

Effects Of Housing Quality And Overcrowding On Psychological Wellbeing Of Residents In Lagos State, Nigeria.

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Abstract : Housing and overcrowding remains a major problem in the urban centers especially in Lagos state. Satisfaction on housing quality and having personal space for yourself are one of the important indicators that reflect the societal wellbeing. This study provides an understanding for the relationship between housing quality, overcrowding and psychological wellbeing. Respondents of 180 residents were randomly selected from houses in Oshodi and Mushin in Lagos state. The accumulated data collected through questionnaires were then analyzed and descriptive statistics were used to interpret and evaluate the impact of housing quality and overcrowding on wellbeing. The finding showed no significant relationship/influence between housing quality and psychological wellbeing but other factors interacts in our determinant of psychological wellbeing, i.e. our socioeconomic status reflect and influence our psychological wellbeing. Also, overcrowding has a slight significant on psychological wellbeing, indicating that overcrowded places raise the anxiety level of residents. Sex as seen in the findings does not have a significant influence on our psychological wellbeing. In respect to the findings, recommendations were made, since the phenomena are difficult and subjective, more researches should be made on this area on a yearly basis, and government should give in their best to provide social amenities and infrastructures to rural areas so that urban centers will not be overcrowded.

Keywords -Housing Quality, Lagos State, Overcrowding, Psychological Wellbeing

I. INTRODUCTION

Everyone loves to be in a city, enjoying the luxuries and lovely aspect of it. Many love to live in an urban Centre because of the social amenities and infrastructures found there. In fact, there is high increase in migration from rural settlement to urban centers because many want a better life and improvement in their daily routine; they want more satisfaction in life. It is so unfortunate that the luxurious life in urban centers is accompanied with various environmental issues and problems. These environmental problems pose a threat to both physical health and psychological wellbeing of its residents. Life in urban areas is now becoming un-conducive causing environmental stress, pollution, lack of privacy, overcrowding in public places and lot more. Some people believe that wealth is a fast track to happiness. Yet, various studies have shown that it is the quality of our personal relationships, not the size of our bank balances, has the greatest effect on our wellbeing. Every aspect of our life influences our state of wellbeing. It is important to understand that mental well-being means different things to different people but regardless of the definition, our environment affects an individual's overall well-being. Housing and overcrowding which are very key issues in environmental psychology has received a lot of attentions in recent times due to their effects on psychological wellbeing of its residents.

1.1 Body of the work

Well-being is a positive outcome that is meaningful for people and for many sectors of the society because it tells us that people perceive their lives are going well. Good living conditions are fundamental to well-being. Well-being integrates mental health (mind) and physical health (body) resulting in more holistic approaches to disease prevention and health promotion. Tracking these conditions (population's wellbeing) is important for public policy. It is judging life positively and feeling good. Well-being is subjective and typically measured with self- reports. (CDC, health related quality of life). Housing and overcrowding are central concept in environmental psychology. Environmental psychology is a field of psychology that examines the relationship between environment and human affect, cognition and behavior. [1]. Housing is conceived as a total environment of man serving functional, social and aesthetic purposes. It is the creation of the environment in which man lives and grows. It is a human imperative without which man's survival is inconceivable. Beyond the fabric, services and the contents of the dwelling, housing includes all that surrounds the dwelling to stimulate healthy living. [2] Aptly assert, 'people and housing are inseparable'. Housing (adequate shelter) is recognized worldwide as one of the basic necessities of life and a pre-requisite to survival of man [3;4and 5]. Even the qualities in the house are very essential also.

Housing is a foremost universal concern as the wellbeing of a country reflects in its people enjoying a particular standard of living. Housing usually has a significant impact on dweller's safety and wellbeing. [6] have defined housing as a permanent structure for human habitation. It is also referred to as the house and defined as a home, building or structure that is a dwelling or place for habitation by human beings.

