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## **Prevalence of Indecent Dressing among University Undergraduates in Southwest, Nigeria**

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### **Abstract**

*Indecent dressing has become a recurring issue among the university undergraduates. Therefore, the study investigated indecent dressing and among university undergraduates in Southwest, Nigeria. Descriptive research of the survey type design was adopted for this study. The population of the study consisted of all the undergraduates in Southwest Universities in Nigeria. The sample for the study was made up of 600 students selected through simple random sampling technique from three universities, these are Ekiti State University, Adekunle Ajasin University and Ladoke Akintola University. From these universities 200 students were selected each through simple random technique. Questionnaire was used to collect data from the respondents. A research question was raised and four hypotheses were tested at 0.05 alpha level. Data collected were analyzed using descriptive that include the frequency and percentage and inferential statistics that involves the use of Anova, Duncan Multiple Range Test and t-test. The result revealed that there was significant difference in indecent dressing and among undergraduates in the three higher institutions. The second and third hypotheses that deal with age and religious affiliation indicated that there were no significant difference on the basis of the two variables. The fourth hypothesis also*

*indicated that there was no significant difference in indecent dressing on the basis of gender. It was found that indecent dressing is common among university students in the southwest. It was also found that age and religious affiliation did not affect indecent dressing among university students. Therefore, it was recommended that schools should put in place and enforce dress code to reduce the incidence of indecent dressing among the undergraduates. Counsellors and religious organizations should ensure that good moral standard is ensued among the undergraduates especially as it's relates to the way they dress.*

**Keywords:** Prevalence, indecent, dressing, university, undergraduates

### **Introduction**

Dressing indecently tends become a serious problem in the Nigerian society and very rampant in the higher institutions. Many ladies tend to dress half naked in the name of fashion exposing the sensitive parts of their bodies. Omede (2011) observed that indecent appearance has come to characterize the dressing pattern of many students on the campuses of higher learning in Nigeria. Thus, indecent appearance tends to be the trend of dress pattern of many students in the higher institution in the country. It seems there is hardly any higher institution in the southwest Nigeria that is not faced with this serious problem. Many ladies dress seductively, careless without any serious considerate for the male folks. Obilo and Okugo (2013) opined that Nigeria Universities are battling with the wave of indecency notably among female students. Dresses are worn to keep one from being naked and to keep the body warm, but what is seen today is that dresses are now worn to show off the breast and buttocks. Apart from dresses being means of cultural identity they are also for ornamental or aesthetic purposes, for protection of the body against harsh weather conditions, as well as for covering the intimate parts of the body (Answer.com, 2011; Articlesbase.com, 2011). Many Nigerian culture wear cloths to keep every sensitive parts of the body from being exposed to the outer world. But today in keeping pace with modern

fashion of the developed world, ladies wear different kinds of dresses, just to be fashionable not minding whether their bodies are being exposed or not.

Gbadegbe and Quashie (2013) noted that indecent dressing has gradually taken over the dress pattern of students in Ghana higher institutions of learning. They observed that boys are also guilty of indecent dressing but their dress pattern is quite different from that of the girls. That the dressing of the boys makes them look dirty and very unattractive with unkempt hairs and dirty jeans with pockets of holes which are deliberately created around the knees and lower parts of the trousers. Egwin (2010) described indecent dressing in a more specific term as the attitude of someone male or female that dresses to show off parts of the body such as the breasts, buttocks or even the underwear particularly those of ladies that needs to be covered. Orakwelu (2012) also collaborated that indecent dressing is an act against the moral or ethnic of a given society or group. It is asserted that the youths in Africa now want to be exactly like their European counterparts in dressing, speaking and behaviour (Uzobo, Olomu, & Ayimoro, 2014). Hence, the dressing patterns of many female undergraduates have been viewed as anti-African and are invented. The unafrikan pattern of dressing among the undergraduates have been viewed to generate a lot of concerns and worry among the citizen (Oli, 2017). The pattern of dressing of female undergraduates are determined by factors such as mass media, peer pressure, religion and culture (Olori, 2003). Olugbenga and Odeleye (2008) were able to observe that the adolescents are desperately veering from the past mode of dressing be it the original Yoruba mode of dressing to the type of dressing brought by the colonial masters. They also noted that the adolescent ways of dressing have departed totally from the past, that they weirdly and embarrassingly dress now. Igbinovia (2005) stated that about 60% of female undergraduate students of the universities in Nigeria dress indecently.

