emerge holds serious consequences for Nigeria as a multi-ethnic nation. For instance, when such authoritarian leaders ascend political authority, they usually come from one of the major political parties, and their frightening desire to hold on to power moves them to employ all available means to gain the support of the majority in the legislative and judicial branches of government, to protect themselves against mechanisms created to checkmate the excesses of leaders, like impeachment. An executive leader knows that

his impeachment can only be successful if the majority of the legislators move against him, so when the legislative arm of government is dominated by the same group that dominates the executive arm, there is bound to be a bias towards the political leader. The systems created to checkmate executive power are then hijacked, and the only result of such actions is a state of anarchy, which Nigeria is fast sinking into.

- **Possible danger to society**

Political leaders in Nigeria have long shown symptoms peculiar to certain personality disorders, like the antisocial personality disorder, and the narcissistic personality disorder. They have long been known for telling blatant lies, over and over again, and little or no empathy for the people. The average Nigerian leader is self-serving, cannot manage funds properly without embezzling some for himself, has no regards for law and order or the constitution, and has an ownership mentality towards the state, this defeating the very ideals upon which democratic leadership is established.

The major concern in this case is that leaders who have these problems are more likely to put their interests first, before the country's. These impulsive tendencies, and terrible behavioral defects make rational decision making an impossibility, gravely affecting the development and growth of the country in all ramifications. However, there is an argument that since most mental disorders, such as anxiety problems, bipolar disorders, and depressive episodes, do not turn those diagnosed with them into threats to society, or may not so greatly be noticeable, there is no need to attempt to link mental problems with political performance. In the vast majority of cases, there is enough evidence to show that people with mental disorders are not necessarily violent and may pose no danger to others. While this argument may be valid for antisocial disorders, narcissistic disorder, and other similar illnesses, it is also valid for stress disorders and depressive symptoms do not put one in the best frame of mind to make rational decisions or to see things from a logical point of view. For instance, a leader plagued with paranoia will most likely make decisions out of fear when faced with a problem that triggers his paranoia.

A good understanding of how dictators and authoritarians come to power can help in the prevention of similar occurrences in the future. Political reasons are not enough to justify the rise to power of savage men like Adolf Hitler and Sani Abacha, there should also be emphasis on their individual psychological compositions, if we aim to buckle the trend of bad leadership in Nigeria.

These findings raise a number of issues to be discussed and evaluated. While this research is not meant to create a stigma around mental illnesses or accuse leaders diagnosed with some form of mental challenge as the reason behind Nigeria's problems, it is important to know that the health and optimum performance of the country's political leaders is crucial, and as such should be a priority in policies being made by the government. Resources must be made available to ensure leaders are in the best frame of mind to lead, at every time. However demeaning or embarrassing it may be to have personal problems being the subject of public discussions, organizational efficiency, sustainability and transparency demands that such resources be made available for them, and properly utilised. Also, all the consequences of mental health on behavior and performance of leaders, mostly come from the sub-clinical level of mental illnesses. As mental illnesses do not need to be clinically diagnosed before they can affect an individual, if left

unattended to, they likely worsen and clinical treatment is always administered when the illness has sufficiently progressed.

- **Effects of bad leadership**

Another and probably the most important validation for this research is the consequences of bad leadership in a country. Every working system is well oiled in all its sectors to produce results but when the head is sick, the whole body is sick. Corrupt leadership, sentimental and unbalanced policies have been the bane of Nigeria since her independence. Today, the Giant of Africa has become more or less a failing state.

Uproars of secession by the South East and South West regions have reached a climax, and insurgency continues to ravage the North. The government is more or less clueless about what to do to arrest the situation, and has renewed calls to the United States, for help. Scores of people die daily in Nigeria from attacks by Boko Haram, unknown gunmen, Fulani herdsmen, bandits, et cetera, who have seized communities and infrastructure and are bringing a reign of terror upon rural communities.

Nigeria's debt profile is at a staggering ₦16 trillion, approximately \$40 billion, higher than her foreign reserves. There is a growing menace of hyper-inflation setting in, as the cost of goods and services, especially food products, have tripled in price.

These dire situations have not provoked the leadership at the federal level into concerted efforts to turn the country's fortunes around. The inaction of the government further fuels the opinion that mental health, and mental strength must be a criterion in choosing leaders in future elections.

Inclusion Criteria:

Inclusion criteria included any academic paper or news report on:

(I) mental issues in the Nigerian workplace, (II) leaders' mental health, (III) mental health issues concerning Nigerian leaders, and (IV) situation reports concerning the insecurity and economic challenges in Nigeria.

Some Conceptual Clarifications

Mental Health

According to the World Health Organisation, mental health is "a state of wellbeing, in which a person realizes his or her abilities, develops his or her ability to cope with the normal hassles of life, be productive at work and contribute positively to his or her community."

Mental health refers to the condition of the mind, with regards to feelings, thoughts, behaviour, and actions. It is not just the absence of mental illnesses, rather it emphasizes wellness, not the avoidance of mental challenges.

Mental illness

Mental health disorders, also referred to as a mental health disease, encompass a broad variety of mental health issues. They are mental, cognitive, and behavioral disorders that affect a person's mood, thought, and actions. Depression, anxiety disorder, eating disorder, sleeping disorder, schizophrenia, bipolar disorder, insomnia, and other mental illnesses are examples. Many individuals, it is estimated, suffer from mental health issues from time to time. When persistent signs and symptoms cause frequent discomfort and impair an individual's ability to work, a mental health condition becomes a mental disorder. Mental illness can make a person unhappy and cause problems in his or her everyday life, such as at work or in relationships: Symptoms may also be treated with a combination of drugs and talk therapy (psychotherapy).

Bipolar Disorder

One who suffers from bipolar disorder generally experiences two mood phases, manic phases (high mood, high activity, high energy) and depressive phases, which are the exact opposite of manic phases. Popular celebrity, Kanye West reportedly suffers from this condition.

Depression: Loss of interest in life and daily activities, a constant low mood, and periods of sadness. It is usually due to external factors. When this state of mind is severe and prolonged, it is known as major depression. Seasonal affective disorder is also a type of major depression triggered by changes in weather and reduction in daylight during climatic seasons. People with major depression have been known to contemplate and even attempt suicide.

Anxiety Disorder

Probably the most common form of mental disorder, these illnesses manifest as severe anxiety and fear, relating to events or objects. One with an anxiety disorder will likely, at all times, desperately avoid being exposed to circumstances that trigger their fear.

Panic disorder: This kind of anxiety disorder is associated with sudden, overwhelming fear or sense of dread, and regular panic attacks. The panic attacks could lead to shock, depending on the severity.

Phobias: A well-known mental disorder, phobias are unexplainable fears of certain objects, situations, or societal conditions.

There are simple phobias, which involve a fear of objects or animals or scenarios, like the fear of rats, for instance, social phobias, which is the fear of being exposed to the public light in certain matters, which causes one to live an extremely private life, and agoraphobia, which is the fear of getting into situations that cannot be easily gotten out of, like getting into an elevator.

It is important to note here that there are thousands of phobias, many yet unknown to professionals, and the deep connection phobias have to the personality of individuals is largely unexplainable.

General anxiety disorder: This is a disproportionate state of worry, that disrupts daily life. It usually results in physical symptoms like breaks in sleep, fatigue, muscular tension increase, and restlessness. It hardly needs an external trigger. People with GAD can sometimes find themselves worrying about nothing in particular.

Chapter Three - Review of Existing Literature

Sufficient literature, research, and credible findings have been carried out on this subject in previous times, using various case studies to put forth a valid argument.

Causes of Mental Illness in Nigeria

Gureje et al. (2005) researched "Community study of knowledge and attitude to mental illness in Nigeria." They attempted to observe the attitude of a representative sample (a group of households) to mental disorders, and as well the level of enlightenment on mental health challenges. From their findings, they inferred that there is limited knowledge of mental health, mental illnesses and management of mental disorders in the average Nigerian home because of a general perception among many Nigerians that mental disorders are results of abuse of all sorts, be it sexual, child, drug or physical abuse.

As many as one-third of the respondents that were surveyed believed mental challenges had supernatural causes, claiming they were the work of demonic possession. This superstitious view was only surpassed by the drug abuse perspective. Another fraction of the responses were of the opinion that mental illnesses were a punishment from God. Such beliefs and opinions feed the stigmatization of those suffering from mental illnesses, and portrays them as architects of their misfortune, while it also nullifies the belief that a medical approach can be undertaken in seeking help and respite, and in managing mental challenges, preferring traditional and religious methods instead. Previous studies in Nigeria mostly suggest that treatment for mental illness in most parts of Nigeria is sought for at traditional homes and religious centers, Gureje et al. (1995).

Further findings also indicate suggestions that mental illnesses are also caused by certain rigorous traditional rites, or issues at childbirth.

Effects of leaders' mental health on their behaviors in Nigeria

Despite little empirical evidence, leaders' mental health has continued to spark interest as reflected in several books written by authors of different backgrounds, and which focus on leaders from political, military, and business sectors. L'Etang (1969) provided a broad history of the mental health of world leaders, from World War 1 going forward. However, one feature that distinguishes L'Etang's account from others is that he was one of the first to question the appropriateness of sensitive information on patients being revealed by their doctors. Also, McDermott (2008) speculated why compromised physical and mental health might bear a greater impact for those in leadership positions, particularly by impairing their decision-making ability, resulting in far-reaching consequences. Moreover, she offered a cogent hypothesis about possible mediating mechanisms for why mental illness impacts leadership psychological state and behaviors. For example, it could weaken a leader's cognitive, emotional, and physical resistance to stress (depletion) leading to the reallocation of scarce resources away from positive leadership endeavors towards self-care. The combination of increased stress and depleted resources results in impulsive decisions among leaders as seen on the Nigerian landscape. In their very popular book, "Snake in suits: When psychopaths go to work Babiak and Hare (2006) discussed the effects of psychopaths in the workplace, especially those in leadership positions, and provide suggestions on how such situations could be confronted.