[7] defines housing as a system of settings within which a certain system of activities takes place and therefore housing is more than the dwelling, the neighborhood and its environmental quality profiles become important. In the traditional African setting, in particular, housing is, in fact, one of the greatly cherished material properties it reflects the cultural social and economics values of a society as it appears the best evidences of civilization in a country and a reliable measure or indicator of economic development. [8]. For housing to fulfill its basic purposes it has to be adequately qualitatively and quantitatively. A housing environment of good quality is one that provides a sense of wellbeing and satisfaction to its occupants. This is manifested in physical (housing style and condition, landscaping, available facilities), social (friendliness of neighbors, ethnics, racial or economic composition) or symbolic (sense of identity, prestige, value) characteristics. However, providing qualitative housing is a concern, not only of individuals but also of governments. Researches [9;10;11;4 & 8] have shown that decades of direct government interventions, both locally and internationally, in the housing sector have not been able to combat the problems of insufficient quality in housing. This is more serious in developing countries and Nigeria is not an exemption. Nevertheless, despite recorded failures, academics and professionals still invest much interest. In Nigeria, the problem of insufficient quality housing persists in urban and rural areas. The crisis is more serious in urban areas as most people live in poor quality housing and unsanitary environments. This is because of high population growth due to incessant rural-urban migration and rapid urbanization, which manifests in homelessness, overcrowding and growth of slums [9;12&5].

1.2 Housing Quality

The [13] defines quality as the standard of something when compared to other things like it; how good or bad something is. According to Onion, cited in [14], "is a mental or moral attribute of thing which can be used when describing the nature, condition or property of that particular thing", [15], noted that getting a definition of quality depends not only on the user and his or her desires, but also on the product being considered. In essence, quality is a product of subjective judgment which arises from the overall perception which the individual holds towards what is seen as the significant elements at a particular point in time [16].

Thus, standards in housing are a measure of acceptability at a given time, place, in a given set of cultural, technological and economic conditions. According to [16], planners and designers have used several criteria over the years to evaluate housing quality. These include: - **economic criteria** such as the relationship between rent and income; - **physical criteria** such as the integrity of the dwelling and the present plumbing fixtures; - **social criteria** such as the incidence of diseases and the degree. Good quality housing standards are essential and basic to planning. These, not only ensure the safety and wellbeing of people but also promote beauty, convenience and aesthetics in the overall built-up environment. Good quality housing means more than a roof over one's head. It also means adequate privacy; adequate space, physical accessibility; adequate security, security of tenure, structural stability and durability; adequate lighting, heating and ventilation; adequate basic infrastructure, such as water supply, sanitation and waste-management facilities; suitable environmental quality and health-related factors; and adequate and accessible location with regard to work.

However, poor housing has repercussions across a whole range of other aspects of life, such as employment, as housing not only fulfils the basic human physical need for shelter but also satisfies social requirements. A house provides a centre for an individual and the basis for family life, emerging as an important symbol of social standing and aspirations. Thus, the fulfillment of housing quality need is a complex process. A good housing, therefore, must possess a general layout of good appearance, and comply with the general customs and habits of the people without which it may turn into a slum [16 & 17].

1.3 Perception of Housing Quality. Perception is defined as the process of attaining awareness or understanding of the environment by organizing and interpreting sensory information. All perception involves signals in the nervous system, which in turn result from physical stimulation of the sense organs [18]. Since the beginning of man, everyone has different perceptions of e.g. the environment, but these perceptions are also an expression of the time, context and culture each individual lives in. Man's perception of the environment is considered so fundamental that it becomes the main point of departure for any analysis of man environment relations. The understanding of resident's perception provides better information on their reaction to issues which may lead to more enlightened decision of the policy maker. Crowding/ overcrowding is a concept in environmental psychology. Crowding is viewed as a situation in which individuals are confronted with environmental circumstances beyond their control. Overcrowding is a subjective term that is under psychological processes which environmental psychologists study as it causes perceived stress to many. It is also seen as when the limited or scarce resources (space) are rationalized and struggled for by many

residents/occupants. [19]differentiate crowding from density, though the two concepts look similar. He opined that density is a necessary but not a sufficient condition for individuals to experience the feeling of being crowded. [20]also attempted a distinction between crowding and density. The former is basically measured as either the ratio of persons to rooms or as the living area per person. The latter is measured as the number of persons residing within a standard area unit (square mile, square kilometers, acre, and hectare).Density is usually measured by the number of persons per room and space availability in terms of floor area per person. World Health Organization (WHO) suggests 9-10m² floor area per person [21].

