

Completed

Listed below are completed researches designed and executed by me in conjunction with some academic colleagues and postgraduate students.

1. 1. Awareness and Knowledge of HIV/AIDS among Adolescents in Akinyele Local Government Area

This study examined the level of awareness and knowledge of adolescents in Akinyele Local Government Area on HIV/AIDS. A sample of 500 students was drawn across all the secondary schools in the local government area through a multi stage sampling technique. The findings of the study revealed that while there was a high level of awareness on the existence of HIV/AIDS and knowledge of its causative organism and prevention, there was however a low level of knowledge on the signs and symptoms of the infection. A robust HIV/AIDS education programme instrumental to equipping adolescents on critical issues related to HIV/AIDS was recommended. The sensitization of adolescents through the mass media especially on the electronic media like television and radio by integrating HIV/AIDS information into programmes that adolescents enjoy was also recommended.

1. Predisposing Factors of Communicable Diseases among Primary School Children in Ibadan North Local Government Area, Oyo State

Co-researcher: Marchie, Chinwe Lucy (Doctoral Student).

The researchers investigated factors that predispose primary school children in the local government area to communicable diseases. The study covered ten primary schools drawn through a random sampling technique from which 500 pupils were selected. The research was designed around five hypotheses which include poor personal hygiene, poor environmental sanitation, poor ventilation, direct contact, formite sharing, and low level of disease prevention practices. Findings of the study revealed that all the independent variables were found to predispose pupils to communicable diseases. It was therefore recommended that since good health is required for pupils to do well in Mathematics, English Language and Sciences, which are subjects that have gained prominence; Health Education should be introduced and where they already exist, they should be reinvigorated. This is based on the fact that a well planned, implemented and evaluated programme and instruction in Health Education will enable students to gain competence in adopting lifestyles and practices that will protect and promote their health status as well as that of the school and the entire community and to enable them excel academically since good health is germane to academic excellence.

The Relationship between Environmental Factors and Health Problems of Secondary School Students in Oyo State, Nigeria

This study investigated the relationship between environmental factors and health problems of students in Oyo State, Nigeria. Environmental factors around which the hypotheses were formulated are school refuse disposal system, toilet facilities, crowded classrooms, and water supply. A sample of 2000 students was drawn from selected public secondary schools in Oyo

State through a multi stage sampling technique. Findings revealed that poor refuse disposal, lack of toilet facility, crowded and unventilated classroom, and poor water supply systems all dispose students to health problems. It was therefore recommended that concerted effort be made by relevant stakeholders to provide basic facilities in the school to ameliorate health problems that lack of these facilities promote. Similarly, a robust health education/instruction programme should be designed for the school and community since people will take on practices that will promote health and well being if they are well informed.

4. Factors Responsible for Students Non-Selection of Physical and Health Education in the Senior Secondary School Certificate Examination in Oyo State, Nigeria

It is quite saddening to note that despite the vital importance of physical and Health Education to social development, there seems to be a high level of apathy on the part of students in studying the subject. The researcher was therefore interested in investigating probable reasons for this trend by inquiring into factors that are responsible for the non-selection of this important subject in SSCE among senior secondary students in Oyo State. A sample of 2000 students drawn from the four educational zones in the state was surveyed. Findings revealed that career prospect, non-inclusion of the subject in the curriculum, peer influence, parental influence and tertiary institution requirement are responsible for the non-selection of the subject in Senior School Certificate Examination. It was recommended that Physical and Health Education be made a compulsory subject in secondary schools because of its prospect in entrenching a healthy and strong populace. Sensitization programmes aimed at correcting the wrong notion which parents and significant others hold against Physical and Health Education which has contributed immensely to the negative attitude that learners pose against this vital subject was also advocated.

Determinants of Alcohol Drinking Behaviour of Adolescents in Secondary Schools in Ondo State, Nigeria

The high rate of anti-social behaviour among the youth in contemporary Nigeria has been tied to substance abuse. Since alcohol is a leading substance of abuse as it is usually the first substance of abuse among young people, the researcher was interested in finding out the determinants of alcohol drinking behaviour among adolescents in Ondo State. A sample of 300 students was selected through a multi stage sampling technique and regression model was used to test the hypotheses built around socio-cultural factors. Findings of the study revealed that parental influence, peer pressure, advertisement and cultural demands are strong determinants of alcohol drinking behaviour among the population. The researcher therefore recommended that apart from designing intervention programme on the health implication of alcohol consumption, parents must desist from encouraging their children and wards from alcohol consumption by giving it to them or taking it before them. A policy on the regulation of advertisement

which in most cases glamorizes alcohol use must be enacted and implemented by relevant agencies of government. The involvement of people who adolescents hold as role model like music icons and sports stars in the crusade against alcohol use was also recommended.