Additionally, Ghaemi (2011) shed more light on this discussion of the effects of leaders' mental health. In his research on the impact of mood disorders such as depression on leadership behaviors, he showed how overcoming psychological disorders can improve certain leadership practices, especially in times of crisis. Furthermore, Owen (2012) analyzed illness among political leaders over the previous 100 years. Based on his findings, he came up with the "hubris syndrome". Which is described as a cluster of narcissist, histrionic, and antisocial personality disorders which are developed and sustained after assuming power? This provides a framework for understanding the leadership behaviors of U.S. President George Bush and British Prime Minister Tony Blair concerning the Iraqi War, as well as other contemporary political leaders.

As interesting as these books are - and stories of leaders' vulnerabilities to physical and mental illness will always be interesting because they run counter to myths about strong and infallible leaders - they are of little importance to scientific research (Meindl et al., 1985). First, third-party, retrospective accounts of primarily American, African, Asian, and European Leaders (most of whom are deceased) provides an unreliable basis from which to draw credible hypotheses to stimulate research. Second, several of the Authors involved consider the same cases and come to starkly different conclusions, illustrating the subjective nature of such retrospective speculation. For these reasons, it is pertinent to turn to the limited and most recent empirical research examining the effects of leaders' mental health.

Positive effects of leaders' mental health

Without prejudice to findings of the negative effects of leaders' mental health on their behaviors, there are also researches - albeit scanty - that point to the benefits of mental health for that point to the benefit of mental health for the psychological state of leaders. It has been argued that negative family experiences can affect the development of positive leadership later in life. Bronfenbrenner, (1961) is perhaps the first such study to show a link between the perceptions of the quality of the 'parent-child relationships among a group of randomly selected 10th-grade school children's and teacher ratings of the school children's leadership behaviors. Decades later, scholars have again investigated this issue through the prism of attachment theory. Secure attachment predicted a relationship leadership style, that quality leadership could exact a personal cost on such leaders (Doverspike et al., 1997). After all, leadership offers social status access to resources, personal or job control, all of which could benefit a leader's well-being (Marmot, 2004).

However, there are numerous reasons why high-quality leadership may exert a personal cost on leaders. First, one attribute of a leader, social isolation and loneliness, which could be antithetical to satisfaction of the belongingness needs that are crucial to mental health (Quick et al., 2000). Second, the cognitive complexity and responsibility inherent in some leadership positions might be enough to sap the well-being of even the most resilient leader. As noted by some researchers, the unrealistically difficult goals placed on supervisors and leaders often results in anxiety and anger, both of which could lead to abusive supervision or leadership (Hambrick et al., 2005; Mawritz et al., 2014). Similarly, another research by Koval et al. (2015), showed how people have greater expectations of individuals with high self-control levels, who show a sense

of responsibility towards people's trust and confidence, from the general leadership and scientific literature of any consideration on the effects of leading on the leaders themselves is a significant omission.

Throughout the world, there would appear to be only two genuine studies that have directly investigated the effects of high-quality leadership on the leaders' psychological state. In the first study on the emotional toll of high-quality leadership, the researchers focused on the effects of leading, ethically tracking leaders' behaviors over days, the group of scholars demonstrated that greater levels of ethical behavior were accompanied by feelings reflecting ego depletion, which in turn predicted subsequent abusive supervision, whether rated by the leaders or their subordinates. The second study was based on a representative sample of 2,324 workers and supervisors. It showed that there is a likelihood of emotional exhaustion over a period of time, for leaders who are geared towards bringing transformation. This effect increases in importance because:

1. Laissez-Faire leadership aggravated the experience of emotional exhaustion.
2. This effect was greatest for leaders in organizationally induced self-esteem
3. Transformational leadership exerted increasing negative effects on emotional exhaustion over the said period of the study.

However, conclusions regarding the emotional toll of high-quality leadership remain to be replicated given the paucity of research in the field, and pertinent questions to be raised about positive or negative effects on leaders of engaging in destructive leadership. Nevertheless, the findings are sufficient enough to highlight psychology scholars, as well as organizational decision makers.

Negative Effects of Mental Health Issues

Personality Disorders: These are extreme patterns of behavior, moods, and social dispositions that are distressing to those who suffer from them. Personality disorders are the most prevalent psychological disorders in today's world, present in at least 16% of the world's total population (Cloninger & Svrakic, 2008). One trait common to all kinds of personality disorders is that they inhibit the ability of the sufferer to work with others optimally, and when observed in leaders, such leaders are considered pathological (Goldman, 2006; Bostock, 2010). Some other studies focus on narcissism, which is a cluster of features including grandiose dispositions, arrogance, self-absorption, low self-esteem, and a terrible sense of entitlement. Narcissistic tendencies in leaders are linked to self-ratings of transformational leadership, and to subordinates' ratings of transformational leadership which are always opposite of self-ratings (Judge et al., 2006). Indeed, narcissist leaders generally get their motivation from their desire to be admired and their need for power, rather than driven by concern for their organizations and the people they lead (Judge et al., 2006; Rosenthal & Pittinsky, 2006; Chatterjee & Hambrick, 2007; Resick et al., 2009; Reina et al., 2014).

Other researchers have also examined many other forms of personality disorders and their subsequent effects on leadership behavior. For example, the histrionic dimension of the Hogan Development Scale was positively associated with transformational leadership, while the caution

(avoidant) and bold (narcissist) dimensions were negatively associated with transformational leadership (Hogan & Hogan, 1997; Khoo & Burch, 2008).

Anxious and Insecure attachment: There is much deeper knowledge of the role of mental health in the development of leadership skills through the analysis of the effects of early attachment styles (Bowlby, 1973). Attachment theory opines that attachment styles are developed early in childhood, based on the quality of relationships with relevant caregivers, and always influence lifelong relationships. Anxiously attached leaders are more likely to be disposed towards a personalized leadership orientation (Davidovitz et al., 2007), task-oriented leadership (Doverspike et al., 1997), and poor-quality leader-member exchange (Richards & Hackett, 2012).

Also, findings from the study conducted by Byrne et al. (2014), point to the role of alcohol consumption at work on leadership behavior. Even when consumption levels are low, alcohol use at work had a negative effect on both abusive and transformational leadership. While more research is required to simplify the broad group of management as implied here, and further research is needed to understand the effects of alcohol consumption on leadership, as opposed to management behavior, policy challenges from the prevalent data loom large. The willingness of those in power to enact policies that prohibit alcohol use at work must be seen, else complicity will not be farfetched.

Subclinical anxiety and depressive symptomatology:

Subclinical levels of anxiety and depressive symptoms are sufficient to interfere with social functions of individuals, according to extensive research. This may not be expected, in light of present condition, for instance, the difficulties in concentration and decision-making, inability to sleep, general sadness and negativity, and a heavy feeling of worthlessness (Judd et al., 1994). Turning the focus to leadership behavior, Byrne et al. (2014) argued that these symptoms, which show resource depletion, would be incompatible with the energy and attention required of the idealized influence and individualized consideration components of transformational leaderships. Along the same line, the ego depletion characteristic of depressive symptoms would be ill-suited to the need for self-regulatory resources that enable leaders to avoid destructive behaviors (Wang et al., 2010). In support of these hypotheses, depressive symptoms were shown to predict lower transformational leadership and higher levels of abusive supervision (Byrne et al., 2014). Furthermore, other researchers have shown that subclinical levels of depression lessened any effects of supervisors' feelings of procedural unfairness on abuse supervision, but only when the supervisors reported high levels of negative affect (Tepper et al., 2006).

Other studies have also examined the effects of subclinical levels of anxiety and depressive disorder on leaders' behaviors from different perspectives. Byrne et al. (2014) conceptualized anxiety as a proxy for resource depletion and showed that leader's anxiety or depressive mood was associated with reports of high levels of abuse supervision from subordinates. In addition, the effects of anxiety on leaders' transformational leadership were moderated by both depression and alcohol use. In both cases, effects of anxiety were greater when leaders reported depression increase and consumption of alcohol during work hours, hence giving additional evidence for the role of resource depletion on the quality of leadership (Li et al., 2016; Mawritz et al., 2014; Bazerman & Tenbrunsel, 2011; Kouchaki & Desai, 2015).

Chapter Four - Research Methods

Methodology

This research was carried out with the use of a qualitative method, with emphasis on secondary data analyzed through textual and descriptive methods of analysis. The source of the secondary data include books, journals, and articles. The discursive and dialogue-inclined method, which is the collecting and holding together of information from the multi-variety of opinions, perspectives, and positions on issues that affect a large number of people, was applied, with priorities placed on citizen's opinions of their leaders. Observation of the mental health issue in Nigeria, relying on empirical facts obtained from academic papers and newspaper publications from Nigeria and beyond, was as well carried out. (Odimegwu, 2008).

This research, as has been reiterated time and again in the course of writing this paper, is aimed at:

- Establishing factual links between mental health and political leadership, using real examples.
- Outlining and discussing the effects of mental illnesses on political leaders' performance and sense of judgement, and the dire consequences suffered by the general population.
- Proposing workable solutions, and encouraging better government participation in mental healthcare development in Nigeria.