Density also exists when a room constructed for a single function now serves multiple for which it was not originally intended [4]. Crowding, on the other hand, is defined as a state of psychological stress that accompanies density that is evaluated as top high [22]. Similarly, [23] viewed crowding as perceived. Perceived crowding is related to objective density measures such as number of persons per unit area, but also depends on a variety of cultural norms, individual expectation levels and other factors. The objective environment (density) might be wrongly perceived or inaccurately perceived due to some biases. The way an individual assesses his environment depends on the fit between the perceptions and the values and needs of the individual [23].

[24]suggests that this effect results from sensory overload. He argues that environments that are over-rich in stimuli (including high population-density environments) may overload a person's cognitive processes, leading to a decline in performance. However, it does not seem to be the case that crowding inevitably leads to deficits in functioning, as some studies suggest that an individual's perceived control over the environment can act as a mediating factor.

This study is meant to reveal or explore the dangers of inadequate housing quality and the menace of overcrowding in the city of Lagos and how residents are satisfied with where they live.

1.4 Statement of the Problem.

Nigeria has been experiencing a fluctuating and unstable economy these days. Its effect is most pronounced in urban centers like Lagos State which is the major commercial center we have. There has been an increase in virtually every goods sold and every service rendered whereas there was no increase in the salary for workers and for self-employed, there was no increase in their profit. Things are getting difficult; low income families are really suffering from these menace, getting adequate shelter (basic asset, some have to leave their former apartment to a lower cost) and good health becomes a problem and the number of people living in a room surpass the normal number making the room overcrowded which can result in many health hazards in addition to other factors militating in the environment, e.g. pollution, inadequate feeding, and even crime due to lack of enough money to cater for oneself. This gave rise to a low psychological wellbeing.

The rate at which the world population is increasing with little or no associated rise in the resources needed to meet this upward trend call for examination of some of the consequences that such population explosion may have on human living. As a result of inadequate funding which makes it impossible to provide adequate facilities to meet this demand, the available ones are being rationed among teeming population of residents, thus giving rise to overcrowding and stretching of the facilities.

Given the rates of poverty in Nigeria, it is safe to assume that many people living there are exposed to negative environments based on their income. Hence, this gives rise to this study.

1.5 Purpose of the Study.

The objectives/purpose of this study are:

- I. To examine the effect of housing quality on psychological wellbeing of resident in Lagos State.
- II. To examine the effect of overcrowding on psychological wellbeing of resident in Lagos State.
- III. To know the influence of sex on the psychological wellbeing and its consequences among Lagosians.
- IV. To determine whether socioeconomic factors have an influence on the psychological wellbeing of Lagosians.
- V. To examine the relationship between housing quality, overcrowding and psychological wellbeing among Lagosians.

1.6 Operational Definition of Terms

Housing quality: This can be defined as the qualities, the standards, the conditions of a house that an individual feels comfortable about and satisfied.
Overcrowding: This can be defined as a state in which the environment of a place (not necessarily a house alone but other built up environment like the organization or our work place; public system like a market, transport system etc.) is too congested and is conducive as perceived for a person to stay. It is a subjective experience of psychological stress in which one's demand for space exceeds the available supply [19].

Psychological wellbeing: This refers to an individual's overall subjective feelings based on his or her own internal states such as life satisfaction, happiness, fulfillment, contentment, joy, achievement, fear, stress,

and coping mechanisms. **Methods** This study adopted the descriptive survey research method. This is because it describes systematically the facts and characteristics of a given population and accurately.

It comprises the study area, research participants, sample and sampling method used, variables in the research, research instruments, and psychometric properties of instruments, scoring format, data analysis and other relevant concepts. **Study Area** Lagos state is located in the southwestern geopolitical zone of Nigeria. The smallest in area of Nigeria's 36 states. Lagos is arguably the most economically important state of the country, containing Lagos, the nation's largest urban area. The actual total population is disputed between the official Nigerian census of 2006, and a much higher figure is located in the south-western part of Nigerian Federation. On the north and east it is bounded by Ogun State. In the west it shares boundaries with the republic of Benin. Behind its south borders lies the Atlantic Ocean. 22% of its 3,577km square are lagoons and creeks.