It is also adjudged that indecent dressing could lead to sexual harassment. Foster (1996) postulated that indecent dressing is a major factor that influences sexual harassment among female adolescents. He noted that girls that frequently wear indecent dresses tend to perceive themselves as special, thus their predisposition to be sexually harassed. Dressing indecently has been associated with sexual harassment and rape. Oli (2017) asserted that ladies could be prone to sexual harassment or rape when they dress indecently. Dressing indecently suggest that such ladies are in need of attention and thus they are irresponsible, therefore, there are always irresponsible men that are ready to dialogue, lure or force such ladies to bed for sex (Oli, 2017). By implication, a female student can equally be sexually harassed by a lecturer through the way she dresses. Therefore, indecent dressing that exposes the breast, buttocks and thighs constitute some forms of sexual harassment (Ibrahim & Haruna, 2013). Research findings of Ozor and Onuoha (2018) indicated that the females engage more in indecent and provocative dressing than the male counterparts. Nwabueze (2007) reported in his study that females engage in indecent and provocative dressing than the males. Obeta and Uwah (2015) carried out a study on dressing patterns of females in tertiary institutions in Abia state, Nigeria. The result showed that the female students were exposed to being raped/sexual harassments.

Religion is an important variable that tend to affect the dressing pattern of some university students in Nigeria. It is noted that religious organization played positive role in regenerating university students and curbing indecent dressing is partly performed through teaching and sermons in religious gathering. In the pastoral letter of Paul to Timothy (in 1 Tim 2:9-10) it stated that I also want women to dress moderately with decency and propriety not with braided hair or gold or pearls or expensive clothes but with good deeds appropriate for women who profess to worship God. Most religions like Christianity and Islam regard indecent dressing as sin (Ozor & Onuoha, 2018). Olurode (1994) noted that religious orientation especially the Pentecostals, exerted tremendous influence on the dressing

habits of male and female adherents. Nwabueze (2007) equally observed that some Christian sect can easily be distinguished by their mode of dressing. Thus, religion is regarded as part of cultural system control human actions. Chukwudi and Gbakorun (2011) asserted that from the religious viewpoint individual youths are required to dress unobtrusively particularly ladies. This is to avoid attracting unnecessary attention to oneself which could stimulate sexual arousal from the opposite sex. Research study by Fareo and Jackson (2018) found that religion has significant influence on the dressing outfits of students as it defines the moral conduct of its followers, hence it has effect on the dressing outfits and dress sense of its adherents. The type of parenting with which a student was raised also has significant influence on dressing habits of students. Among the Muslims many young ladies dress decently to the extent that some put on (hijab) which does not allow for the exposure of any of their body to the outside world except their faces. Some even go to the level of covering their faces with veils. Thus a woman professing to be godly would never knowingly adorn herself in a way that excites lust in another person or attracts undue attention to other people.

It is observed that undergraduates tend to be chiefly adolescents, that have the tendency of experimenting with different sorts of indecent dressing as part of determinants of socialization. Olori (2003) asserted that age of adolescents that are undergraduates influence their dressing patterns, especially the young adolescents within the age range of 15-20 years. Many of them reported to dress indecently in tertiary institutions. Curbing Moral Decadence in Our Educational Sector (2011) observed that undergraduates individually invented their dressing patterns which are often contrary to the African culture. Obeta and Uwah (2015) noted that undergraduates in early adolescence (16-20 years) invented un-African indecent mode of dressing which gives every society a lot of stress, because of the accompany risks such as exposure to sexual harassments, prostitutions, stealing, deadly diseases, among many others.

### **Statement of the Problem**

Indecent dressing has now become a serious issue that the Nigerian higher institutions tend to contend with on regular basis. It is not only the ladies that dress indecently, men are equally found dressing indecently too, with many boys showing off their underwear for everybody to see. Some even go to the extent of dressing by wearing bathroom slippers to classrooms. This improper dressing if it is allowed to continue without proper check may cause many students to graduate from universities without knowing the proper ways of dressing decently. Some have missed job opportunities due to indecent dressing. Hence every hand must be on deck to address this ugly incidence that is taken many of these youths unaware.