Research Hypotheses

Coming down to Nigeria, it is a general observatory testimony that there are many individuals occupying leadership position in the country who are not fit given the open display of personality disorder. Dada (2013) argued that it is the national ruling class itself that constitutes the main obstacle to economic growth and development through the privatization of the state, depriving it of those essential means and capabilities with which to generate economic growth, and improve the living conditions of the masses. This observation is still very real in contemporary politics in Nigeria and in most African countries. The former chairperson of the Economic and Financial Crimes Commission (EFCC) Mrs. Farida Waziri stated her observation of Nigeria's leaders thus: "The extent of aggrandizement and gluttonous accumulation of wealth which I have observed suggests to me that some people are mentally and psychologically unfit for public office. We have observed people amassing wealth meant for the public to a degree that suggests madness or some type of obsessive-compulsive disorder (The Punch, 2009).

Under the three categories of personality disorders earlier identified, Nigerian leaders, are said to be more emotional and impulsive with such abnormal psychological traits as narcissism, histrionic, borderline personality, and antisocial behaviors. Here, we may not have the space to analyze them one by one, but we will like to examine some of these personality disorders as displayed by Nigerian leaders.

Antisocial personality disorder:

People suffering from this personality disorder have little or no regard for others and often violate the rights of people around them. They are generally referred to as psychopaths or sociopaths. They fail to conform to a given norm and will break all rules that will lead to their arrest or detention. They are used to lying, conning people, and using aliases mostly for personal gain and pleasure. They never show remorse for their actions and never honor any emotional or financial commitment. For example, the former President Goodluck Jonathan of Nigeria on January 1, 2012, to above a hundred naira (first time in history), not minding that the citizens would have exhausted their resources during the December festive period. Subsequently, the nation's labor union, Nigerian Labour Congress (NLC) mobilized the entire labor force for strikes and protests that completely paralyzed economic activities for five days. A lot of people found it difficult to travel back to their stations having traveled down to their various states to celebrate during the yuletide. It must be noted that we do not mean that the removal of the fuel subsidy was a wrong policy, but that it could have been done at a better time without necessarily inflicting financial and mental injuries on the citizens. This is just one out of many displays of self-centered and emotional detachment from the followers demonstrated by Nigerian leaders. The invasion of Odi community in Bayelsa on November 20, 1999, by Nigerian soldiers on the pretext of looking for trouble makers is another example of atrocious behaviors of Nigerian leaders which call to question their mental sanity. We are not scared to say that these behaviors are clear examples of personality disorders involving narcissism.

Narcissistic personality disorder:

Narcissism makes people crave admiration, attention, self-importance, and they show a lack of empathy. They cannot stand criticism or lose to someone. This set of people often exaggerate their achievements, talents, and feel superior to others. They feel they are special, and can only be understood by people who are equally talented or endowed. They will take advantage of any person or situation till they get what they want. They feel others are envious of them and will themselves show signs of heightened envy. Haughty behaviors sprinkled with arrogant attitudes can be a sign of a narcissistic personality. In most cases, the person displays excessive self-admiration and self-centeredness. We are living witnesses to how the Nigerian political landscape is built on the quest for self-actualization of the leaders' aspirations. Politics in the country is played at the expense of the well-being of the citizens. The assassination of opponents or critics is a common occurrence within the political landscape. The Dele Giwa untimely death in 1986, Bola Ige (2001), Funsho Williams (2006), Ayo Daramola (2006), Kudirat Abiola (1996), Marshal Harry (2003), and the assassination of some unsung journalists and pro-democracy are all testimonies of personality disorders of Nigerian political players. We can safely conclude that most Nigerian politicians suffer from megalomania - which is an excessive enjoyment of having power over others.

Borderline personality disorder: This mental health disorder has several features but above all else, the people involved tend to be extremely manipulative and have little or no empathy. They have a penchant for attracting people towards them, then ignoring them, and bringing the same people closer to them. One is confused about their real nature as they keep changing their personality like one changes clothes.

Indeed, manipulation and deception are recurrent lexicons within the Nigerian political landscape. One of the issues that keep bothering people about contemporary Nigerian politics, for example, is the lack of any clear ideology among the political parties and politicians. Another issue worthy of consideration is the persistent defection of major political players from one political party to another. When carefully considered, these concerns can be attributed to the borderline personality disorder bedeviling Nigerian leaders.

Historic personality disorder: People suffering from this condition are hungry for attention, over-emotional, and over-dramatic. They draw people towards them by their flirtations or seductive nature. But they are emotionally shallow, themselves. They are easily bored and live in their own romantic, feel-good world. They become extremely uncomfortable when the center of attention shifts from them. These people show extreme self-dramatization and can easily influence any person with their exaggerated emotional expressions. It is extremely rare to hear of a politician in Nigeria who refuses to vie for tenure when his/her tenure in office ends. The leaders always want to be at the center of socio-political attention given the economic benefits attached. The third-term agenda of former President Obasanjo is a testimony. It is a general culture embraced by our politicians and it is another example of a personality disorder. Also, not less than xxx former governors are now senators in the Nigerian National Assembly. As soon as they exhausted their two-term tenures as state governors, their personality disorders led them to still seek another place of prominence in the public glare.

Historical Examples Of Personal Disorders In Nigerian Political Landscape

From the 1st Republic to the present 4th Republic, PDs have been widely displayed within the political leadership cadre in Nigeria. From the few PDs earlier outlined, the absence of human feelings (or inability to empathize with others), obsessive compulsion towards wealth acquisition and power, as exercised by Nigerian leaders further confirm that there is a need for personality test for those who intend to vie for leadership positions in Nigeria. The editorial of the Daily Times Newspaper of January 16, 1996 poignantly captures the nature of both the civilian and the military rules thus:

"With the transfer of authority of the Federal Government to the Armed Forces, we reached a turning point in our national life. The old order has changed, yielding place to a new one. For a long time, instead of settling down to minister to people's needs, the politicians were busy performing series of seven-day wonders as if the act of government was some circus show...still we groped along as citizens watched politicians scorn the base by which they did ascend..." (Daily Times, 1966).

The people were manipulated and deceived with good promises that were never intended to be fulfilled. As soon as they get into power, the people become mere appendixes that the politicians only needed for a while and discarded after use. They centralize both political power and the collective resources of the nation. From the newspaper editorial above, there is an obvious display of antisocial personality disorder and narcissistic behavior. Also, Dash (1983) reflecting on the 3rd Republic holds that over \$16 billion in oil revenues were lost between 1979 and 1983 alone under the administration of President Shehu Shagari. According to him, it became quite common for federal buildings to mysteriously go up in flames, must especially just before the

onset of ordered audits of government accounts making it impossible to discover written evidence of embezzlement and fraud.

In the same vein, during the successive military regimes that followed the 2nd Republic, leaders who were convicted of corruption found themselves back to public life with their seized properties released to them. The 1994 Okigbo Panel Report on the Reform and Reorganization of the Central Bank of Nigeria (CBN) indicted former Military President, General Ibrahim Badamosi Babangida, former Head of State, Late General Sani Abacha, and former Governor of the CBN, the late Alhaji Abdulkadir Ahmed, for mismanaging about \$12.4 billion oil windfall between 1988 and 1994. A summary of the panel's report submitted to the Federal Government revealed that General Ibrahim Babangida's regime conspired with top officials of the CBN to squander the fortune in dubious or unproductive projects (Ogbeidi, 2012).

To prevent the continual perpetration of corrupt practices in our political landscape, President Obasanjo inaugurated the Independent Corrupt and related Practices Commission (ICPC) on September 29, 2000 and the EFCC in 2003. These anti-graft agencies have been able to expose some cases of corruption even though corruption has multiplied in the country. The former agency is saddled with tackling corruption in the public sector, especially cases of bribery, graft, gratification, and abuse of office, while the latter investigates people in all sectors who appear to be living above their means.

According to Adekeye (2003), political parties in Nigeria could be said to be the domain of this display of personality disorders. He posited that, "a survey on the level of corruption in Nigeria carried out in 2003 by the Institute of Development Research of the Ahmadu Bello University, Zaria ranked political parties in the country third on the list of thirty most corrupt public institutions in Nigeria.

Thus, if multinational corporations (MNCs) could make personality tests compulsory for new recruits in order to determine their fitness for a particular job, it is an imperative that in the management of public resources and governance, those aspiring to be involved need to go through this personality test too, given the enormous task of managing both natural and human resources.

Selected Cases of Indicted Public Office Holders in Nigeria

Dada (2013) compiled a list of Nigerian public office holders' indictments for corruption and we found this very germane in establishing the nature of personality disorders among Nigerian leaders. What follows from here are details as provided by the author in his write-up, "How they looted Nigeria dry and a litany of abandoned EFCC corruption cases."

(1) Mr Tafa Balogun: who pleaded guilty to eight counts of money laundering charges to the tune of 16 billion naira in 2005. He was sentenced to six months imprisonment. Same went for Mr Diepreye Alamiyesigha, former governor of Bayelsa state, who was convicted for money laundering and later released on plea bargain.

(2) Senator Iyabo Obasanjo Bello: In April 2008, the EFCC began the investigation of Senator Iyabo Obasanjo-Bello for receiving 10 million naira stolen from the Ministry of Health. The former Minister of Health also faced trial for stealing over 30 million naira from the Ministry's unspent

funds from the 2007 budget. Although the Minister was relieved of his post, Senator Iyabo dramatized her case out of court and eventually went scot-free. The case has since been discontinued. No acquittal, no adjournments.