Oshodi/Isolo is a local government within Lagos State. It was formed by the second republic Governor of Lagos State, Alhaji Lateef Kayode Jakande. Population at 2006 census is 621,509 and an area of 45 square kilometers. ('MEMBERS' of house of representatives). **Mushin Local Government Area** is located in the heart of Lagos bounded in the North by Oshodi-Isolo Local Government to East by Shomolu Local Government and in the South by Mainland Local Government. Hence, the present Mushin Local Government is made up of only Mushin, Ilupeju and Itire areas. The Local Government area has a total population of 633,009 according to National Population Commission census 2006. **Research Participants** Two hundred copies of the questionnaire were administered only one hundred and Eighty (180) were retrieved. They comprises residents; both male and females living in (Bolade and Mafoluku) Oshodi, Mushin area in Lagos state Nigeria. **Sampling Techniques**

A total of 200 residents were randomly selected in these areas. The sampling method used was cluster and random sampling method. **Research Instruments** A questionnaire which contains four sections (A-D) was used for this study. The bio data was designed to collect personal demographic data of the research participants which include their Age, Sex, marital status in section A. While section B comprises 11 items of Housing Quality Scale developed by [15]. Section C comprises of 10 items of Perceived Crowding Scale developed by [25] and lastly, section D comprises of 28 items of General Health Questionnaire developed by [26]. **Housing Quality Scale** Housing quality scale is 11 items scale developed and reconstructed by Adesoji Jiboye, (2004) from the department of architecture Obafemi Awolowo University. It elicit responses on the housing conditions and the state of environment which we live. Examples of the contents of the items are availability and source of water/electricity supply, road network conditions, and impression on building design, neighborhood interaction, and adequacy of building space. **Scoring, Validity and Reliability** It is a direct scoring making use of likert scale ranging from strongly disagree (1) to strongly agree (5). It was reported that this scale has a good content validity when examined by conference of experts. The scale has an internal consistency of 0.66 after finding the average of the entire inter item reliability recorded. **Perceived Crowding Scale** Perceived crowding scale was developed by [25]. Bukola Adewale from the department of Architecture in Covenant University, Ota, Nigeria; Bayo Amole also in department of Architecture but in Obafemi Awolowo University, Ile-Ife, Nigeria worked together. These items are 10 in numbers, explaining and eliciting responses on our perception of crowded environment. **Scoring:** It is a direct scoring making use of likert scale ranging from strongly disagree (1) to strongly agree (5). It has a good predictive validity meaning it useful in predicting the future or aftermath effects of overcrowding on the residents after filling the questionnaire. This scale was reported as having an internal consistency of cronbach alpha of 0.78 by finding the average score of the inter item reliability.

General Health Questionnaire (GHQ-28) General Health Questionnaire (28) was developed by Goldberg [26]. It is used in order to assess the psychological aspect of quality of life. The GHQ-28 incorporates four sub-scales: Somatic symptoms (items 1-7), Anxiety and insomnia (items 8-14), social dysfunctioning (items 15-21) and severe depression (items 22-28). The existence of four sub scales is an additional advantage of GHQ-28 over the other versions. **Scoring, Validity and Reliability** Each item is accompanied by four possible responses; 1-not at all, 2-more than usual, 3-rather more than usual, 4-much more than usual. It is a direct scoring scale ranging from 1-4, meaning the higher the score, the higher the mental health status or psychological well-being. In other to examine the empirical validity of GHQ-28, principal component analysis (PCA) with varimax rotation and a four factor solution was carried out. PCA is a procedure which explains the variables by reducing them to a limited number of component. The four factors of GHQ-28, explained 54% of the variance. The intercorrelation between the sub-scales are rather high, with the mean correlation being 0.52 (range 0.40-0.62). The outcome implies that the subscales are not independent of each other. The correlation coefficient between subscales and GHQ-28 ranging from 0.75 (severe depression) to 0.89 (anxiety and insomnia). **Test- retest reliability** has been reported to be high (0.78-0.9) (Robinson and Price, 1982). Interrater and intra-rater reliability have both been shown to the excellent; cronbach alpha is 0.9-0.95. (Falide and Ramos, 2000). **Data Collection Procedure**