6. Physical Education Programme and Academic Performance of Students in Obowo Local Government Area of Imo State

Physical Education has been noted to contribute immensely to intellectual development. The researcher was therefore interested in finding out the relationship between physical education and academic performance among secondary school students in Obowo Local Government Area of Imo State. A sample of 400 students was selected randomly from four secondary schools in the local government area. Findings of the study revealed a positive and meaningful relationship between participation in physical education and academic performance as students who participate actively in organized physical education programme were better equipped physically, mentally and emotionally and were more likely to meet academic workload demand than those who do not. It was therefore recommended that a large scale sensitization aimed at correcting the notion that physical education is a barrier to academic performance be embarked upon. Provision of facilities, equipment and opportunities for participation in organized physical education programme was also advocated.

7. Assessment of the Availability of Environmental Resources for the Implementation of Universal Basic Education (UBE) Programme in Obowo Local Government Area of Imo state

The Universal Basic Education (UBE) programme aimed, among other things, to ensure the acquisition of appropriate levels of literacy, numeracy, manipulative, communicative and life skill as well as the ethical, moral and civic values needed for laying a solid foundation for life- long learning was launched by the Federal Government of Nigeria in the year 2000. A programme with such prospect can only be successful when resources; both human and material as well as favourable environmental factors are available. The researchers were interested in assessing the level of availability of environmental resources for the effective implementation of UBE programme in Obowo Local Government Area of Imo State. A sample of 200 teachers was drawn across all the public primary and secondary schools in the local government area. Findings revealed that there is gross absence and inadequacies of resources in the schools as there is total absence or inadequate toilet facilities, seats, school buildings/structures, water supply and facilities for games and sports. Since nothing meaningful can be achieved without a conducive working environment and availability of resources, the researchers recommended that enabling environment for the realization of the noble vision of UBE be provided by the state's UBE board and other relevant agencies of government. It was also recommended that the Parents-Teachers Association also assist the government in providing

facilities for the schools since government alone cannot effectively provide all the required facilities in schools.

8. Factors Influencing Sports Administration in Private Nursery and Primary Schools in Ibadan North Local Government Area, Oyo State

Co-researcher: Asogun Mathew T. (Student)

The place of sport in national development cannot be overemphasized. Sports also contribute immensely to health and well being, mental alertness and good posture. It creates avenues for healthy competition, instills team spirit and group loyalty which are all central to positive social and mental health status. Sport, especially within the school can only be worth its salt if it is well organized and administered to avoid unnecessary strife that can jeopardize the physical and mental health of participants.

The researchers were interested in investigating the factors that inhibit sports administration in privately owned nursery and primary schools in Ibadan North Local Government Area of Oyo State. Ten schools were surveyed in the study and a dual method of data collection which included the use of self structured questionnaire and personal observation check list were used to collect data. Generated data were analyzed using descriptive statistics of frequency counts and simple percentages as well as inferential statistics of multiple regression. Findings revealed that attitude of the school authority and significant others (school instructors and parents) towards sports, availability of sports facilities as well as availability of sports equipment all influence the administration of sports. It was recommended that school authorities, parents and teachers should develop positive attitude towards sports because of its immense contribution to health and well-being. Encouraging students who participate in sports with scholarships and other awards and souvenirs was also recommended as well as provision of sports facilities and equipment.

Knowledge of the Implications and at Risk Behaviour of Female Undergraduates towards Breast Cancer in the University of Ibadan

Co-researcher: Ugochuckwu Shulammite A (Student)

Breast cancer which is one of the leading causes of death in both developed and developing countries of the world can be greatly controlled if detected on time. The researchers were therefore interested in investigating the knowledge of female undergraduates in the University of Ibadan as regards predisposing factors to breast cancer, practice of self-breast examination and its implications. A sample of five hundred female undergraduates was drawn across five faculties in the university and a self structured closed ended questionnaire was used for data collection. Findings revealed that while a high number of respondents (98.6%) reported high knowledge of the effect of breast cancer, only 2.8% reported constant self-breast examination with another worrisome percentage (84.2%) reporting that they engage in risk behaviours that can predispose them to cancer. The researchers therefore recommended that an intervention programme aimed at curbing the high level of exposures to cancer predisposing factors be designed and

implemented by school authorities and other relevant agencies both governmental and non-governmental that have interest in the health of students and young adults. Inclusion of a well robust health education programme which will among other topical health issues expose the students to cancer related issues into the General Studies Programme (GSP) in the university was also recommended.

10. Appraisal of School Mid-day Meal in some Selected Secondary Schools of Mushin Local Education District of Lagos State, Nigeria

Co-researchers: Oladipupo-Okerie B. O, and Adefuye M. (Lagos State University, Ojoo) The place of adequate nutrition to health and well being cannot be overemphasized. Good nutrition and good health are two sides of a coin that are essential for excellent academic performance. Since poverty level in Nigeria is alarming thus incapacitating most families in the provision of adequate nutrition for their children, some state governments, including Lagos State embarked on provision of mid-day meal with the aim of meeting the nutritional requirements of the school children. The researchers appraised mid-day meals in selected secondary schools in Mushin Local Education District of Lagos State to ascertain the level of organization, hygienic preparation and handling of this meal. They were also interested in finding out the extent to which this programme is meeting the nutritional needs of the students.