The incidence of indecent dressing has led to sexual abuse and sexual harassment among the students themselves. A female student that dresses indecently becomes a prey in the hands of male students who are on the lookout for cheap ladies that they can rape and defile with ease and without any restraint. Likewise, such students fall easily to lecturers who are also carefree who are ready to get any lady of easy virtue. This, thus, accounted for the incessant rise in sexual harassment and sexual abuse among university lecturers and female students. Some ladies deliberately dress seductively to entice these lecturers for marks and good grades. Therefore, there are some universities that ensure that students adhere to certain dress code to curb the incidence of sexual harassment within the university campuses. It is on this basis that the researchers seek to address the incidence of indecent dressing among undergraduates in Southwest, Nigeria.

**Research Question:** What is prevalence of indecent dressing among university undergraduates based on institutions, age, religion and gender?

### **Research Hypotheses:**

1. There is no significant difference in the indecent dressing among undergraduates on the basis of institution.
2. There is no significant difference in the indecent dressing among undergraduates on the basis of age.
3. There is no significant difference in the indecent dressing among undergraduates on the basis of religious affiliation.
4. There is no significant difference in the indecent dressing among undergraduates on the basis of gender.

### **Methodology**

This research is a descriptive research of the survey type designed to capture large sample size from the population to make generalization. The population consisted of all undergraduate students in higher institutions in South west, Nigeria. The sample for the study comprised of 600 undergraduates randomly selected using simple random sampling technique from Adekunle Ajasin University, Ekiti State University and Ladoke Akintola University. A self developed instrument titled Indecent Dressing Questionnaire (IDQ) was used to elicit information from the respondents. The questionnaire has two sections A & B. Section A consisted of information on demographic data while the section B consisted of thirty items on indecent dressing among university undergraduates. The researchers consulted with experts in Tests and Measurement to ascertain the validity of the instrument used. Test-retest method was used to get the reliability of the instrument. The questionnaire was administered twice to the students that were not part of the study. The data collected from pilot study were subjected to Pearson Product Moment Correlation and the reliability coefficient value of 0.72 was obtained. The services of research assistants were employed to help in administering the instrument to 600 respondents (200 in Adekunle Ajasin University, 200 in Ekiti State University and 200 in Ladoke Akintola University). The research assistants and students were thoroughly intimated with the purpose of the study. The

questionnaire was distributed to the respondents by hand and retrieved immediately after the completion for the purpose of data analysis.

**Results:**

**Research Questions: 1.** What is the prevalence of indecent dressing among university undergraduates based on institutions, age, religious affiliation and gender?

**Table 1: Prevalence of Indecent Dressing among University Undergraduates Based on Institution, Age, Religion and Gender.**

Item Grouping	Frequency	Percentage
<b>School:</b>		
Ekiti State University	200	33.3
AAUA	200	33.3
LAUTECH	200	33.3
<b>Total</b>	<b>600</b>	<b>100.0</b>
<b>Age:</b>		
17-19 years	188	31.3
20-22 years	118	19.7
23-25 years	178	29.7
26 years and above	116	19.2
<b>Total</b>	<b>600</b>	<b>100.0</b>
<b>Religion:</b>		
Christian	349	58.2
Muslim	251	41.8
<b>Total</b>	<b>600</b>	<b>100.0</b>
<b>Gender</b>		
Male	294	49.0
Female	306	51.0
<b>Total</b>	<b>600</b>	<b>100.0</b>

The result in Table 1 showed that all the three universities that is Ekiti State University, Adekunle Ajasin University and Ladoko Akintola

University had equal number of participants 200 each (33.3%) as seen from the Table 1. Participants between the age range of 17-19 years consisted of 188 students (31.3%) of the total participants. While those within the age range of 20-22 years consisted of 118 students (19.7%) of the total participants. Whereas those within the age range of 23-25 years and above were 178 students (29.7%) of the total participants. There were 116 students (19.2%) of the total participants. There were 349 (58.2%) participants that were Christians and 251 (41.8 %) that were Muslims. There were 294 (49.0%) participants that were males and 306 (51.0%) were female.

