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Institute Journal of Studies in Education (IJSE) is an educative outlet designed to be a repository for scientific information in the general filed of education and related discipline.

In keeping with international standard, IJSE is peer-reviewed and is under consideration to be hosted by the University of Ilorin, Nigeria on www.iocjournaledu.ng. The editorial team of the journal consists of scholars from different parts of the world and the journal receives contributions from national and international authors.

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We present for your reading and research pleasure, Volume 8, No. 1, 2018 edition of IJSE. This is an empirical edition containing scientific and educative articles from reputable scholars.

Happy reading!

Prof. Lasiele A. YAHAYA
Editor-in-Chief,
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ASSESSMENT OF HEALTH BEHAVIOUR OF UNDERGRADUATES IN FACULTY OF EDUCATION, AHMADU BELLO UNIVERSITY, ZARIA

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Abstract

Education and health are unarguably intertwined. As much as an individual needs to be educated in order to protect one's health, it is also a necessity to have abundant health in order to make optimal use of the acquired education. The study assessed the health behaviour of Undergraduates in Faculty of Education, Ahmadu Bello University Zaria. The objectives of the study were to examine the difference in i) physical activities ii) substance abuse and iii) illicit sexual engagement among Undergraduates in health related and non-health related courses in Ahmadu Bello University, Zaria. An ex-post facto research design was adopted. Multistage sampling was used to select 377 respondents. A researcher developed questionnaire, validated and tested for reliability was used for the study. Findings revealed that, physical activity (0.62>0.05) was not significantly different among Undergraduates in health related and non-health related disciplines in Faculty of Education, Ahmadu Bello University, Zaria. However, there was a significant difference in illicit sexual engagement and substance abuse (0.03<0.05, 0.51>0.05). It was concluded that; majority of Undergraduates in Ahmadu Bello University, Zaria do engage in physical activities. However, majority of the Undergraduates in health-related courses do not engage in unsafe sexual engagement and substance abuse.

Keywords: Health, Behaviour, Undergraduates, Assessment, Health Related Disciplines

Introduction

Sound health is a vital tool for any individual to thrive in all aspects of life. Thus, education on issues that promote health and wellness are very essential for individuals and groups in the society. The relationship between health and education cannot be overemphasised. The two terms are intertwined, as one need to be educated in order to develop and protect one's health, there is dire need for abundant health to make optimal use of the acquired education (Oyerinde, 2010). As noted by Nwamuo (2006), youths are unarguably the future of any nation, their health status therefore play a key role in determining a successful national development. More so, their personal and social development are very important in the development of life skills which will improve the interpersonal relationship between them and the environment they live in.

Health behaviour is a conscious action taken by individuals to avoid particular illness or diseases through healthy life style. Health behaviour will affect people's actions when they suspect an infection. For instance, if people continue to have sexual contact after they have recognized symptoms of sexually transmitted diseases, then they could infect more people and thereby increase the prevalence of such diseases. Self-treatment with antibiotics or other methods is another aspect of health behaviour which will have an impact on control of disease. Health

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behaviours of students are those behaviours that ensure healthy lifestyle among students such as hand washing, abstinence from indiscriminate sexual intercourse, physical activities, avoidance of stress and drug abuse, oral hygiene and cleaning of home and surroundings (United Nation's Children Fund, UNICEF, 2013).

Notably, a decline in the health status of students may affect their learning ability and above all, academic achievement. Therefore, improving the health status of individual student is of paramount importance. An important aspect of health behaviour is drug abuse. Drug abuse among Undergraduates is a menace that is spreading at an alarming rate, if not checked, it could destroy the youths who are in their formative stage in life (Puchalski & Sandoval, 2003). Drug abuse has been considered a global epidemic in which studies and statistics showed that globally, more pre-adolescence and teenage children are using drugs and alcohol (Jain, Nandan & Misra, 2016). Drug abuse most often begins in early adolescence because of social, economic problems and cultural practices of this age group (Kandel & Chen, 2015). Kyalo and Mbugua (2011) noted that drug abuse affects people at all levels of development. It has a negative impact on the education and overall health of students and predisposes them to negative health behaviour. Substance abuse has led to increase in cases of indiscipline as reflected through banditry, theft, truancy, injuries, destruction of properties, mis-allocation of resources, sneaking out of school, disobedience to teachers, low concentration, poor academic performance, deviant behaviour, breaking of school rules and regulations, crimes, fighting and general indiscipline.