The copies of questionnaire were administered personally by the researcher and some of her colleagues. Before the administration of the questionnaire, the respondents were briefed on how and why they are to give necessary, sincere, correct and relevant informations/responses. They were assured of high confidentiality and their interest protected and is also allowed to withdraw if they wanted to. The respondent was not time limited

as they were given free and enough time space to complete the questionnaire before collecting it from them. Ethical codes and conducts in researches were followed. Although, the participants complained of the items of the questionnaires that they are many, nevertheless I urged them to complete it. Data Analysis The data collected from the research participants were analyzed vis-à-vis the testable hypotheses. Regression, Independent t-test, One-way ANOVA and Pearson’s Correlations. Regression analysis is a statistical process for estimating the relationship and influence among variables when the focus is on relationship between a dependent variable and one or more independent variable. It helps one understand how the typical value of dependent variable changes when any one of the independent are held fixed. Hence, relationship and influence of housing quality and overcrowding was determined using this technique. Independent t-test is an inferential statistical analysis that determines whether there is a statistically significant difference between the mean in two related groups. To run an independent t-test one need the independent categorical variable that has two levels; in this case sex, (male and female) and one dependent variable i.e. psychological wellbeing. One way analysis of variance is a technique used to compare means of three or more samples using the F distribution. This technique can be used only for numerical data. In this data, socioeconomic statuses which have three levels were used to compare the means on psychological wellbeing. Pearson’s correlations was used to see the relationship that exist among the three variables in the research, i.e. housing, overcrowding and psychological wellbeing, giving a value between +1 and -1 inclusive where 1 is the total positive correlation. 0 is no correlation and -1 is total negative correlation.

II. RESULTS AND DISCUSSIONS

Five hypotheses were generated for the purpose of this study. The results recorded after testing each hypothesis are as follows: Hypothesis 1: Housing quality will have significant influence on the psychological wellbeing of Lagosians. Regression analysis was used to test hypothesis one.

TABLE 1: Regression summary table showing the influence of housing quality on psychological wellbeing.

	Beta	T	R	R ²	F
Somatic symptoms	-.129	-1.75	.170	.029	2.65
Anxiety	-.135	-1.84	.205	.042	3.89**
Social dysfunction	-.079	-1.06	.101	.010	.908
Severe depression	-.129	-1.73	.134	.018	1.63

Notes: for overall psy wellbeing; R=165a; R²=0.27; standard error(SE)=12.00668; R²=-0.145, p>.05.

There is no significant influence of housing quality on psychological wellbeing. Table value is 0.52, calculated/ beta value is -0.145. Hypothesis 1 rejected.

TABLE 2: Regression summary table showing the influence of perceived Overcrowding on psychological wellbeing.

	Beta	T
Somatic symptoms	.11	1.49
Anxiety	.154	2.09
Social dysfunction	.062	.83
Severe depression	-.039	.524

Note: SE=12.00668. R²=0.78, P>.05

Hypothesis 2: The perception of overcrowding will have significant influence on the psychological wellbeing of Lagosians. Regression was also used to test this hypothesis. Table 2 show that there is a significant influence of perceived overcrowding on anxiety but not on any other dimensions of psychological wellbeing. Hypothesis 3: Sex will have significant effect on wellbeing of Lagosians.

Table 3: Independent t-test table showing the influence of sex on psychological wellbeing of Lagosians.