(3) **Chimaroke Nnamani:** The EFCC on August 10, 2009 sealed off the premises of Cosmo FM Radio Station, Rainbow Net Nigeria Limited, and other companies believed to be owned by the ex-governor of Enugu state, Chimaroke Nnamani, who was later elected Senator of his federal constituency. The properties were seized by the EFCC through a Lagos federal High Court order in May 2007 following the indictment of Nnamani over alleged corruption and embezzlement of state funds to the tune of 5.3 billion naira. After arraigning the ex-governor for prosecution in court, it appears the case had been discontinued because as at September 25, 2010, there was neither conviction nor an acquittal. Rather, the case has suffered prolonged adjournments and is still pending in court till tomorrow. He was even elected as a Senator between 2007 and 2011.

(4) **Saminu Turaki:** Saminu Turaki is a former governor of Jigawa state who is alleged to have mismanaged the sum of 36 billion naira from the state's finances. Turaki is also alleged to have laundered public funds of various values, an offence which the legal and prosecution unit of the EFCC describes as punishable under the nation's Money Laundering (Prohibition) Act 2004. Without shame, Turaki argued that a substantial part of the sum allegedly siphoned was invested into the People's Democratic Party (PDP) third-term project of the then President Obasanjo.

Till date, his case with the EFCC is yet to be concluded. His bail was contended by the EFCC on the grounds that the former governor held multiple nationalities and could jump bail, if granted. Turaki had meanwhile secured the transfer of his trial to his home state. While the trial was going on, Turaki won a seat to the Senate and he was in the National Assembly between 2007 and 2011.

(5) **Alao Akala:** EFCC had arraigned Alao Akala, a former governor of Oyo State, together with Senator Hosea Agboola, and a businessman, Femi Babalola, over alleged misappropriation of public funds to the tune of 11.5 billion naira. The trio were accused of conspiracy, obtaining money by pretense, illegal award of contracts, and acquiring property with the proceeds of corruption, as well as concealing the ownership of the property. Today, all the accused have been freed and nothing is heard about the case again.

(6) **Peter Odili:** EFCC began moves to swoop on Rivers State government officials in late 2006 when it issued a report of investigation into the state's finances, in which it said over 100 billion naira was diverted during Odili's two terms. The report contained allegations of large-scale fraud, conspiracy, conversion of public funds, foreign exchange malpractice, money laundering, stealing, and abuse of oath of office against the ex-governor. To starve off impending prosecution of the officials, the then Rivers State Attorney General went to court and got an order of perpetual injunction in March 2007 restraining EFCC from investigating the state government. A year later and months after leaving office, Odili himself approached the court and pleaded to be made to benefit from the said injunction and the court granted his prayers, making him perpetually immune from arrest and prosecution over his conducts while in office.

It must be noted that the EFCC feebly challenged the perpetual injunction at the Court of Appeal in October 2008, but no judgment has yet been delivered in the case, nearly thirteen years after, because of what an insider disclosed to be lack of diligent prosecution and official interference.

(7) **Lucky Igbinedion:** In January 2008, Lucky Igbinedion, a former Governor of Edo State, was declared wanted by the EFCC on 191 counts of financial fraud. These were related to allegations of embezzlement of public funds amounting to \$24 million using front companies. The ex-governor's overseas properties were valued conservatively at about 6 billion naira and some of these properties include a mansion in Cape Town (SA), numerous apartments in highbrow areas of Johannesburg (SA), and the famous Kenwood mansion in the UK valued at €3.3 million.

Igbinedion was also alleged to have embarked on expensive shopping sprees abroad and he set up a vast business empire with the proceeds of corruption in which his younger brother, Bright Igbinedion, served as the overseer. Chief Igbinedion was arraigned by the EFCC before the Federal High Court in Enugu. Bizarrely enough, the EFCC through its counsel Rotimi Jacob, reduced the numerous count charges to a one-count charge that read:

"That you, Lucky Igbinedion (former Governor of Edo State) on or about January 21, 2008 within the Jurisdiction of this honorable court neglected to make a declaration of your interest in account No. 41240113983110 with GTB in the declaration of assets form of the EFCC and you thereby committed an offence punishable under section 27(3) of the EFCC Act 2004.

The terms of the plea bargain were that the prosecutor would reduce the 191-count charge to a single-count charge and in return, Lucky Igbinedion would refund 500 million naira, 3 properties, and plead guilty to the charge.

(8) **James Onanefe Ibori:** On December 12, 2007, James Ibori, former Governor of Delta State was arrested by the EFCC at the Kwara State Lodge in Asokoro, Abuja. The charges he faced included abuse of office, theft of public funds and money laundering. These charges of corruption were brought against him by the government of the former President Obasanjo. The then EFCC Chairman, Mallam

Nuhu Ribadu alleged that Ibori tried to bribe him to drop the charges with a cash gift of \$15 million, which Ribadu immediately lodged in the CBN as an exhibit.

On December 17, 2009, a Federal High Court sitting in Asana (Delta State) discharged and acquitted Ibori of all 170-count charges brought against him by the EFCC. But the EFCC filed a notice of appeal against the judgement, and had begun a new round of investigations on the man following a petition by members of the Delta State Elders Leaders and Stakeholders Forum, which was made available to the public in March 2010. In April 2010, 3 months after the demise of President Musa Yar'Adua and the subsequent takeover of the presidency by the former Vice President Goodluck Jonathan, Ibori's case file was reopened. A new allegation was leveled against him.

Several attempts to re-arrest him were unsuccessful as he was allegedly being protected by a group of Niger-Delta militants after fleeing Abuja to the creeks of Delta. In April 2010, Ibori fled Nigeria, which prompted the EFCC to seek the assistance of Interpol on the case. On July 12 2010, the Governor of CBN, Mallam Sanusi Lamido revealed that Ibori had used Delta State as collateral for 40-billion-naira loans when he was the governor. He was later arrested in Dubai and subsequently extradited to the UK where he served 4 out his 13-year jail term (Dada, 2013).

Currently, leadership in Nigeria can be said to have taken a turn for the worst. The rising spate of insecurity in the country, since the election of President Muhammadu Buhari, a Retired Army General, into power is peaking in recent times. The President has had certain health challenges since coming to power, although the nature of his ailments has not been officially confirmed. In his passive approach to leadership, the country has sunk to new lows as secessionist groups have become bolder and more daring in their quests for the independence of their regions, and the terrorist group Boko Haran, along with bandits and herders wielding weapons have continued to unleash terror, unabated, in the nation.

Governor Samuel Ortom, the governor of Benue State, located in the Middle Belt of Nigeria, was quoted by the media to have declared that "Nigeria has no government at Federal level", also very recently accusing the Federal Government of complicity in the terrorist attacks on Benue State. (Source: Channels Television).

The Governor of Edo State, as well, in another instance, has claimed that the economy is in a serious mess, citing an instance when the CBN printed money to the tune of 60-billion-naira, money not backed by local production, claims which Central Bank directors and the Federal Government have promptly debunked.

Political leaders in Nigeria, from these instances are shown up in their inability to lead under pressure, and how their biased decisions have put the country in danger, in terms of insecurity and rising economic hardships. It further confirms thoughts that a majority of leaders in political offices, from the Federal Government level to the Local Government level are unfit to lead, mentally.

Also, the government has failed, perpetually, to address the failed state of mental healthcare in Nigeria, with statistics showing nonexistent infrastructure, and specialists in the field. A state as populated as Lagos State, only has one Psychiatrist Hospital, to tend a population of over 20 million people. A look at the infrastructure present in the Hospital Complex of the Federal Psychiatrist Hospital, Yaba presents the situation as dire, yet, nothing is being done to address this lingering issue that more or less explains the reason Nigeria is where it is today.

Reactions of Nigerian leaders to the rising insecurity crisis within the country also serves to inform the opinion that mentally, a majority of Nigerian political leaders are incompetent, and unfit to lead. A number of press reports were gathered and analyzed to this effect.

Interviews

Interviews and reports from state governors and top political stakeholders were juicy sources of information upon which this thesis was based.

On Wednesday, 28th April 2021, the governor of Rivers State, Nyesom Wike, addressed reporters in a press conference. He announced the imposition of a night curfew in the state due to the latest attacks on security agents. Unknown shooters gruesomely murdered over ten police officers and soldiers. He claimed that the insecurity is being politicized, and states controlled by the ruling party are the worst hit by the crisis. Wike also blamed bad leadership for the current insecurity challenges in Nigeria. (BBC News, Pidgin)

In a press briefing, when he went to inspect the damage done in Gana, Benue State, Governor Samuel Ortom claimed that Nigeria has no government at Federal level, and that Buhari is running a government for the North. He accused the federal government of complicity in the terrorist attacks, due to their passive approach to the random attacks by unknown gunmen all over the nation. Ortom lamented that over 70 persons had died within two weeks in Benue State, and urged the President to address the nation himself, not through aides. He concluded by saying the people would be forced to defend themselves, since they can no longer place faith in the government. (Source: Channels Television, April 2021).

Former Senator representing Kaduna Central, Senator Shehu Sani, via his Twitter handle tweeted saying: Governors are now reporting killings like journalists, and lamenting killings like CSOs. (<https://twitter.com/ShehuSani>)

Former Vice President of Nigeria, Atiku Abubakar lent his voice to the crisis by accusing the government of encouraging criminals by negotiating with them, and urged Buhari to declare a nationwide state of emergency, emphasizing that the kidnappings of school students must be stopped and kidnappers brought to book. (BBC News, Pidgin)

The Governor of Niger State, on the 28th April, 2021, confirmed the presence of Boko Haram in Kauri, a community two hours away from the FCT. He claimed that a lot has been said to the federal government to arrest the issue, but there has been no response so far. He urged the government to mobilize a coordinated military operation to retake the community, as Boko Haram had sacked it, displaced the citizens and hoisted its flag, taking control of the area.

