

Abstracts

ABSTRACTS OF TEN PUBLICATIONS THAT BEST REFLECT MY CONTRIBUTION TO SCHOLARSHIP AND RESEARCH

(1) **Mojoyinola, J.K.** (1998). Social Support as Facilitator of Early Patients' Recovery from Physical Illness. *Nigeria Journal of Social Work Education* Vol. 2, No. 2, 29-36.

The study examined how social support increases or reduces symptoms of negative emotions associated with physical illness. It also examined how social support enhances or impedes early patient's recovery from physical illness. The study was carried out among 200 physically ill patients in selected state-owned hospitals in Oyo State. Descriptive survey research design was adopted for the study. A single questionnaire tagged "Nurses Evaluation Questionnaire" (NEQ) was employed to collect information for the study. The data collected were analysed, using Analysis of Variance (ANOVA). Three hypotheses were tested for significance at 0.05 level of confidence. Finding from the study established that social support reduced symptoms of anxiety and depression. However, it was established that social support did not enhance early patients recovery from physical illness.

2. **Mojoyinola, J. K.** (1999). Effectiveness of Group Therapy in the Psycho-Social Management of Patients with Mental Illness. *Nigerian Journal of Clinical and Counselling Psychology* Vol. 5, No 1, 58-68.

The study investigated the effectiveness of group therapy in the psycho-social management of patients with mental illness. To this end, experimental research design was adopted for the study. These were grouped into experimental and control groups. Three null hypothesis were tested using chi-square and t-test statistics. The study established the following:

1. There was significant effect of group therapy in the psychosocial management of patients with mental illness.
2. There was significant difference in level of mental health of the patients who attended group therapy sessions.
3. There was significant difference in the recovery of patients who attended group therapy sessions and those who did not attend group therapy sessions.

Based on the above findings, it was recommended that intensive group therapy should be given to the mentally ill patients by the health care-givers (the clinical psychologist, psychiatric nurses and social workers). To this end, the government and hospitals' management boards should provide adequate medical personnel, and recreational facilities in psychiatric wards or units of its hospitals for giving effective psycho-therapy to the mentally ill.

3. **Mojoyinola, J. K.** (2003). Violence within the Family: Its Nature, Impacts and Implications for Health Care and Social Work Practice in Nigeria. *UniQwa Research Chronicle*, Vol. 4, No. 2, 283-306.

The study examined the nature and impact of family violence on health, social well-beings, marital stability and attitude of children to school. It also discusses the implications of the consequences of family violence for health care and social work practice in Nigeria. A descriptive survey research design was adopted for the study, using a sample size of 425 respondents. A single questionnaire tagged "Family Violence Assessment Questionnaire" (FVASQ) was developed and used for data collection. Three null hypotheses were generated and tested in the study, using multiple regression, analysis of variance and partial correlation. The study established that there was no significant impact of family violence on health and social well-being; that there was no significant impact of family violence on marital stability; that there was a significant impact of family violence on attitude of children to schooling. Based on these findings some useful recommendations were made on how to reduce, prevent or end family violence.

4. **Mojoyinola, J. K.** (2008). Effects of Job stress on Health, Personal and Work Behaviour of Nurses in Public Hospitals in Ibadan Metropolis, Nigeria. *Studies in Ethno-Medicine*, Vol. 2, No. 2, 143-148

The study investigated the effects of job stress on the physical health, mental health personal and work behaviours of nurses in public hospitals in Ibadan Metropolis, Nigeria. It aimed at addressing the issue of how stress at work can be effectively managed, reduced, or prevented by the government and hospital management boards in order to enhance the health of the nurses, as well as improving their personal and work behaviours. The study was carried out among 153 nurses working in two public hospitals in Ibadan Metropolis, Nigeria, Expost-facto research design was adopted for the study. A single questionnaire tagged "Stress Assessment Questionnaire for Hospital Nurses (SAQFHN) was developed and used for the study. It contains 72 items, measuring demographic variables, job stress, physical and mental symptoms, personal and work behaviour. Two hypotheses were formulated and tested in the study, using analysis of variance and independent t-test. The study established that job stress has significant effect on physical and mental health of the nurses. ($F = 2.376$, $df = 10/143$, $P > .05$). It also established that there was a significant difference in personal and work behaviour of highly stressed nurses and less stressed nurses ($t = 2.178$, $df = 152$, $P > .05$). Based on these findings, it was recommended that the government (Federal or State government) and Hospital Management Boards should improve the welfare of nurses. It was also recommended that their morale should be boost by involving them in policy or decision-making concerning their welfare or care of their patients. Their salary should be reviewed and that they should be promoted as at when due.

5. **Mojoyinola, J.K.** (2009). Effectiveness of Social Support in Management of Patients with Diabetes Mellitus. *International Journal of Applied Psychology and Human Performance*, Vol. 5, 859.

The study investigates how social support is effective in the psycho-social management of patients with diabetes mellitus. A descriptive survey research design was adopted for the study, using ex post-facto method ($n = 83$). 13 were Type 1 and 70 were Type 2 diabetic patients. A single questionnaire tagged "Social Support and Diabetes Management Questionnaire (SSADMQ)" was used in collecting data for the study. Three hypotheses were tested in the study, using analysis of variance (ANOVA). The study established that social support has significant effect on patients' compliance with diabetic regimen ($F = 5.701$, $df = 5/78$, $P < .05$). It also established significant effect on psychological well-being ($F = 3.010$, $df = 5/78$, $P < .05$) and social well-being ($F = 5.701$, $df = 5/78$, $P < .05$) of diabetic patients. The study concluded that social support is effective in the psycho-social management of patients with diabetes mellitus. Based on findings from the study, it was recommended that patients should adhere strictly to their diabetic regimens and reduce their negative emotions by themselves. Members of the family should provide adequate emotional, financial, material support to diabetic patients and ensure that they comply with their treatment regimen. The government and non-governmental organizations should provide adequate diabetic medicine and food in hospitals which can be purchased by the patients at affordable prices.

