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COURSE: GST 122

LEVEL: 100 LEVEL

TOPIC: PROBLEM OF SELF HATE AND IDENTITY DISORDER AMONG TEENS IN NIGERIA.

Self-hate: hatred directed toward oneself rather than toward others . Self-hatred is also a symptom of many personality disorders, including borderline personality disorder, as well as mood disorders like depression.

 Self-hate among teens in general is often caused by a burning desire to ‘fit in’ or to be ‘among’, teenagers have this desire to be part of the crowd and the ‘in thing’ that any form of difference or uniqueness is heavily frowned upon both by the society and self. Many of the teenagers who have self-hatred often end up self-harming -the act of causing bodily and dangerous harm to one’s self; common forms of self-harm include cutting and inflicting cuts on the body, starvation (anorexia), mental insult.

Self-hate among Nigerian teenagers stem from the desire to fit in with the western and European standard of beauty or normality. Self-hate is common among Nigerian adolescents as this is the period when awareness and self-consciousness begins. Self-hate among Nigerian teenagers can show itself in different forms, some of which includes: trying to get rid of the local accents and adopt the western accents, refusing to learn the culture of their native land, refusing to be associated with any Nigerian culture, refusing to learn or speak in their native tongue.

The problem of self-hate is often disregarded in Nigerian societies as mental health isn’t seen as a problem by parents and teenagers have to deal with these issues on their own, most teens end up becoming depressed and usually end their lives. Teenagers may feel compelled to physically injure themselves as an outlet for depression, anxiety, or anger, and is related with numerous psychological disorders.

Identity disorder, also known as Borderline personality disorder is a serious psychological condition that's characterized by unstable moods and emotions, relationships, and behavior, those who struggle with a personality disorder have great difficulty dealing with other people. They tend to be inflexible, rigid, and unable to respond to the changes and demands of life. Teenagers with personality disorders tend to have a narrow view of the world and find it difficult to participate in social activities. Teenagers with Borderline Personality Disorder often have a very profound lack of sense of self.

One of the symptoms of Borderline Personality Disorder is a markedly and persistently unstable self-image or sense of self. Identity problems in Borderline Personality Disorder are sometimes called **identity diffusion**. This refers to difficulties determining who you are in relation to other people. Some teenagers with Borderline Personality Disorder may describe this as having difficulties understanding where you end and the other person begins. As a result, many teenagers with Borderline Personality Disorder struggle to set up and maintain healthy personal boundaries and have difficulties in their interpersonal relationships.

Individuals with Borderline Personality Disorder have difficulties related to the stability of their sense of self and often have a huge sense or feeling of self-hate. One of the main cause of Borderline Personality Disorder is childhood abuse, trauma or neglect.

Borderline Personality Disorder can be resolved with a regular visit to the therapist, which many Nigerians don’t believe in. Borderline Personality Disorder is a real problem among the Nigerian teenagers and mental health awareness and visits to the counselor should be encouraged.