The President of Nigeria, Muhammadu Buhari, reacted by calling out to the United States of America, asking for help in tackling insecurity and terrorism problems, noting that the events could spill over to other countries in the region. (Sahara Reporters).

These press reports, and many more serve to underline the cluelessness of Nigerian leaders in crisis situations, and the consequences of terrible political decisions over the years.

The table below reveals how much influence these leaders mentioned wield in their respective states. The information contained in the table was retrieved from the Independent National Electoral Commission's website:

Name of political leader	Number of votes in previous election	Total number of votes cast.	Percentage
Nyesom Wike	886,264	1,101,619	80.4
Samuel Ortom	434,473	826, 285	52.6
Sani Abubakar Bello	526, 412	900, 871	58
Shehu Sani	70,613	636, 814	11.1
Atiku Abubakar	11,262, 978	28, 614, 190	39.4

Chapter Five - Results of Research Analysis

Findings

The number of the electorate that depend on the politicians show a great deal from the information gathered the political players represents good number of the people. Hence the following analysis:

The result shows that the population that the political leaders represent approximately 13,160,740 showing as the citizen they represent. The total number of vote casted among the five political leaders during the election is 32,079,779. The exact percent of the population of those represented shown on the table.

Strengths

This study uses statistical analysis drawn from trusted sources, politicians that represent the people, as well as existing literature, which are quite credible and factual. Careful analysis of the core subjects was carried out to detail, and findings were based on the analysis, and not on external influences or opinions.

Much emphasis was placed on the specifics, with irrelevancies properly avoided.

Weakness

Most records in governmental organizations are either outdated, archived or totally unreachable. Furthermore, this research was carried out with narrow views in mind, focusing on a not-so-wide view of the subject. Yet, there is a lot of substance behind it, and the present circumstances in the nation only confirm the position taken in this study.

Nigeria has been plagued with bad leaders, and a walk down memory lane reveals the psychological defectives in the system of governance that has brought a once-promising nation to its knees. The psychology of political leadership in Nigeria is such that allows for inviting and unstable political ideologies, like in the treatment of the Igbos during and after the civil war, as recorded in the book: *There was a Country*, by Chinua Achebe. Policy making in Nigeria has been biased towards the Northern parts of the country and as such, has divided the country along the lines of ethnicity and religion, since Northern Nigeria is predominantly Muslim. The ethnic bigotry, hatred and divisions were seeds down by years and years of divisive policies and bad governance. It is no longer uncommon for ethnic groups and their representatives to issue ultimatums to other ethnic groups to leave their region or face genocide, as was the case in 2017, when the Arewa Youth Consultative Forum demanded that the Igbos leave the North before a 30-day ultimatum expired. Although the threat was not carried out, it was a clear pointer to the divisive body language of political leaders and how their biased decisions have put the lives and properties of Nigerian citizens in jeopardy.

In a country where men like Dr. Isa Pantami, known for having expressed extremist views in the past, is the head of the National Identification Management Commission, with access to sensitive information of Nigerians, the Federal Government yet insists that Mr. Pantami is a changed man and has continually defended him, since calls for his resignation began to trend on social media.

Audio clips, sermon documents and video clips of Mr. Pantami have been circulated on social media, in each one his support and sympathetic views for terrorist and extremist groups are made obvious. In saner climes, such a person, changed or not, should not be allowed to occupy sensitive official positions, but in Nigeria, where the lives of cows have more value than the lives of human beings, anything can happen. (BBC News, Africa)

The silence, inaction and passive approach of the President, Muhammadu Buhari towards the running of the country, conflict resolution, resource distribution and management further confirms the need for serious actions to be taken, in order to save Nigeria from this breed of leaders, and ensure that in subsequent elections, better qualified, mentally healthy, and competent leaders will run for positions and be elected in free and fair circumstances.

Also, there is considerable neglect of mental health issues in the country. The existing mental health policy document in Nigeria was formulated in 1991. It was the first policy to address mental health and mental health disorder in the country. Its components include advocacy, promotion, prevention, treatment, and rehabilitation. Since its formulation, no revision has been undertaken and there is no formal assessment of how much it has been implemented has ever been conducted. Though essential medicine exists, they are not always available at health centers. No desk exists in the government ministries of health at any level for mental issues and only four percent of government expenditures on health are earmarked for mental health. All of the nine mental health facilities in Nigeria are owned by the government. In all these facilities, no beds are set aside for children and adolescents. Many of the admissions to community-based inpatient psychiatric units and mental hospitals are involuntary but there are no extant laws to regulate admission policies and protect patients' rights. Presently, ninety-five percent of psychiatrists in Nigeria work only for government-administered mental health facilities, and five percent work only for NGOs, for-profit mental health facilities, and private practice. Though physicians are coordinators of the primary healthcare centers located within local government areas, such centers are run by non-physicians. Physicians in PHCs are allowed to prescribe psychotropic medications without restrictions. Non-Physicians working at primary care levels can sometimes prescribe but only in situations of emergency.

Patient associations focusing on mental health issues do not exist in the country. The NGOs are mostly not involved in individual assistance activities such as counseling, housing, or support groups. There is no coordinated body to oversee public education and mental disorders. There are no formal structures or provisions for interaction between mental health providers and primary healthcare staff. Also, no systematic reporting of information exists for mental health. In general, several countries in Africa are better resourced regarding mental health facilities, than the said Giant of Africa. Countries such as Egypt, Kenya, and South Africa have more psychiatrists per 100,000 persons and also higher proportions of psychiatric beds. Many countries in Africa also give better official attention to mental health issues. More recent mental health legislations exist in several countries and mental health issues are specifically addressed by designated senior bureaucrats.

This dire state of the nation's medical field specialized in mental health services has perhaps, given rise to the present lack of quality in leadership positions, mentally-wise. The twisted variation of leadership observed in Nigerian political circles lends credence to the fact that there

is a great need for significant intervention in the mental healthcare sector, and consideration and implementation of existing proposals on psychological aspects of leadership, as well as accountability measures put in place to address mental problems in leaders, to properly screen those vying for official positions, as well as senior employees of Government agencies.

Societies and civilizations are developed over time with the help of human knowledge in political leadership and mental stability. This form of development is premised on psychological ideas and ideologies strengthened by a branch of social psychology known as political psychology. According to Taber & Lodge (2006), political leadership revolves around policy design, public opinion, political socialization as well as conflict resolution techniques. The psychological elements that make up for stability in political leadership will be the focus of this research paper. General leadership theories and political leadership theoretical models will be analyzed in this study with a purview on stability in political leadership. The links between psychological ideologies and leadership will also be discussed, and a holistic evaluation of stable political leadership using a case study of the African and Nigerian political environment to buttress the facts already stated will be carried out. The benefits of the study with respect to real-life applications in governance and policymaking will also be dissected with recommendations and conclusions.

The world relies on the ingenuity of its political class for all its economies to grow, thrive, and even prosper. This is a fact well known and steadily emphasized in every clime of government and state control. The essence of political leadership and control is individual value addition that would yield resultant economic growth. The end-point of the governance process is to make better societies by adding value to already existing structures and systems. An improved disposition of political leaders on the subject matter of psychological and mental stability in democratic governance offers the only reliable and veritable platform for real economic and socio-political development within any nation, thus meeting economic needs and adding to the positive value of any socio-economic terrain. All of these and many others are propelled when there is a harmonious connection between political leaders' attitudinal dispositions and perceptions on democratic governance and socio-economic sustainability (Marcus, 2012). This balance can only be maintained at an optimal level if political office holders give the subject of democracy and good governance prioritized attention as critical components of psychology. The results of the study would be instrumental to the improvement of the political system if implemented by these stakeholders: political parties, pressure groups, human rights advocacy groups, and federal and state education ministries, civil society groups, the private sector, and the general public.

Researchers, who are currently undertaking research work on political leadership, political psychology, and other related study areas, would find the results of this study applicable.

Concept of Social Psychology.

The science known as psychology is the study of the mind and how it influences general human behavior, using purely scientific methods in conducting research and arriving at conclusions. Social psychology, therefore, is the science that studies the influence exerted by the presence (real, imagined, and/or implied) of others on the thoughts, emotions, actions, and general behavior of individuals. It also studies how the presence of people influences the individual; that is, how one's immediate or perceived environmental situation can affect the thought framework, feelings, and decisions of that person (Cherry, 2015).

Therefore, social psychology attempts to draw a link between the state of the mind and the external social conditions and, with this, explains human behavior. Having firm roots in philosophy, social psychology emerged as a discipline towards the end of the 19th century.

The field encompasses studies on phenomena like attitude (defined as general evaluations that influence thoughts, decisions, and deeds), persuasion (the ability to make people adopt a stance or accept an idea by appealing to their logic or emotions), conformity, prejudice, small group dynamics, attribution, social cognition, self-concept, etc.

Using correlational, experimental, or observation-based methods, scientists have studied these phenomena in humans and how they affect and influence interrelationships between people.

Politics and leadership are fundamental components of human society. Political parties are groups, hence the need to understand social psychology and have certain traits and ideals that support leadership to make notable strides in administering groups, small or large.

On Political Psychology.

A branch of social psychology, political psychology, attempts to understand and explain politics, the players, and general political behaviour from the psychologist's view. Borrowing from numerous other disciplines, like economics, sociology, philosophy, anthropology, history, etc., political psychology seeks to study relationships between people and concepts that have been strongly influenced by inherent beliefs, available information, perception, and motivation (Dietrich et al., 2012).