6. **Mojoyinola, J.K.** (2010). Impact of Emotional Reactions on Patient' Recovery from Physical Illness: Implication for the Medical Social Workers. *Studies on Ethno-Medicine* Vol. 4, No. 2, 139-144.

The study examined the impact of emotional reactions on recovery of patients from physical illness. It also examined their implications for the medical social workers. The study was carried out among 147 physically ill patients in six selected government-owned hospitals in Oyo State, Nigeria. A single questionnaire tagged Emotional Reactions and Recovery Assessment Questionnaire (ERARAQ) was developed and used for the study. Two hypotheses were tested at 0.05 level of significance. The study established that happiness has significant impact on recovery from physical illness ($F = 11.589$, $df = 1/146$, $p < .05$). It also established that anxiety and depression have significant impacts on recovery from physical illness ($F = 3.796$, $df = 1/146$, $p < .05$). These findings have many useful implications for the medical social workers in Nigeria and in other parts of the world. Hence, it was recommended that the medical social workers have to give adequate attentions to the psycho-social needs of the patients. They have to assist the poor and helpless patients to overcome their financial, emotional, social and material problems in order to experience rapid recovery.

7. **Mojoyinola, J.K.** and Aduloju, T. (2010). Social Support as a Correlate of Coping with Infertility: A study among Women Attending Gynaecology Clinic in University

Teaching Hospital, Ado-Ekiti, Nigeria. *International Journal of Applied Psychology and Human Performance*. Vol. 6, 1261-1280.

The study investigated the influence of social support on coping with infertility. The study was carried out among 231 women attending gynaecological clinic in university teaching hospital, Ado-Ekiti, Nigeria for infertility problems. The descriptive survey research design of the ex-post-facto type was used for the study. Two hypotheses were tested at 0.05 level of significance, using Multiple Regression Analysis. The study established that there were significant joint effects of social support on coping with infertility. The study also established that there was significant relative effects of emotional support, family support and material support on coping with infertility. Based on the above findings, it was recommended that husbands, relations, friends, in-laws, and other related persons should give adequate social support to women having infertility. They should make them happy, give them emotional moral and financial support and avoid passing unpleasant remarks about them. The women themselves should have absolute faith in God, hope that they will eventually have their own children and avoid negative emotional feelings that can affect their health and coping abilities.

8. **Mojoyinola, J.K.** (2012). Religion as a correlate of coping with Physical Illness in Public and Private Hospitals in Oyo State, Nigeria. *Journal of Research and Development Education (JORDE)* Vol. 10, 88-101.

The study investigated the relationship between religion and coping with physical illness. The study was carried out among patients with different illnesses or medical conditions, using the descriptive survey research design of the ex-post-facto type. A single questionnaire tagged "Religion and Illness Coping Questionnaire (RAICQ)" was used for data collection. The research hypotheses were tested, using the statistical test of multiple regression and partial correlation. The study established significant joint effect of religious belief, and religious practices (attendance in religious services, hope/faith in God, prayer/meditation) on coping with physical illness. The study also established significant relative effect of religious belief and religious practices (attendance in religious services, hope/faith in God, prayer/meditation) on coping with physical illness. Based on the above findings the following recommendations were made, that the health care-givers should give respect to the religious beliefs of their patients, allow them to exercise their faith and pray according to their religious practice.

9. **Mojoyinola, J.K.** (2012). Spirituality for Health and Recovery of Physically ill patients. *East African Researchers*. Vol. 2, No. 1, 87-102.

The study found out the effect of spirituality on health and recovery of 223 physically ill patients in Oyo State, Nigeria. Using the ex-post-facto survey design, it established significant joint effects of spiritual belief and spiritual practices on health of the physically ill patients. It also established significant joint effects of spiritual belief and spiritual practices on recovery of physically ill patients. Further more, the study established significant relative effects of spiritual beliefs and spiritual practices on

recovery of physically ill-patients. Based on the above finding, it was recommended that the health care-givers (doctors, nurses, social workers, patient's relatives etc) should allow the patients to exercise their religious spiritual beliefs or faiths, meditate, pray according to their religion or be prayed for by their religious leaders, whenever requested for. Also, they should allow the patients to read their religious or spiritual books (Bible or Koran, etc) and apply some verses or passages in them to their situations. They should encourage the patients to listen to some religious or spiritual musics that can make happy or involve them in series of environmental programmes such as walking round the ward hospital premises, or their environment to see the beauty of nature.

10. **Mojoyinola, J.K.** and Blinkhorn, F.A. (2013). Impact of Guinea Worm Disease on Socio-Economic Well-being of a Rural Community in Oke-Ogun Area of Oyo State, Nigeria. *International Journal of Health Promotion and Education*, Vol. 51, No. 14, 180-184.

The study investigated the impact of Guinea Worm Disease on the lives of people living in rural areas of Nigeria. It examined the nature of Guinea Worm Disease, its severity and effect on the economic and social well-being of people living in the rural community of the Oke-Ogun area of Oyo State, Nigeria. One hundred and forty-eight infected persons in four local government areas completed the Guinea Worm Disease Severity Questionnaire and the Socio-economic Well-being Questionnaire. The study established that there was a significant impact of severity of Guinea Worm infection on both the economic well-being ($p < 0.05$) and the social well-being of infected people ($p < 0.05$). It is recommended that health care providers (nurses, social workers, environmental officers, etc) provide support in the form of identification and management of the needs of each infected person; in addition, they have a vital health promotion role to educate the local community of the dangers of drinking unclean water.