**Ho:** There is no significant difference in the indecent dressing of undergraduates on the basis of institutions.

To test this hypothesis, data collected on indecent dressing among undergraduates in three different institutions were subjected to Analysis of Variance (ANOVA) and tested at 0.05 alpha level.

**Table 2: Summary Analysis of Variance (ANOVA) of Indecent Dressing among Undergraduates on the Basis of Institutions**

Source variance	SS	df	MS	Cal.F-ratio	Cri F-ratio
Between group	1110.090	3	555.045	7.308	3.00
Within Group	45339.775	596	75.946		
Total	46449.865	599			

The result in table 2 showed that the calculated F-ratio was 7.308 while the critical F ratio was 2.60. Since the calculated value was greater than the F-critical value, then there was significant difference in indecent dressing among undergraduates in the three higher institutions in Southwest, Nigeria. Since there was a significance difference, a post-hoc was carried out to establish the institution that brought about the significance difference.

**Table 3: Duncan Multiple Range Test (DMRT) Showing difference in the Mean Scores of Groups of Undergraduates Indecent Dressing**

Duncan's grouping	Mean	N	Group	School Type
A	83.12	200	3	LAUTECH
B	83.44	200	2	AAUA
C	86.15	200	1	EKITI STATE UNI.

The result in table 3 showed the Duncan Multiple Range Test(DMRT) that determined the mean of the school that led to the significant difference. The post-hoc result indicated that group 1 had the mean score of 86.15 which differed significantly from group 2 with the mean score of 83.44 and group 3 with the mean score of 83.12 respectively. Although groups 2 and 3 had closely related mean scores. But the significant difference noted in table 2 was brought about by group 1 which differed significantly from group 2 and 3.

**Ho<sub>2</sub>:** There is no significant difference in the indecent dressing among undergraduates on the basis of age.

To test this hypothesis, the data collected from these students were analyzed using ANOVA statistical analysis.

**Table 4: Summary Analysis of Variance (ANOVA) of Indecent Dressing among Undergraduates on the Basis of Age**

Source variance	SS	df	Ms	Cal.F-ratio	Critical F-ratio
Between groups	4.707	3	1.569	0.02	2.60
Within groups	46445.158	596	77.928		
Total	46446.865	599			

The result in Table 4 indicated that the Fcal ratio of 0.02 was found which is lesser than the F critical ratio of 2.60. Thus, that there was no significant difference in the indecent dressing among undergraduates on the basis of age. The stated null hypothesis was not rejected.

**Ho<sub>3</sub>:** There is no significant difference in indecent dressing among undergraduates on the basis of religious affiliation.

To test this hypothesis, data collected from the students were analyzed using t-test statistical procedure

**Table 5: t-test Statistical Analysis of Indecent Dressing among Undergraduates on the Basis of Religious Affiliation**

Religion	N	Mean	SD	df	t.cal	t.cri value
Christian	349	84.6246	8.09957	598	1.275	1.960
Muslim	251	83.6832	9.69399			

The result in table 5 showed that calculated t. value was 1.275 while the critical t value was 1.960. Since the calculated t value was less than the critical t value this indicated that there was no significant difference in the indecent dressing on the basis of religious affiliation.

**Ho<sub>4</sub>:** There is no significant difference in the in the indecent dressing of undergraduates on the basis of gender.

To test this hypothesis, data collected on indecent dressing among undergraduates on the basis of gender was subjected to t-test analysis tested at 0.05 alpha level.

**Table 6: t-test Statistical Analysis of Indecent Dressing among Undergraduates on the Basis of Gender**

Gender	N	Mean	SD	df	t.cal	t.cri value
Male	294	84.0748	8.79232	598	0.436	1.960
Female	304	84.3889	8.83078			

The result in Table 6 indicated that t calculated t value of 0.436 was less than the critical t value of 1.960. This implied that there was no significant difference in the indecent dressing among undergraduates on the basis of gender.

### **Discussion**

The result showed that among the three universities Ekiti State University, Adekunle Ajasin University and Ladoke Akintola University of Technology that there was significant difference in indecent dressing among the undergraduates. This lend credence to the findings of Gbadegbe and Quashie (2013) that indecent dressing has gradually taken over the dress pattern of students in Ghana higher institutions of learning. Obilo and Okugo(2013) was also of the opinion that Nigerian universities are battling with the wave of indecency notably among female students. Omede (2011) equally observed that indecent appearance has come to characterize the dress pattern of many students on the campuses of higher learning in Nigeria. Although there may be difference in the level of indecent dressing and sexual harassment among these universities but the bottom line is that dressing indecently is a major problem among many of the university undergraduates in most Nigerian higher institutions.