The application of political psychology spreads into leadership, international relations, conflict resolution, elections, and election behavior, and the role of media in political stability. Psychologists like Sigmund Freud developed theories linking psychology to politics, from explaining the personalities of world leaders and how it affected their decision-making in notable periods down the ages to conflict resolution and the role of diplomacy in strengthening international relations. Notable, also, is how the authoritarian government in Germany successfully implemented the acceptance of its ideals by most of the country's population, using psychological methods to influence their minds, employing tools like cognition, compliance, and obedience. Now infamous, the Milgram

tests also revealed how most people would carry out orders given by an authority figure, even if it meant going against their personal moral code. (Jost&Sidanius, 2004)

Political Leadership

In the words of renowned American motivational speaker John C. Maxwell, "leadership is where everything rises and falls." This exhaustively gives us a preamble on the crucial need for leadership abilities by individuals in every facet of life, from business institutions to educational facilities, sports, and even non-profit setups. According to Mohammad, Rafi &Saad (2012), leadership can be said to be the most crucial factor that determines the success or failure of any institution. From an intrinsic point of view, one of the most extensive areas of study in social sciences can be said to be leadership.

Leadership can be described as an art in which people are mentally and physically influenced to enthusiastically work to accomplish the goals of an institution, howbeit willingly. The art of leadership is carried out by individuals who are tagged as leaders. Leaders are only identified within a social group setting due to their relationship with others in the group who serve as followers. However, the idea of contemporary leadership in an institutional setting confers the ability and capacity of leadership on every member of a social group or every individual in an institution. (Saad, 2012; Hudson, 2019)

The complexity and the broad scope of leadership in contemporary organizational settings have led to the evolution of several leadership theories and models by different schools of thought. According to Zimbago (2013), these theories and models can be grouped into four broad categories: the essentialist theories, constructionist theories, critical theories, and relational theories, all of which determine the type of leader a person is. The essentialist theories analyze leadership based on the leader's actions; the relational theories posit that leadership exists in the relationship between leaders and followers; the critical theories study leadership from the viewpoint of power, while the constructionist theories analyze leadership based on how the leader can get things done.

Leaders usually adopt certain approaches or behavioral patterns known as leadership styles to drive productivity and motivate followers towards the achievement of organizational goals. According to Ajibade, Ajayi&Shobowale (2017), several leadership styles include autocratic, democratic, charismatic, laissez-faire, and bureaucratic leadership styles.

The governance of sovereign states and nations are complex processes that are characterized as projects, and hence political leadership is needed to serve as the control for states in order to get policies working and improve accelerated human development on an exponential scale. To clearly understand the relationship that exists between leaders and politically controlled nations, the functional leadership theory described by McGrath (1962) and cited inAmoros&Tipelt(2012) gives us a view that the leadership role is *"to do, or get done, whatever is not being adequately handled for group needs."* Put another way, the leadership function in teams is that of *". . . leader as a completer . . . the best a leader can do is to observe which functions are not being performed by a segment of the group and enable this part to accomplish them"*. Hence, the leader is in a position to augment the deficiency in role functionalities of the project team.

For the Burns' theory of transformational leadership highlighted by Maranga&Scampayo (2015), which asserts that leaders and followers operate in an environment that creates an opportunity for side-by-side development and high-level motivation for performance, it can be seen that political leaders are transformational leaders who operate as a team within their jurisdiction of influence and hence seeks the professional development of their ambient environment.

Psychology and Political Leadership.

Psychoanalyst Sigmund Freud made giant contributions to the study of political psychology in relation to personality. His theories on unconscious behavioral motives had a significant impact on successive works by other scientists.

According to Freud, as cited in Funk et al. (2011), the three components of personality- id, ego, and superego, were the raw material that influenced the behavior of politicians the most, equally influencing their ability to make favorable decisions. He believed that the interaction between these aspects of personality and the individual's mastery over the pleasure and reality principles generally influenced the actions they took regarding politics. This particular psychoanalytic approach is one used in writing psychobiographies of political leaders. A psychobiography basically draws inferences from all aspects of the leaders' development, from childhood, and uses this framework to understand the reasons behind their decisions at certain points in time and even to predict their likely moves and strategies in the future. For instance, we see how the body language of Asiwaju Bola Ahmed Tinubu has tilted him steadily towards running for president in Nigeria. All through the years, most of his moves were to put himself in the best spot possible and present himself as the only alternative.

The study of traits has also been used to link psychology to political leadership. Among the works on traits, the most recognized is the 'Big Five' dimensions of personality, put forward by Costa and McCrae in 1992. They split up personality into neuroticism, agreeableness, conscientiousness, extraversion, and openness to experience. Political psychologists believe that a combination of these traits in one can be used to gauge his/her style and leadership capacity. (Dietrich et al., 2012)

Motivation for power, achievement, intimacy, etc., has also been touted as a strong factor that affects the performance of political leaders. We see how Adolf Hitler was strongly motivated by his will to see his ideal world play out in reality that he took drastic measures to see this through. Scientists have also inferred that the authoritarian trait seen in some leaders could be the result of conditioning through extreme conventional parenting (spare the rod, spoil the child). Also, political leaders who were once in the military tend to lean towards authoritarianism, mostly due to their military conditioning. Examples of such abound in Africa, even in this present day. Mohammed Morsi of Egypt, after coming to power, began to drift towards running the government like in a military regime. Such action is predictable, based on the leader's personality; one can draw almost accurate predictions on their future performance (Ajarimah, 2001).

The Ideal Political Leader.

There is no exact framework to describe the ideal political leader in psychological terms, as contextual factors must be considered before drawing conclusions. The perfect political climate is another important factor that must be considered because people are only as good as their immediate environment affords them the ability to. Individual political behavior is also largely influenced by the internal conditions of the political parties the individuals are affiliated to. It has been observed how a number of political leaders made grievous erroneous decisions based on the general ideologies of their political parties. (Awofeso & Odeyemi, 2014)

We can infer, from the aforementioned, that group behavior is equally important and that defects or strengths in the internal structure and stability of the group could be detrimental or advantageous to the success of the political ambitions of individuals within the group and subsequently influence their political decisions. (Abu et al., 2015)

The ideal political leader can make the right decision at the right time, esteeming the vision of the collective above personal ambition, who can accept that he is not in control of every situation, and can exert notable influence over a large number of people. Since there are no criteria upon which right and wrong can be duly established, it is safe to say that there is no ideal political leader. At best, from a psychological point of view, political leaders are ideal for the political climate of their respective environments. (Ogbeidi, 2012; Agbude, 2020)

Stability in political leadership is the mastery of reality over emotion. Stable political leaders tend to have control over their feelings, the ability to make decisions based on the information at hand, favorable value systems built up in their personalities, highly motivated, influential, dogged, resilient, good communication skills, and people-management abilities. It is not unusual for them to leave a mark on everyone around them, have a great opinion of themselves, and have the ability to get others to believe in them. (Simona, 2008)

Reviewing the International Scene

In political terms, Adolf Hitler was probably the most influential and focused leader in European history. Known as *Der Führer*, translated to mean *The Leader*, he was born in Austria to an illegitimate father. He was a product of conventional parenting, having fear instilled in him by his father. He faced many rejections growing up, most notably giving up on a career in art after the Academy of Arts rejected him in Austria.

Joining the army gave his life meaning and helped him escape desperation. War was life to Hitler, and this built up into his personality. He would go on to become the main architect of the greatest and most catastrophic war in human history.

His rapid rise in politics was down to his absolute devotion to his ambition and the ability to 'use people who meant to use him.' Employing tools of propaganda through mass media, Hitler succeeded in building a movement that was centered on him, and of which he was head. His arrest in 1923 was a situation that put him in the limelight, and he used the publicity to great effect, winning over most of the citizens through sympathy.

His core beliefs were centered on the fact that he believed his people were the best version of mankind, and the state should always serve the people. This was his gospel,

and it painted him in the light of a born leader. Perhaps the most famous and world-renowned African leader, Nelson Mandela, was the first black head of state and the first to attain power in a democratic process in South Africa. Worthy of note is that this feat was achieved in a country divided along race and racial apartheid lines.

Mandela was born into royalty perhaps that shaped his value system as he had some privileges but was used to seeing others denied privileges. He went on to study Law and worked as a lawyer in Johannesburg.

Law brought him into politics, and he wasted no time joining the anti-colonial movements and movements for African nationalism. Growing up in a system that privileged one race over the other, Mandela and his ANC party fought tirelessly to overthrow the system, putting their lives at risk. His zeal led him to conspire to overthrow the government after a series of nonviolent approaches bore little fruit. He was tried and sentenced to life imprisonment in 1962.

Like in Hitler's case, this incident only served to afford Mandela the required local and international publicity, and subsequently, his jail term was cut short, and he rode the wave to become the first duly elected president of South Africa in 1994. Mandela's unwavering focus and motivation to attain power for the good of his people is commendable.

His emphasis on reconciliation between both races within his country presented him in a good light in the eyes of both white and black. Indeed, this and many more reforms earned him several international honors, including the Nobel Peace Prize.

It is interesting to note that Mandela's forename, Rolihlahla, means troublemaker. We can thus infer that the trait of standing up against systems had been observed in him from his childhood. The sacking of his father for standing up against an unreasonable request from a magistrate was also an event that greatly influenced Mandela's later decisions in politics. He was also suspended at the University for leading a boycott against the quality of food.