Another negative health behaviour is engagement in unsafe sexual intercourse. Unsafe sex is the second most important risk factor for diseases and death in most low-income countries and the number one risk factor for HIV/AIDs transmission (United Nations Programme on HIV/AIDS, UNAIDS, 2013). Heterosexual intercourse is the primary mode of HIV infection worldwide. Although, condom use has been documented as a very effective protection against HIV/AIDs in heterosexual relationship with about 60 to 95% protecting chances, prevention against HIV could be further ensured and maintained through effective health education. Condom use also has the potential of protecting individuals against other sexually transmitted infection (STIs) and unwanted pregnancies (UNAIDS, 2013).

Furthermore, physical activity is very essential in maintaining optimal health status. Physical activities can be seen as a set of planned activities such as walking, running, jugging, dancing, rhythmic movement etc which are done with the aim of improving health. There are numerous physical activities that students can engage in on campuses; these could be athletics, fitness, volley ball, basket ball, handball, swimming and a host of other activities. Engagement in sports activities will undoubtedly improve the agility, stamina and strength of students and would enhance brain functions (Kandel & Chen, 2015).

Dale, Cathy, Lynda, Brigitte, Wendy and Karen (2010) found in a study on health behaviour that, there was difference in the behaviour and attitudes of undergraduates in health related and non-health related courses. The study revealed that, 66% of the respondents who received lectures on Kinesiology and Health Education made changes in at least one significant health-related behaviour. It was concluded in the study that, significant attitude and behaviour change can be achieved among students in health education, fitness, physical activity classes or other health related courses.

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Statement of the Problem

Often times, students see their stay on campus as a time away from home. Some of these students therefore practise a lot of things they will ordinarily not do at home. Some of them abuse drugs, engage in illicit sexual acts and other social activities which may have a detrimental effect on their health. Due to exposure to knowledge of healthful living and the importance of adopting healthy lifestyles in the course of their study, students in health-related courses are expected to have a better understanding of health behaviour than their counterparts in non-health related courses. In order to find out if the knowledge gained so far in their various courses have improved their health behaviour as compared to their counterparts in non-health related disciplines, the researcher assessed the health behaviour of Undergraduates in Faculty of Education, Ahmadu Bello University Zaria.

Research Hypotheses

1. There is no significant difference in physical activities of Undergraduates in health related and non-health related disciplines in Faculty of Education, Ahmadu Bello University, Zaria.
2. There is no significant difference in substance abuse among Undergraduates in health related and non-health related courses in Faculty of Education, Ahmadu Bello University Zaria.
3. There is no significant difference in illicit sexual engagement among Undergraduates in health related and non-health related courses in Faculty of Education, Ahmadu Bello University, Zaria.

Methodology

This study was carried out using an ex-post facto research design. The target population comprised all the Undergraduates in the Faculty of Education, Ahmadu Bello University, Zaria. A sample of 377 respondents was used for the study out of a population of 2,105. A multistage sampling technique was used for the study. Simple random sampling technique was used to select two non-health related and two health related departments in the Faculty of Education in Ahmadu Bello University Zaria. Purposive sampling technique was used to select students who were either in three or four hundred level. The choice of students in higher levels was based on the the assumption that, those in health-related departments should have been exposed to various health topics and knowledge which should make them more cautious about their health. A convenient sampling was used to select the students used for the study.

A researcher-structured questionnaire tagged "Questionnaire on Health Behaviour (QHB)" was used for data collection. The instrument comprised questions on selected health behaviour of students (physical activity, drug abuse and illicit sexual engagement). The instrument was validated by three experts and tested for reliability which yielded a reliability coefficient of .78r. The researcher collected the data with the help of four instructed research assistants. The researcher also sought the consent of the respondents by asking them to fill the consent section of the instrument. Data collected for the study were analysed using mean and standard deviation to compare the health behaviour of students in health related and non-health related departments. The mean score on each item was compared to a fixed mean of 2.5. While the hypotheses were tested using t-test statistical tool at 0.05 alpha level of significance.

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Results

Table 1: Mean Score on Physical Activities of Undergraduates in health related and non-health related courses in Ahmadu Bello University, Zaria.