It was also found that there was no significant difference in indecent dressing of undergraduates on the basis of age. It can be noted that the issue of age is not very important among the students. When students are on the university campus they tend not to remember their age again. Many students often say age is a figure and it does not influence indecent dressing among them. This is supported with assertion of Olugbenga and Odeleye (2008) that adolescents are desperately veering from the past mode of dressing be it the original Yoruba mode of dressing or the type of dressing brought by the colonial masters. This also supported by the assertion of Olori (2003) that age of adolescents that are undergraduates influence their dressing patterns, especially the young adolescents within the age range of 15-20 years.

Again it was found that there was no significant difference in the indecent dressing of undergraduates on the basis of religious affiliation. The researchers considered the two major religious in Nigeria namely Christianity and Islamic religions. The result revealed that dressing

indecently was not affected by religion. Although Ozor and Onuoha (2018) observed that most religions like Christianity and Islam regard indecent dressing as sin. Olurode (1994) also asserted that religious orientation especially the Pentecostals exerted tremendous influence on the dressing habits of male and female adherents. Chukwudi and Gbakorun (2011) also observed from the religious point of view that individual youths are required to dress decently particularly ladies. This is to avoid attracting unnecessary attention to oneself which could stimulate arousal from the opposite sex. Fareo and Jackson (2018) opined that religion has significant influence on the dressing outfits of students as it defines the moral conduct of its followers.

It was also found that there was no significant difference in the indecent dressing among undergraduates on the basis of gender. This showed that gender did not influence the dress pattern of the students used for this research study. However, this finding is contrary to the research findings of Ozor and Onuoha(2018) that found that females engaged more in indecent and provocative dressing than the males. Igbinovia(2005) equally observed that about 60% of female undergraduate students of the university in Nigeria dress indecently. The issue of indecent dressing among university undergraduates could probably be due to the very young age that many of them are entering the university or the desire for the foreign cultures.

### **Conclusion**

The following conclusion could be drawn from the study:  
Indecent dressing is a serious contemporary issue in many of the Nigerian higher institutions of learning. There is need for urgent attention to address the menace, since it could lead to sexual harassment and sexual abuse in the higher institutions. This could not necessarily be between the students but also among the students especially the female students and male lecturers.

Indecent dressing was not influenced by the age of undergraduates. Age was not seen as a barrier to dressing indecently among the students. Many a times when students are in the university whether elderly or young they often dress indecently their age notwithstanding. The desire to belong and to be identified as fashionable make many students to dress indecently despite their age.

Indecent dressing was influenced by the variable of religious affiliation. Therefore, both Christians and Muslim students dress indecently to impress others and to show off among their peers. Again there was no difference in indecent dressing on the basis of gender. In the higher institutions in Nigeria both the male and female students tend to dress indecently in their various campuses.

#### **Implication for Guidance and Counselling**

The way a man/woman dresses is how he/she will be addressed. The mode of dressing among individual speaks much about his/her moral, personality and physical wellbeing. It is belief in the society that education produces students who are morally, mentally and physically sound. Higher institutions should be the highest level of learning which should prepare students for leadership and professional roles in the larger society. Thus, students should be made to understand the implication of dressing indecently. Some graduates had missed job opportunities due to improper dressing. This is therefore an issue that must not be taken for granted, it must be given proper consideration. No wonder some institutions of higher learning ensure dress code in their schools.

Parents must ensure that their children and wards dress decently. Parents should make sure that they buy good dresses and wears for their children. There should be careful supervision of what their children are bringing as clothes to the school. Parents should endeavor to visit their children and wards in their school without them being aware of such visits. This will go a long way to curb the incidence of indecent dressing in the university

campuses.

Religious organization should not take the issue of indecent dressing lightly with students. There should be serious campaign against indecent dressing among undergraduates. The incidence of indecent dressing could lead to sexual harassment, sexual abuse, teenage pregnancy, poor academic performance, promiscuity and prostitution among students. Students involved in dressing indecently could also become victims of various crimes. Thus, these students should be encouraged to dress neatly and decently without being extravagant.