Many more events shaped his personality and endowed him with values that ensure his stability in his political career, such that when he embarked on a political path, he said he 'simply found himself doing so, and could not do otherwise.'

Case Study: Nigeria.

Former Vice President of the Federal Republic of Nigeria, Atiku Abubakar, on the local scene, is one leader that has shown some measure of stability in his political career. An astute businessman, perhaps his entrepreneurship prowess, coupled with the mastery of group dynamics, imparted him with the right frame of mind for political leadership in Nigeria. The only man to have contested the presidency six times, albeit unsuccessfully, this never-give-up trait is a strong component of stable political psychology.

Abubakar retired from the Nigerian Customs Service in 1989, looking to business and politics, and making giant strides in both. His inability to accept failure and keep trying is one that has greatly influenced his decisions over the years.

Having been at the heart of Nigerian politics since the early nineties, many who were prominent then have long faded from the limelight, yet Abubakar remains, fuelled by his

motivation to one day become the President of the nation. With patient planning, he has worked his way into the top echelons of political platforms, time and again, using his resources to further his cause.

Atiku is also known for his tendency to ride the wave of public opinion. Since the restructuring of the nation has become a selling point to the citizens, he has wasted no time in preaching it as one of his visions for the nation, seeking to warm his way into the hearts of Nigerians, and present himself a strong option against the forthcoming elections. He possesses great self-concept.

On the two occasions that the Wazirin of Adamawa has switched political allegiance, seemingly forsaking the collective goal to pursue his ambition, his actions were consequences of the group's decisions that he believed were unfavorable. When former President Olusegun Obasanjo sought to amend the nation's constitution, seeking a third term in office, Abubakar strongly opposed his boss, and when Obasanjo's bid failed, he sought to frustrate the political career of Atiku Abubakar, forcing him to leave the PDP to pursue his ambition on the platform of the Action Congress. On the second occasion, he claims he defected from the party due to certain irreconcilable differences at the time, and on his return, conceded to having, in his own words, left home. He remains a fundamental member of the PDP to date.

The Political Environment of Africa and Nigeria

Post (2003) considers political science as a ruling science that studies the highest good; happiness, which is the goal of everyone's life, in a way to guide authorities to legislate what is right to be pursued and what is wrong that it may be avoided. This perception has a teleological worldview such that it explains all actions, including political actions as being directed towards an end, which is the greatest and most complete good, happiness. Knowledge of the highest good is important since it guides the conduct of people in the society. In determining what is right and what is wrong, politics influences one's choice of action. Consequently, through political knowledge, one will be able to choose rationally an action that is most desirable for the welfare of the society.

Politics influences people's ways of life: how they live, why they live that way, and where they live. For instance, it defines issues such as those pertaining to citizenship; that is, how one qualifies to become a citizen of a particular country. This can be by birth (being born in a particular country), by naturalization (involving social contract), by registration, or by descent. Because of its great impact on people's lives both socially and culturally, political leaders should be embodied with a degree of psychological stability that will enable them to take advantage of various opportunities for political participation and help build a positive attitude towards governance. Consequentially, the active running of the state, participation in political demonstrations, involvement in political institutions, as well as taking part in the electioneering process through voting are prerequisite determinants to evaluate stable political leadership. From time immemorial, the personality and stability of political figures have always been the highpoint of governance and societal transformations

Henderson (2015) describes the political environment as a situation that challenges people to be critical and to cut through simplistic or propagandistic ways of seeing the world. In essence, political environment provides a more critical understanding of the

foundation upon which all social and political life is built, creating an active mix between politics, economics, and social life of individuals in a society.

Nigeria's Fourth Republic began earnestly at the moment our nation was ushered into a political era of democratic governance in 1999, ending a 16-year period of military rule. This period began with the election of Chief Olusegun Obasanjo as the president of Nigeria, receiving power transfer from General Abdulsalam Abubakar, the then military Head of State. Almost two decades down the line and with a general election imminent, it is fitting to take stock of the developments and changes that the Nigerian political economy has undergone in terms of its structure, functionality, governance, performance, strength, challenges, and opportunities with respect to the current Niger Delta crises and its attendant effects.

In tandem with the improving fiscal, monetary and regulatory environment, the Nigerian economy has performed relatively well over the last 15 years. In 1999, the US\$36bn Nigerian economy ranked 5th in Africa. By 2013, the economy had expanded to US\$522bn and emerged as the largest economy in Africa, with a US\$122bn gap between her size and the second-largest economy on the African continent. In that period also, the economy has become more resilient with a quick recovery from recession and a low rate of GDP drop. Enhanced bilateral trade relations and a more liberal exchange rate regime accompanied the country's return to democracy in 1999. This has facilitated a massive expansion in international trade and can be said to be triggered by political interactions with the International Community leading to strengthened foreign policy implementation within Africa and the West.

Factors affecting psychological state of Political Leadership in Africa

Nigeria is the economic powerhouse of Sub-Saharan Africa and the pride of the African continent, according to the current socio-economic environment around the world. However, global socio-economic statistics indicate that Nigeria is lagging behind in terms of political growth, with a large portion of the country's teeming active population still uneducated and jobless. Despite increased policy drive toward the development of many sectors of the economy across the federation, Anyaedike et al. (2012) emphasize that despite Nigeria's alleged economic growth, high rates of joblessness and poverty still exist among our active population.

The nation's economy appears to have lost its emphasis over the past decades as a result of relentless internal and external pressures of low-capacity development, significant unemployment, and poverty, collapsed infrastructural facilities, weak governance system, massive corruption, insecurity of life and property, political instability, and poor macroeconomic management. All of these concerns have been exacerbated by the massive social problems impacting leaders' success in the Nigerian political system, one of which is political leaders' weak attitude toward democratic governance and the rule of law.

Maintaining development gains by consistent democratic good governance practices in Nigeria is a challenge that the country faces. However, seventeen years of unbroken democracy have given the impetus required to put Nigeria on a path toward long-term growth. As the country enters the second half of two decades of democratic rebirth, there is a slew of problems on the development agenda that the government must address. These concerns range from the much-maligned public-private-sector relationship through

budgeting and transparency issues, public service reform, information technology, and environmental issues, social security and gender issues, poverty alleviation, and infrastructure growth to the critical need to properly respond to the current security crisis in order to ensure national security.

Psychological Components of Stable Political Leaders in Africa and Nigeria

The human mind is the most dynamic aspect of living life, and it influences a large part of human growth and behavioral changes as societies progress through the ages. Individuals' behaviors, as well as their ability to make leadership decisions, are both socio-political aspects of their mental faculties and the social extension of the human mind.

Using general personality theories and applying them to a particular case is one way to research political leaders with respect to the psychological components that makes them stable. The five-factor trait model, also known as the Big Five, has gained more traction than any other personality theory. Personality is made up of five main components, according to this model: neuroticism (or mental stability), extraversion, and conscientiousness (or energy). These personality traits, according to Dietrich et al. (2012), can be analyzed in psychology by either using questionnaires or by the use of content analysis.

Another psychological component of stable political leadership is the exercise of willpower and decision-making. In times of crisis, political leadership is likely to be most important. Politicians do not work in a vacuum. First, public sentiment can have an impact on the course of action taken by political leaders. Second, elected leaders should not make decisions solely based on their own judgment. Ministers, civil servants, political counselors, and even military advisors surround presidents and prime ministers. As a result, the decision-making ability of political leaders defines their level of stability.

In the same vein, a very crucial psychological component of political leadership is belief and value system. Porter and Kramer (2011) describe shared value as an essential strategy that boosts obsolete institutions in their drive towards resource maximization and improved financial performance. In this regard, shared value can therefore be defined as "operational policies and practices that increase an institution's competitiveness and at the same time advance the economic and social conditions of the communities in which they act." This ideology rests on the premise that institutions have the ability to utilize the social value in creating economic value. According to Porter and Kramer (2011), institutions do this in three ways: (1) by redefinition of products and markets; (2) by repositioning productivity in the value chain; and (3) by creating industrial supports using the regional cluster. Profits derived from social activities allow for societal development and ensures the viability of institutions. For our current analysis on political leadership using the local Nigerian environment as a case study, emphasis would be placed on a public figure Mr. Atiku Abubakar, who is said to be one of the richest men in Nigeria and the CEO of Intels Nigeria Ltd, a conglomerate with huge investments in the logistics industry and in more than five countries across Africa and the rest of the world. Atiku Abubakar, who is based in Nigeria, is an internationally acclaimed business tycoon, entrepreneur, and popular for his philanthropic work as well as being a political figure as a past Vice President. Atiku has gained a strong reputation for honesty and integrity over the years as a result of his charity work.

With regards to types of leaders, Atiku Abubakar can be referred to as an authentic leader, which is based on the authentic leadership theory, a model that falls under relational theories, due to the way he organizes the operations of his company and how he works with his staff, whom he mostly refers to as '*team members*' in some of his Facebook posts. According to Toolshero (2019), an authentic leader is one that builds positive ethical relationships with his followers in an atmosphere of openness and sincerity. Authentic leadership displays characters such as transparency, integrity, consistency, and the ability to listen. Peremore (2018) describes the commentary of Atiku Abubakar during a Global Leadership Summit in South Africa in October 2018, where renowned world leaders met and shared their invaluable leadership knowledge. During the summit, Atiku reasoned that leaders must accord respect to people who work for them as a result of the fact that employees in an institution help leaders get what they need in terms of personal or institutional achievement. This can be connected to transformation/relationship theories of leadership, which emphasizes the idea of leadership creating a connection between leaders and followers in a harmonious manner. With respect to leadership style, Atiku Abubakar can be said to utilize the Laissez-faire leadership style. This leadership style, according to Ajibade et al. (2017), is one in which the leader delegates responsibilities to other people in an institutional or group setting, with regular monitoring and feedback from those delegated one responsibility or the other.