S/N	ITEMS	UHRC		UNHRC	
		Mean	Std. Deviation	Mean	Std. Deviation
1	I sometimes play football with my friends	2.55	1.052	2.81	0.982
2	I engage in early morning jugging	2.93	0.895	2.83	0.868
3	I usually trek long distance as a form of exercise	2.64	0.987	2.67	0.921
4	I play volleyball	2.56	0.874	2.57	0.923
5	I play basket ball	2.79	0.941	2.62	0.894
6	I have a bicycle I use to engage in exercise	2.56	0.933	2.60	0.906
7	I frequent the gym to keep myself fit	2.73	0.896	2.68	0.969
8	I engage in more than one sport	2.54	0.890	2.50	0.937
	Total	**21.30**		**21.28**	

Key- **UHRC** - Undergraduates in health-related courses
UNHRC- Undergraduates in non-health related courses

Table 1 shows the mean scores on physical activities of Undergraduates in health related and non-health related courses. It can be deduced from the table that, the mean scores for Undergraduates in health related and non-health related courses are above 2.5, this implies that, there is no difference in the physical activities of Undergraduates in health related and non-health related courses in Faculty of Education, Ahmadu Bello University, Zaria.

Table 2: t-test analysis on the difference in Physical activities of Undergraduates in health related and non-health related courses in, Faculty of Education, Ahmadu Bello University, Zaria

	Areas	N	Mean	SD	df	T	Sig(p)
Physical Activity	Undergraduates in health-related courses	179	2.634	1.452	375	0.042	0.62
	Undergraduates in non- health related courses	198	2.615	1.401			

@0.05 alpha level

Results of the independent sample t-test in table 2 show that there is no significant difference in the self-perceived stress among undergraduates in health-related courses and non-health related courses in Faculty of Education, Ahmadu Bello University, Zaria.

Table 3: Mean Score on substance abuse among Undergraduates in health related and non-health related courses in Faculty of Education, Ahmadu Bello University, Zaria.

S/N	ITEMS	UHRC		UNHRC	
		Mean	Std. Deviation	Mean	Std. Deviation
1	I have never used drugs without prescription, especially in the last two years	2.50	0.862	2.78	0.982
2	I have always followed doctor's prescription any time I fall sick or need to use drugs	2.53	0.895	2.67	0.868
3	I sometimes use substances like caffeine, Kola and other things to stay awake all night and read	2.37	0.587	2.56	0.921
4	I sometimes use depressants like cough syrup, valium or alcohol to bring myself to sleep	2.52	0.674	2.76	0.923
5	I sometimes smoke weed in order to get high and function maximally	2.12	0.951	2.67	0.894
6	I often overdose on drugs like tramadol and aphrodisiac drugs to improve my sexual performance.	2.50	0.810	2.80	0.937
	Total	**14.54**		**16.24**	

Key-
UHRC - Undergraduates in health-related courses
UNHRC- Undergraduates in non-health related courses

Table 3 shows the mean scores on substance abuse among Undergraduates in health related and non-health related courses in Ahmadu Bello University, Zaria. It can be deduced from the table that, the mean scores for Undergraduates in health-related courses are lower than those in non-health related courses. They are also higher than the 2.5 fixed mean, which implies that, even though, majority of the respondents engage in substance abuse, Undergraduates in non-health related courses engage more in substance abuse than those in health-related courses.

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Table 4: t-test analysis on the difference in substance abuse among Undergraduates in health-related courses and non-health related courses in Ahmadu Bello University, Zaria.

	Areas	N	Mean	SD	df	T	Sig(p)
Drug abuse	Undergraduates in health-related courses	179	2.751	1.275	375	0.972	0.01
	Undergraduates in non- health related courses	198	2.420	0.345			

@0.05 alpha level

Results of the independent sample t-test in table 4 show that there is significant difference in substance abuse among Undergraduates in health-related courses and non-health related courses.

Table 5: Mean Score on illicit sexual engagement among Undergraduates in health-related courses and non-health related courses in Ahmadu Bello University, Zaria.

S/N	ITEMS	UHRC		UNHRC	
		Mean	Std. Deviation	Mean	Std. Deviation
1	I have more than one sexual partner	2.01	0.862	2.70	0.982
2	I do patronize brothels to have fun with girls	2.13	0.895	2.73	0.868
3	Most of the time when I go to night clubs, I do have illicit sex with the girls	2.37	0.587	2.56	0.921
4	I do carry hook up girls sometimes	2.17	0.674	2.52	0.925
5	I do not like using condoms when having sex with girls	2.42	0.951	2.99	0.894
	Total	**11.15**		**13.5**	

Key-
UHRC - Undergraduates in health-related courses
UNHRC- Undergraduates in non-health related courses

Table 5 shows the mean scores on illicit sexual engagement among Undergraduates in health related and non-health related courses in Ahmadu Bello University, Zaria. It can be

deduced from the table that, the mean scores for Undergraduates in health-related courses are lower than those in non-health related courses. They are also lower than the 2.5 fixed mean, while the mean scores of those in non-health related courses are higher than 2.5, this implies that, Undergraduates in non-health related courses engage more in illicit sexual engagement than those in health-related courses.