Counsellors should work together with the university authority to create awareness on the side-effect of dressing indecent. Posters, lectures and seminars could be organized to address this serious issue which has turned so many students to prostitutes while some are experiencing academic failures. Some of these students that are just materialistic, who might lose trend of why they are in school.

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## **Substance Abuse and Mental Health of University Undergraduates: Implications for Counselling**

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### **Abstract**

*The study investigated substance abuse and mental health of university undergraduates, using Adekunle Ajasin University Akungba-Akoko Ondo State, Nigeria, as a case study. Two hypotheses were formulated to guide the study. A total of two hundred (200) students selected across the six Faculties of the university through a purposive sampling technique, were used as sample for the study. Data collected were analysed using t-test and correlational statistics. Results of the study showed that there was a significant difference in substance abuse between male and female university undergraduates with t-cal of 5.604 greater than the t-val of 1.195 at 0.05 level of significance. Findings of the study showed further that there was a significant relationship between substance abuse and students' mental health with r-cal of 0.669 greater than the r-val of 0.195 at 0.05 level of significance. Based on the findings, recommendations were made that there should be continuous education and creation of awareness on the dangers involved in the abuse of substance to university undergraduates. There is also the need for government at all levels to put facilities in place for all universities in Nigeria, to take care of students with substance use disorders.*

**Keywords:** Substance abuse, mental health, university undergraduates.

## **Introduction**

In recent times, it is being observed that substance abuse is fast becoming a common occurrence among university undergraduates in Nigeria. “Substance” and “drugs” are used interchangeably in this paper, and they can include; alcohol and others. They can be legal and illegal drugs, as well as substances that are not drugs at all. Abuse could result when legal and licit substances, which are socially accepted, and their use does not constitute any criminal offence, are used in ways that are not intended, or using them more than prescribed (National Agency For Food, Drugs And Administrative Control, NAFDAC, 2004). Substance abuse could also be described as a pattern of harmful use of any substance for mood-altering purposes.

According to Buddy (2019), substance abuse is said to have taken place if repeated use of such a substance causes significant impairment such as health issues, disabilities, failure to meet responsibilities, impaired control, risky use, social issues, amongst others. It implies therefore that if any undergraduate student indulges in drinking alcohol or smoking of marijuana to the point that he or she is liable to missing his or her classes, or to exhibiting gross misconduct, anti-social behaviours, then, he or she could be perceived as a substance abuser or an addict.

Substance abuse could be seen as a global issue which is not limited to Nigerian youths alone. Studies have shown that substance abuse is even higher among the youths of developed countries. For example, it was reported by Buddy (2019), that an estimated 27.1 million American youths aged 12 years and above, when interviewed, stated that they currently use illicit drugs such as marijuana, as well as the prescription types, such as pain relievers, sedatives, and tranquilizers for non-medical purposes.

In the investigation of the United Nations Office on Drugs and Crime (UNODC, 2010), the most commonly used illicit drug was the cannabis,

which has continued to feature not only in Nigeria, but also commonly used as illicit drugs in other countries of the world. The studies of Degenhardt, Chiu, Sampson, Kessler, Anthony et al (2008) and Gureje, Degenhardt, Olley, Uwakwe, Idofia, et al (2007) confirmed that the rate of cannabis usage of 42% reported in the United States (US) and New Zealand, coupled with the 24% reported in the United Kingdom (UK) were higher than the 0.4% reported in the 2002-2003 survey in Nigeria. To be precise, a cursory look at the list of abused substances in Nigeria, showed that the most commonly used substances by Nigerian youths include: marijuana, tramadol, cocaine, morphine, tobacco, and alcohol (Buddy, 2019). However, marijuana also referred to by several other names such as; maryjane, weed, ganja, kush pot, cannabis, eja, blaze, is found to have further gained more popularity over others.

Tramadol, a prescription drug, is yet another grossly abused narcotic - like pain reliever, which is originally used in treating mild to severe pains. While codeine is a cough syrup, that suddenly turned a favourite and a target of abuse among Nigerian youths, University undergraduates inclusive.