Variables	Sex	\bar{x}	SD	Df	T	P
Somatic symptoms	Male	10.84	3.31	178	.145	
	Female	10.76	3.85			
Anxiety	Male	10.99	3.42	178	-.54	
	Female	11.32	4.65			

Social dysfunction	Male	12.18	3.07	178	-.38	>.05
	Female	12.36	3.44			
Severe depression	Male	10.12	3.68	178	.400	
	Female	9.88	4.15			
Note: mean (males)=44.0526;(females)=44.3059. t(178)=-0.140,>.05.t value=0.889; SE=1.812						

Sex has no significant influence on psychological wellbeing of Lagosians. Hypothesis three also rejected. The table value is 0.889, and calculated value is -0.140 i.e. $t(178) = -0.140, >.05$. The table value is higher than the calculated value, hence hypothesis rejected. Hypothesis 4: Socioeconomic status will have significant effect on the psychological wellbeing of residents in Lagos state.

Table 4: One way Anova table showing the influence of socioeconomic status on psychological wellbeing.]

Variables	Low	Middle	High	Of	F
Anxiety	13.45	10.76	11.32	2,177	4.01*
Social dysfunction	13.55	12.04	12.43		1.95
Severe depression	12.45	9.68	9.79		4.60*
Somatic symptoms	12.60	10.52	10.89		3.04*
Psychological wellbeing	52.05	42.92	44.43		5.17**
Note: F(179)=5.173, P<.05 sig:0.007, SD=12.10514					

Table 4 reveals that socioeconomic status has significant influence on anxiety, severe depression, and somatic symptoms and on psychological wellbeing as a whole but not on social dysfunction. $F(2177)=5.173, <.05$. Hypothesis four is therefore confirmed or accepted. Hypothesis 5: There will be a significant relationship among housing quality, perceived overcrowding and psychological wellbeing of residents in Lagos State.

Table 5: correlation table showing the relationship among housing quality, overcrowding and psychological wellbeing.

	Variables	Mean	1	2	3	4	5	6	7
1	Somatic symptoms	10.81	—						
2	Anxiety	11.41	.75**	—					
3	Social dysfunction	12.27	.44**	.53**	—				
4	Severe depression	10.01	.49**	.59**	.51**	—			
5	Housing quality	34.86	-.13	-.14	-.08	-.13	—		
6	Perceived overcrowding	28.97	.11	.15	.06	-.04	.003	—	
7	Psychological wellbeing	44.17	.82**	.89**	.74**	.81**	-.145	.078	—
Mean=44.2722, n=180, $r_1=0.81^{**}$, $r_2=-.145$									

Table 5: Housing quality is not significantly related to any dimension of psychological wellbeing. Also, perceived overcrowding is significantly related to only anxiety and not to any dimension of psychological wellbeing.

III. DISCUSSION

This study was carried out in order to know the effect housing quality and overcrowding will have on the psychological wellbeing of residents in Lagos State. Five hypothesis were tested. On the basis of the

hypotheses which had yielded interesting findings, it was observed that the hypothesis 1 which stated that housing quality will have a significant influence on psychological well-being of Lagosians was rejected. Increase the housing quality and psychological wellbeing might not change or stay constant. In other words, inadequate/lower housing quality has little/ no significant influence on psychological wellbeing. Contrary to all other researches of housing quality on psychological wellbeing, this research proves the opposite, it creates an interesting debate for psychologists. [27] carried out a research on the effect of housing conditions on emotion, behavioral, psychological wellbeing. It was noticed that even when residents complain about their housing conditions, they still recorded that they are happy and satisfied. They also found out that even when people are happy with their house it is because of other factors and not just the housing conditions or quality. E.g. housing price that suite their income. According to [28], happiness associated with housing price; happier people are those who live in systematically lower price, rising housing could have an effect on people's happiness. This means that the effect of house prices on happiness is identified by changes over time. And residents could be happy because of the housing price that suite their income and not because of housing conditions or quality and that housing quality may have a greater influence on our physical health but not really on our mental health. More so, according to [7] social exchange theory who explained the comparison level and comparison level of alternatives; people still stays in their current environment due to rewards higher than the cost incurred from that environment or house, and some even though happy and satisfied with their current housing conditions and quality, they still moves to a better payoffs/ alternatives i.e. expectation determines satisfaction. Hence, housing quality alone does not determines the psychological wellbeing of an individual and having good housing conditions at times does not reflect positive psychological wellbeing or mental state. Hypothesis 2 which stated that the perception of overcrowding will have significant influence on the psychological wellbeing of Lagosians was partially supported in that, perceived overcrowding only have effect on anxiety dimension of the psychological wellbeing scale used. This led to the conclusion that perception of crowding may be mediated by both physical attributes of a space as well as the subjective feeling of individuals. In the study, the subjective perception had greater influence on feeling of overcrowding. Physical design is not the sole determinant of perception of crowding though they influence crowding. We can also say that people get agitated, nervous and unease if their environment seems unsecured. They feel uncomfortable about their properties and their lives since man cannot be trusted. [29], also in his research indicated that crowding has a detrimental effect on both our mental and physical health. Hypothesis 3 which states that sex will have significant effect on psychological wellbeing of Lagosians was rejected. This result shows that being healthier or having a good state of mind and vice-versa is irrespective of the sex/gender of the individual.