Table 6: t-test analysis on the difference in illicit sexual engagement among Undergraduates in health-related courses and non-health related courses in Ahmadu Bello University, Zaria.

	Areas	N	Mean	SD	df	T	Sig(p)
Illicit Sexual Engagement	Undergraduates in health-related courses	179	2.670	0.922	375	1.698	0.03
	Undergraduates in non- health related courses	198	2.135	0.843			

@0.05 alpha level

Result of the independent sample t-test in table 6 shows that there is a significant difference in illicit sexual engagement among Undergraduates in health related and non-health related courses in Ahmadu Bello University Zaria.

Discussion of Findings

Findings from hypothesis one revealed that there is no significant difference in the engagement in physical activities among Undergraduates in health-related courses and non-health related courses in Ahmadu Bello University Zaria. This means that both the undergraduates in health-related courses and non-health related courses in the University perceive themselves as going through a lot of stress. This finding is in line with Watson, Logan and Tomar, (2008) that, health education and literacy play a vital role in improving health through fitness and physical activities which are part of health promotion. Dale et al (2010) also noted that sports and exercises are very important tools in improving the health status of the people regardless of age and other factors. Most young people voluntarily engage in sports and enjoy doing it with their peers. The researcher observed that, despite their exposure to certain health information in the course of their study, Undergraduates in health-related courses are not doing better on engagement in physical activities than their counterparts in non-health related courses.

Findings also revealed, that there was a significant difference in substance abuse among Undergraduates in health-related courses and non-health related courses in Faculty of Education, Ahamdu Bello University, Zaria. This implies that both categories of Undergraduates in health-

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related courses do not significantly engage in substance abuse as compared to their counterparts in non-health related departments. This finding is in line with the assertion of Abogunrin (2010) that a well-planned health programme/curriculum will expose trainees to the detrimental effects of negative lifestyle with the end goal of bringing about changes in their behaviour to accept the positive lifestyles which will have a positive impact on their own health. It also confirms the opinion of Mc-Cabe, Boyd and Teter (2011) that drug abuse has been considered a global epidemic in which studies and statistics also showed that globally more pre-adolescence and teenage children are using drugs and alcohol. Choe, Olson and Sameroff (2004) also opined that a higher level of health education through better economic conditions may prevent students from engaging in abuse of substances. This finding is not surprising because, Undergraduates in health-related courses are expected to do away with drug abuse which they have learnt of its detrimental effects on their own health.

Finally, findings from hypothesis three revealed that there is a significant difference in Illicit sexual engagement among Undergraduates in health related and non-health related courses in Ahmadu Bello University, Zaria. Undergraduates in health-related courses had a better health behaviour in relation to illicit sexual engagement. Moronkola (2005) stated that effective sexual education programmes modify student's sexual behaviours positively towards avoiding unsafe and premarital sexual activities. This finding is also supported by Dale, Cathy, Lynda, Brigitte, Wendy and Karen (2010) who revealed that different course effects were found for many behaviours and attitudes among student in a study on health behaviour. 66% of the respondents made changes in at least one significant health-related behaviour. It was concluded that significant attitude and behaviour change can be attained among students in health education, fitness, and/or physical activity classes. This finding is not surprising because, students in health-related courses are exposed to sexuality education and this could be a significant reason for adopting positive health behaviour in terms of illicit sexual engagement.

Conclusion

Based on the findings of this study, the researcher concluded that, Undergraduates in non-health related departments engage more in substance abuse and illicit sexual engagement than their counterparts in non-health related department. However, Undergraduates in both categories similarly engage in physical activities.

Recommendations

In light of the findings and conclusions made from this study, the following recommendations were made;

1. Health related departments in the University should carry other departments in the University along through organization of weekly sports programme where students can freely engage in sports.
2. Health related departments should organise an interactive session with students where drug abuse prevention and importance of safe sex would be discussed extensively and students should be allowed to express their feelings without prejudice. This would have a positive impact on their practice of safe sex and avoidance of substance abuse.

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