At this juncture, it may be necessary to look into why it appears so easy for Nigerian undergraduates to abuse drugs. According to Ebie and Tongue (1988), it is not that legal restrictions against drug abuse, such as in cannabis, are formally relaxed, it however seems that there is too much leniency in the enforcements against its use and abuse. This could be adduced for the rise in the use of substances.

Amongst others too, peer group influence could not be exempted from the reasons why Nigerian undergraduates abuse drugs. Many of the students may take to drugs with the intention to belong to a peer group. Peer group could be a major determinant in causing alcoholic consumptions among students' groups. This is because in most occasions, members of a group may be compelled to take alcohol, and

failure to do such could lead to loss of status or expulsion from the group (Aduku, 2001)

More general observation showed that substance abuse could be traced to its thrills, or the need to feel high by the abusers. It is thus implied that many Nigerian undergraduates may resort to substance abuse probably to ease off deeper emotional pain, believing that once someone is high, he or she would forget the problem at hand.

Since both male and female university undergraduates are involved in substance abuse, one may want to know whether there is any difference in their rate of substance use and abuse. Worell and Goodheart (2006) stated that the estimate of substance abuse depend on the data source and methodology employed. Similarity could however occur, depending on the pattern of drug being used by the two sexes. According to Worell and Goodheart (2006), girls, like boys, mostly and frequently used licit substances such as alcohol and nicotine before proceeding to the use of illicit substance; most often, marijuana.

The findings of a research carried out by Adamson *et al* (2015) showed that the prevalent rates of substance abuse among males were higher in urban areas, with an overall 46%, while the overall rate for females was 17%. The findings showed further that the prevalent rates of alcohol use for males were 46.2%, 37.6% and 31.9% which were higher than those for females with 31.2%, 22.2% and 16.2% respectively. Based on the preceding findings with respect to differences in substance abuse, the rates among males were found to be higher than for the females.

It is believed that chronic use of drugs and alcohol can have devastating effects on the mental health of students. For example, according to Wechsberg, Lam, Zule, Hall, Middlesteadt and Edward (2003), substance abuse was often the primary underlying causes for medical and social illnesses in many parts of the world. The use of drugs or substances usually reduces inhibitions and increases vulnerability to

high risk behaviours. Implications of substance abuse for female undergraduate students for example, is their being more at risk at becoming victims of unplanned and unprotected sexual intercourse. This could as well expose them to a much greater likelihood of contracting HIV/AIDS.

Still considering the hazardous implications of substance abuse, Mba (2008) stated that there could be adverse effects on the brain, kidney, liver, heart, pancreas, and the lungs, thereby making the addicts to become more vulnerable to diseases and complications such as; hepatitis. Marijuana which is the most commonly used, has its side effects to include impaired coordination and lack of concentration, thus making committed academic work to be very difficult. This eventually could cumulate into falling grades and academic failure.

### **Purpose of the Study**

The study investigated the prevalence of substance abuse among undergraduate students in Nigeria, using AAUA as a case study. Specifically, the study was to find out if there was a significant difference in the rate of drug abuse between male and female undergraduate students. The study also examined the implication of substance abuse for the mental health of undergraduate students.

### **Research Hypotheses**

- Two hypotheses were formulated and tested at 0.05 level of significance:
- (1) There is no significant difference in substance abuse between male and female undergraduate students.
  - (2) There is no significant relationship between substance abuse and undergraduate students mental health.

### **Methodology**

The descriptive research design of survey type was used for the study. The population for the study comprised all undergraduate students in the

six Faculties in Adekunle Ajasin University Akungba-Akoko.

The six Faculties were:

- (1) Faculty of Agriculture.
- (2) Faculty of Arts.
- (3) Faculty of Education.
- (4) Faculty of Law.
- (5) Faculty of Science and
- (6) Faculty of Social and Management Sciences.

A sample of two hundred (200) undergraduate students were selected through a purposive sampling technique across all the six Faculties. A Self-constructed Questionnaire by the researcher titled "Substance Abuse and Students' Mental Health (SASMH)" was used for the collection of data for the study. The research instrument was given to experts in Tests and Measurement unit of the Department of Guidance and Counselling for necessary validation.

The research instrument consisted of three sections; A, B, and C. Section A was on the socio-demographic variables, section B comprised variables on substance use, while section C was on the general mental health status of substance abusers.