To ascertain this assertion, one of Atiku Abubakar's posts on his Facebook platform was a lecture on leadership lessons where he stressed the need for young entrepreneurs to apply the practice of delegation of responsibilities, as this was one of the secrets of his ability to lead Intels Nig, Ltd. an institution with operations and investments in several countries of the world. (Atiku Abubakar, 2014): In the same vein, this Laissez-faire leadership style of Atiku Abubakar can be linked to the transformational leadership theories highlighted in Bass (1994) and Covey (2004), which jointly describes transformational leadership as an approach that sees the leadership process in the light of leaders inspiring their followers and making the working environment conducive for others to bring their best. Atiku Abubakar is an example of a business leader apart from being a political leader in his political party, being the CEO of a global institution like Intels Nigeria Ltd., and as a result of his social entrepreneurship activities, he has shown that leaders are people that make their environment better and use their abilities to create as well as add value for societies. (Posner, 2015)

Another vital learning element from Atiku Abubakar's leadership strides is the ability to painstakingly and effectively combine business with political leadership. According to Global Leadership Network (2018), the entrepreneurial drive of Atiku Abubakar is clearly shown in his Facebook platform, which is followed by over 2.5 million people across the world, engaging young entrepreneurs, especially those within the African continent on real-life business experiences and lessons. To Alhaji Abubakar, he opines that the transformation of Africa should be undertaken with knowledge capacity, not just with the utilization of natural resources that are vastly scattered across the continent. As a business leader, he constantly raises his voice to drive social entrepreneurship and global sustainable development, especially on the African continent, through the active and vibrant work done by his Foundation, jointly run with his wife, Mrs. Abubakar. The foundation has provided donations and scholarships for more than 40,000 African

students, which shows the philanthropic strides of Mr. Atiku Abubakar. These exemplify that leaders should always be conscious of problems around them and make constant efforts towards solving these societal problems.

Furthermore, another learning element from Atiku Abubakar that can be adopted into personal practice is the attitude of teaching and guiding the younger generations. For several years, Mr. Atiku has been operating a Facebook page where he teaches young entrepreneurs and business people on the nitty-gritty of business, entrepreneurship, and innovation on a weekly basis. His posts can be likened to business school masterclasses, where he releases years of experience and knowledge into write-ups. His message is clear and straightforward- As leaders, the key point in effective leadership is the ability to inspire and develop your subordinates. (Lengais., 2014; Gjionesja, 2015) Political leadership has always been the center of national and international development of states since time immemorial. As world systems change over time, so did the process of determining political control also changed, and these changes have been driven by the individual personality traits, value systems, and behavioral tendencies of political leaders, which in recent times have fallen under an aspect of science known as psychology. Therefore, the psychological component of stability in political leadership is an important discussion for national and human development. Hence, the research study focused on extracting political leadership from a branch of psychology known as social and political psychology, with an in-depth analysis of stable political leaders from the international scene and the African continent. The viewpoint of this study was on local politics in Nigeria, and results showed that there is a direct positive relationship between psychological components of personality/value system and stable political leadership using the Nigerian political environment as a case study.

Chapter Six - Conclusion

Discussions and Conclusion

The infrastructure on ground in Nigeria, along with the total dependence of states and government institutions on the Federal Government, gives room for the quality of leaders in the current system to rise to power in future. If the systems are not granted some form of immunity and provided better infrastructure, accountability is impossible and leaders with all kinds of agendas would continue to make sentimental judgements and decisions and there will be no way to curb their excesses, or remove them from power at the will of the people. When the ruling party is dominated by a group with sinister intentions, the current situation in Nigeria is the only result of such lopsided leadership, and wrong political ideology.

It is apparent that Nigerian leaders need urgent psychiatric interventions to determine their mental health state given their obsessive pursuit of wealth at the expense of the common good. They would be mentioned to be suffering from an unquenchable desire for material wealth (Aguda, 2011). They have lost their moral sense and pursue the path of plundering the nation's wealth. In all this, the judiciary cannot be exempted from the character problems which have bedeviled the country. This arm of government has added more salt to injury by aiding and abetting corruption and perverting the course of justice. As well known, the environment plays a key role in personality disorders; the socio-political terrain in the country make aspiring leaders to conclude that corruption is a norm as against transparency and accountability. Therefore, there is a perennial recruitment of government personnel, whether as political leaders through elections or institutional leaders through appointment who are already disoriented on the true nature of leadership and hence are willing to demonstrate, abnormal behaviors in order to confirm to the norm.

Limitations

Like all areas of research, studying leaders' mental health requires that we overcome several limitations. However, the very nature of leaders' mental health presents a unique obstacle that must be confronted and overcome in any research. From a practical perspective, the pyramidal shape of most organizations means that the higher you move up the hierarchy, the fewer people you will meet at the top. For this reason, there may be just a few CEOs and senior leaders available for research of this nature. The effects of the limited availability are often felt because of the pressure inherent in their work making it likely that top level executives might be less than willing to respond invitations to participate in research. Meta-analyses support this concern, showing a significant decline in research participation by CEOs between 1992 and 2003 (Cycyota & Harrison, 2006).

Chapter Seven - Recommendations

First and most importantly, political leaders, and aspirants seeking political offices are expected to present some form of clearance, on their mental fitness. This clearance will mark them either fit or unfit to run for a political position, or to attain higher official appointment in both public and private organizations.

The creation of the **Psychological Evaluation and Certification Commission** will make this possible, as the Commission will be responsible for evaluating the mental health of public office holders, and issuing some sort of renewable certification, upon the grounds that the applicant passes the evaluation tests. Credible, non-partisan medical practitioners should be drafted to head and run the activities of the commission, and the commission affiliated to the Ministry of Health, and working alongside the Nigerian Physiological Association, NPA.

Adequate measures should be taken to promote an atmosphere of peace and tranquility within the borders of Nigeria. The government must make concerted efforts towards addressing the concerns raised by well-meaning Nigerians, withdraw bills and policies that are seemingly biased, show more commitment to the collective cause, and provide basic dividends of democracy like protection of life and property, education and fairness.

Also, to change the face of things in Nigeria socio-political landscape, mental health experts should take a lead in conducting more researches into the psychological state of Nigerian leaders. First, the Nigerian Psychological Association (NPA) should create fora where issues of leadership are held in high esteem. In other words, this noble association should come to terms with the fact that it has an important role to play in addressing the issue at hand. Of course, there are several branches of the discipline, but the need on ground in Nigeria centers mainly on transformational leadership, especially in the public sector. If this is going to be achieved, then specialists in managing mental disorders should, as a matter of necessity, be massively recruited to tend to the mental health needs of Nigerian leaders. The association should, among other things, champion the need for conducting personality test for those vying for leadership posts. It may take some time before this idea is fully embraced, but the consistency can create awareness in the minds of the citizens of the correlation between mental health and good governance, as well as mental illness and poor governance.

Moreover, psychologists who are working with civil society organizations should do a background study of those aspiring to leadership positions within the country. This could be achieved with extensive video documentary to serve as research materials for future reference. In addition, the nation's universities should have their curriculum reformed so as to give room for psychology to be made a compulsory course just as philosophy has been adopted. This will go a long way in enlightening future leaders about the impacts of mental health on the psychological state of Nigerians. Lastly, there are cogent reasons for the people to transcend the stage of mere debate on the validity, reliability, quantification and measurement of personality test to a using scientific methods to resolve sociopolitical problems facing the country, including the issue of corruption and abnormal behaviors by Nigerian leaders concerned with raising the profile of mental health as an important issue affecting the psychological balance of Nigeria leaders. It advocates a scientific awakening in the country as it relates to mental health. The Nigeria society

should be led by psychologically healthy leaders who are physically and mentally sound enough to lead the country into prosperity. Nigerians should consider mental health as a necessary criteria for recruiting leaders into various positions of authority. There is urgent need for every Nigerian citizen to be fully committed to engaging leaders in initiating policies and strategies that will promote a positive psychosocial society. Requisite support should also be provided for those who may experience mental health challenges at one time or another. This stance is desirable for a developing economy such as Nigeria that is heavily reliant on an healthy leadership cadre and workforce for sustainable growth and development. Nigerian researchers and leaders must play a frontline role in demystifying the subject of mental health in an environment where many myths abound. Missing in the study was the effects of mental health on the behaviors of Nigerian business leaders. Future studies to examine this can play a role in increasing knowledge about mental health in Nigeria.

There is a need to improve information collection, translation, and dissemination in Nigeria. Specifically, the following recommendations are put forward for researchers, governments, leaders, NGOs, CEOs and others working in the Nigerian Health Sector:

- Strengthen epidemiological and health system research on the prevalence and impacts of mental illness in Nigeria and proffer appropriate interventions.
- Improve routine data collection on mental health in the nation's Health Management Information System.
- Translate evidence on interventions into clear guidance for government decision makers and leaders.
- Encourage greater funding for mental health at all levels. At the policy level, the following recommendations are put forward for Nigerian policy makers.
- Ensure that the National Policy for mental health in Nigeria (2013) is fully implemented and a legal framework is provided to address mental health issues.
- Launching awareness campaigns to educate Nigerians - at institutional and community levels on mental health disorders and improve people's perception on matters relating to mental health issues.
- Enact policies to improve the conditions of work for mental health doctors.

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