Hypothesis 4 which states that socioeconomic status will have significant effect on the psychological wellbeing of residents in Lagos was confirmed. According to this research, it says the higher your socioeconomic status, the higher your psychological wellbeing as well, which was expected. Many of these residents have a socioeconomic status that is neither too low nor too high, many are middle income earners. Money is essential in the procurement of basic amenities like food, clothing, shelter, and even self-concept and self-esteem. If these are adequately fended for, there is emotional stability and high mental health status for such an individual. This explains the theory of Abraham Maslow and all other humanistic theorists which emphasized that humans have free will, and they are needy beings always seeking satisfaction, improvement, love, belongingness, self-esteem and self-actualization in their lives. And whatever they are able to achieve in life determines their satisfaction and overall wellbeing. Failure to achieve all of these things causes unfulfilment, depression etc. Hence your socioeconomic status influences psychological wellbeing.

Hypothesis 5 which states that there will be a significant relationship among housing quality, overcrowding and psychological wellbeing of residents in Lagos State was not fully supported. According to the result, housing quality has little or no relationship with any dimension of psychological wellbeing but overcrowding has a significant relationship with the anxiety dimension only. This result reveals again that psychological wellbeing determinant are many, hence, these two alone cannot measure it. This is not to say that housing quality does not have effect at all on psychological wellbeing. Overcrowding still shows a correlation with it because of the stress overcrowding pose to the residents.

IV. CONCLUSION AND RECOMMENDATION

This study carried out shows astonishing results on the effect of housing quality and overcrowding on psychological wellbeing. Even though many researches give a correlation between housing quality and psychological wellbeing, this study says the opposite that even if housing quality is being increase, there is little or no increase in our psychological wellbeing and for overcrowding, it has an effect on our wellbeing. Housing quality and overcrowding are difficult phenomena to define because it involves individual judgments and evaluations. Hence, contentment and manufactured satisfaction from within are the mediating factors. Also, some people might view an un-crowded environment as a place not lively. And since our ability to cope with stress differs, and our personality is also different, we can see these concepts from different angles. Lagos State

is a place for the survival of the fittest. Lagosians love crowded places, some due to their evil practices and some is because they have been used to it from their childhood.

Secondly, the variations in the evaluations and results of housing quality and overcrowding will continue to change because it is unlikely for researchers to agree upon the same set of assumptions and measurement of housing quality and overcrowding. Though overcrowding still shows slightly persistent results with other researches.

It is therefore recommended that more researches should be done on this area, and it should be on a yearly basis as situations and circumstances changes over time. This is to ensure that appropriate needs are met at the appropriate time. Likewise, a good representative sample for all the residents of Lagos State should be used for researches so as to trap the true picture of Lagos State as a whole. Other methods of gathering data should be used also in conjunction with questionnaires. The menace of overcrowding should be cub. This could be done when the government provides basis facilities/ amenities and infrastructures (e.g. companies, tourist centres, and pleasant jobs) to rural areas to reduce rural-urban migration. Also, other and more factors that can trap psychological wellbeing should be studied in future research alongside with housing qualities and environmental factors. Government should continue and not relent to do their best in providing a good and conducive environment for its citizens in each local government. Hence, government should understand its citizens and their status in providing solutions to their problems. And if any properties are destroyed by the government, they should compensate and find better places for them.

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