The response items had four (4) answer format of:

- (1) Strongly Agreed (SA)
- (2) Agreed (A)
- (3) Disagreed (D)
- (4) Strongly Disagreed (SD)

The eligible sample for the study comprised male and female undergraduate students aged between 18-25 years, who were involved in substance use and abuse, such as alcohol, cigarette and others. Altogether, two hundred (200) students who were selected across the six (06) Faculties of the university were used as sample for the study.

To ensure that the research instrument was reliable, it was administered

twice within an interval of two weeks on twenty (20) respondents who were not part of the study. A reliability co-efficient of 0.76 was established, which confirmed that the instrument was high enough to be used for the study.

The researcher with the help of the course representatives administered the Questionnaire to the 200 respondents and collected them back immediately after completion. The collected data were analysed using t-test and correlational statistics. The two hypotheses were tested at 0.05 level of significance.

## Results

**Hypothesis one:** There is no significant difference in substance abuse between male and female university undergraduates.

**Table 1: t-test on the Difference in Substance Abuse between Male and Female Undergraduate Students.**

Variables	X	SD	N	Df	t-cal	t-val	Rem.
Male Students	19.08	3.50	200				*Sig
				198	5.604	1.195	
Female Students	62.22	7.65	200				P<0.05

Data in Table 1 showed that there was a significant difference in substance abuse between male and female university undergraduates, with t-cal of 5.604 greater than t-val of 1.195 at 0.05 level of significance. This implies that the null hypothesis which stated that there was no significant difference between male and female university undergraduates was rejected, and the alternate hypothesis upheld.

**Hypothesis Two:** There is no significant relationship between substance abuse and undergraduate students' mental health.

**Table 2: The Relationship between Substance Abuse and Students' Mental Health.**

Variables	X	SD	No	df	r-cal	r-val	Rem.
Substance Abuse	19.08	3.50	200	199	0.669	0.195	*Sig
Students' Mental Health	62.22	7.65	200				

P<0.05

Table 2 showed that there was a significant relationship between substance abuse and undergraduate students' mental health. The r-cal of 0.669 was greater than the r-val of 0.195 at 0.05 level of significance. The earlier hypothesis which stated that there was no significant relationship between substance abuse and undergraduate students' mental health was therefore rejected. This implies that there was a significant relationship between Students' substance abuse and their mental health.

### Discussion

The finding in Table 1 of the study showed that there was a significant difference in substance abuse between male and female undergraduate students. This finding was in line with the study of Worell and Goodheart (2006), who found that even though both sexes frequently used drugs, the estimate of their substance use and abuse differed slightly. However, in the research carried out by Adamson et al. (2015), it was specified categorically that the prevalent rates of alcohol use for males were 46.2%, 37.6%, and 31.9% which were higher than those for females with 31.2%, 22.2%, and 1.2% respectively. This implies that even though both the male and female undergraduates were involved in substance abuse, the males were found to be generally higher than the females.

The finding in table 2 of the study showed further that, there was a significant relationship between substance abuse and students' mental health. Since this finding showed that substance abuse has very bad

effects on undergraduates' mental health, it implies that substance abuse could be basic to academic impairment and invariably academic failure if appropriate steps are not taken to guide against its continuous occurrence in Nigerian universities.

This findings in agreement with those of Wechsberge et al (2003), which showed that substance use and abuse were often the primary underlying causes for most medical and social illnesses in many parts of the world. That the use of drugs usually reduces inhibition and increases vulnerability to high-risk behaviours. In the same vein, Mba (2008), agreed with the finding of this study that substance abuse often leads to serious health hazards for addicts. Marijuana according to the scholar has many side effects amongst which are impaired coordination and concentration, making serious commitment to academic work very difficult.

### Conclusion

Based on the findings of the study, it was concluded that substance abuse significantly influenced mental health of university undergraduates in Adekunle Ajasin University Akungba-Akoko Ondo State, Nigeria, as a case study. Hence, the following recommendations were made:

- That there is need to confront substance abuse in multifaceted ways. In other words, it is imperative to give continuous education on substance use and abuse, to university undergraduate students. Let them know the harmful effects of substance abuse on their mental health.
- Government at all levels should make facilities available to provide treatment for substance use disorders in Nigerian universities, to ensure that they get to the height of their academic pursuit.