A sample of 300 students within the age range of 10 and 21 was drawn randomly from public secondary schools in the district. Findings of the study revealed that the mid-day meal programme in the district is poorly organized. It was also found that meals served the students record low level of hygienic conditions in preparation and handling though the students reported that the programme is of great importance to their nutritional requirement. Based on these findings, the researchers recommended engagement of certified dieticians and nutritionists who are not only knowledgeable in food related issues but are also well versed on the implication of meals prepared in unhygienic conditions by the education authority.

b. In Progress

Below are ongoing researches designed and currently being executed by me and my academic colleagues and students.

Nutrition and Health Practices as Correlates of Reproductive Health Problems of Women in Oyo State, at Data Analysis Stage.

The taboos placed on certain food items and the manner in which women handle their personal and environmental hygiene are found to predispose them to a lot of health related problems. This study therefore tried to examine the role of nutrition and health practices in influencing reproductive health problems of women in Oyo State. A descriptive research design was adopted for this study. A sample of five (5) hundred women was randomly selected from five (5) Local Government Areas in Ibadan. The study was

delimited to Ibadan municipality. Self developed structured questionnaire was used as instrument for data collection.

2. Analysis of Emergency Health and Safety Preparedness of Schools in Oyo State, Nigeria

Human environment, including the school cannot be hundred percent safe from emergencies as there are emergencies that are above the preventive measures of man. In schools, it is important to find out the extent to which schools and child care facilities are prepared to respond to the needs of children during a disaster. The health and welfare of students and school staff in crisis is dependent upon sound emergency preparedness. Therefore, this study was designed to examine the state of emergency preparedness of schools in Oyo state.

The descriptive survey research design was employed in the study which sampled 210 schools in the state selected through a multi stage sampling technique. A self structured closed ended questionnaire which yielded a reliability coefficient of 0.86 using Cronbach alpha scale was used to generate data. The data were analyzed using simple frequency and percentage counts. The study is presently at discussion stage.

3. Assessment of Preference for STIs Prevention Methods by Undergraduates in the University of Ibadan

Co-researcher: Okeke, Sylvester Reuben (Student)

Various researches have indicated that risky sexual practices among in-school adolescents are high. The painful side of the story is that little or no precaution is taken to ensure prevention of infections that are aftermaths of this practice. The researchers were therefore interested in examining the preferences that undergraduates in the University of Ibadan make as regards STIs prevention methods of abstinence, faithfulness to a single partner and condom use. A pre-survey in-depth interview however revealed another method of STI prevention which combines faithfulness to a single partner with condom use. Due to the sensitivity of the research problem, the research design was triangulated and all the undergraduate halls in the university were sampled with a sample size of 1400 students drawn through a multi stage sampling technique. The study is presently at data analysis stage.

4. Overcrowding and Communicable Diseases Occurrence among Students In Selected Public and Private Secondary Schools in Akinyele Local Government Area, Oyo State

Co-researcher: Ruth Ochanya Adio-Moses (Ph.D.) (Department of Human Kinetics and Health Education, University of Ibadan)

The researchers are interested in investigating the relationship between overcrowded classrooms and the incidence and prevalence on communicable diseases in the population. A sample of 1000 students was drawn from selected public and private secondary students in the local government area. Self structured closed ended questionnaire and observation check lists

were designed to be utilized for data generation. The study is currently at pilot study phase after which data collection will commence.

5. Trends and Patterns of Sexual Behaviour among Undergraduates in the University of Ibadan

Co-researcher: Okeke, Sylvester Reuben (Student)

This study is designed to capture recent trends and patterns of youth sexual behaviour among undergraduates in the University of Ibadan. The study is intended to cover all the existing halls of residence in the university and its methodology is triangulated to strengthen validity. Presently the study is at methodology stage.

6. Physical School Environment and Motivation to Learning in Selected Public Secondary Schools in Anambra State, Nigeria

Co-researchers: Okpeze, C.N and Okpeze, V.E (Doctoral Student)

Healthful school environmental factors are required for safety, healthy living conditions and mental development which are all crucial to academic excellence. The researchers are interested in investigating the predictive effect of physical environmental factors on learning in selected public secondary schools in Anambra State, Nigeria. The descriptive survey research design was used in this study. Simple random sampling technique using fish bowl method with replacement was employed in selecting four out of the six educational zones in the state from which a sample of 1,800 students was drawn. The researchers utilized a modified adapted questionnaire which yielded a reliability coefficient of 0.83 Cronbach alpha. The study is presently at data collection stage.

(c) Dissertations and Thesis

i. Anyanwu, F.C. (1994) Awareness and Knowledge Relating to Selected Common Health Problems in Akinyele Local Government Area of Oyo State." Unpublished M.Ed. Project, University of Ibadan; **100 pages.**

ii. Anyanwu, F.C (1999) Socio-cultural Practices as correlates of psychological, Economical and Health Dispositions of Widows in Imo State, Nigeria. Unpublished Ph.D. Theses, University of Ibadan, **166 pages.**