

## Students' Perception of Indecent Dressing in Adamawa State Citadel of Higher Learning

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### ABSTRACT

Education is concerned with the development of the total personality of students and positive changes in their behavioural patterns. Citadels of higher learning are supposed to serve as a training ground for youths who are supposed to be leaders of tomorrow. However, the proliferation of indecent dressing among students of higher institutions has become a subject of debate among education stakeholders. Because of this, the study investigated students' perception of indecent dressing in Adamawa State citadel of higher learning. The study adopted a descriptive survey research design. A multistage sampling technique was used in selecting 400 students from four citadels of higher learning in Adamawa State. "Perception of Students on Indecent Dressing Questionnaire" (PSIDQ) was the instrument used in data collection. The instrument was validated and the reliability tested using Cronbach alpha statistic. A reliability coefficient of 0.86 was obtained. Descriptive statistics of mean and standard deviation were used to answer the research questions. The results showed that the students agreed with the 10 causes of indecent dressing in Adamawa State citadel of higher learning; 12 negative consequences of indecent dressing on academic performance, and the 11 roles of parents and tertiary institutions in curbing indecent dressing in Adamawa State citadel of higher learning. Also, the study revealed that the students demonstrated a negative attitude towards decent dressing on campuses. Based on these findings, the study recommended among others the strict implementation of the dress code policy in Adamawa State citadel of higher learning.

**KEYWORDS:** Students' perception, Indecent dressing, Citadel of higher learning, Adamawa State

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### I. INTRODUCTION

It is no longer news that indecent dressing has gradually permeated the dress pattern of students in higher institutions of learning in Nigeria and Adamawa state in particular. This menace is spreading fast like the Covid-19 virus with no end in sight. The trend of indecent dressing is fast spreading into even the private and public secondary schools, and this is threatening the values of the Nigerian society as youths are the major drivers of development in all ramifications (Sadeeq as cited in Akpan, 2018). From observation made, hardly a day passes by without some complaints by students, visitors, lecturers, non-teaching staff, or some other persons about the provocative dressing of students in Adamawa State's citadel of higher learning. Most especially the girls; they wear skimpy skirts, only about one inch longer than their pants to lectures and other social gatherings in and outside the campus. Quite apart from the skimpy and tight-fitting nature of these dresses, their transparent nature also helps in exposing their thighs and other vital parts of their body for public view. This makes them find difficulty in sitting comfortably, climbing machines, crossing a gutter, and even bending down to pick something. As if this is not enough, the girls again wear very tight trousers called 'shinnies', thereby showing the contours of their body ostensibly to entice the opposite sex (Selase & Mawuli, 2013). Also, some boys are guilty of indecent dressing (Omeye, 2011; Ewulo, 2016; Ojogbane, Amonjenu & Husseini, 2020). However, their dress pattern is different from that of the girls. Their dressing makes them look dirty and very unattractive with unkempt hairs and dirty jeans having pockets of holes deliberately created around the knees and lower parts of the trousers (Ewulo, 2016). The waist of their trousers is lowered in the middle of their two bottom lobes, revealing their pant which is called "low waist" or "ass down". This type of dressing makes them walk by dragging their feet on the ground which is very embarrassing for any gentleman. If nothing is done about this, one could not tell of the future of our teeming youthful population studying in institutions of higher learning in Nigeria and Adamawa State in particular.

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Dressing is a very important part of man's culture and life, and it defines a man's tribe or ethnic identity. The pattern of dressing in human beings is by their norms, values, weather, and resources obtainable in their geographical location. A dress shows one's status and his/her role in society and it gives information about the cultural group that an individual belongs to (Obeta&Uwah, 2015; Twig in Birhan, 2019). Besides, it represents one's tribal or ethnic group and is highly linked to a specific culture. Unlike the past, however, today's youths have been trying every fashion especially that of dressing and haircuts leaving aside their traditional values (Amankwah, Howard, & Sarpong, 2012). According to Imoh (in Akpan, 2018), though there is no universally accepted way or way of dressing, dresses are meant to serve some definable purposes, country, or region notwithstanding. Odeleye (2008) stated that proper dressing is a normal socio-cultural standard that required no authority to enforce compliance. There are different patterns of dressing; however, there are certain patterns or appearances that are considered indecent or unacceptable in society. Like other social vices such as drug abuse, prostitution, and cultism, indecent dressing has become major moral misconduct among students in not only the citadel of higher learning in Adamawa State but the Nigerian tertiary institutions at large. A dress is considered to be indecent if it deviates from the one acceptable by the community, and if it affects the value of that community (Birhan, 2019). According to Yahaya (in Akpan, 2018), a decent dressing is part of human life, because it elicits respect and protects the person's dignity. Sadeeq (in Akpan, 2018) considered decent dressing to be the proper way of dressing or the generally accepted way of dressing without exposing vital parts of the body. Ewulo (2016) opined that decent dressing is dressing in an orderly manner considered morally essential for a proper standard of living. Ewulo adds, decent dressing not only creates covering for decent attraction, but it also paves way for favourable remarks from other people. Decent dressing avoids unnecessary self-exposure. It does not cause distractions neither is it suggestive of sex or violence. Decent dressing, according to Anadi, Egboka and Aniorobi (2011); Akpan (2018) should ensure that the clothing covers body parts including the stomach, belly button, back, shoulders, chest and the legs below the knees, small earring, and light makeup, low heeled noiseless shoes, and clean hair. Decent dressing by students attracts respect from lecturers, guardians, classmates, and most significantly protects them from being the target of rape and failure (Ewulo, 2016, Ojogbane, Amonjenu&Husseini, 2020).

Indecent dressing on the other hand is the improper and provocative way of dressing relative to the society or culture of the students. Corroborating this view, Olori (in Fareo& Jackson, 2018) added that this form of dressing is provocative, improper, and morally unacceptable. Ewulo (2016) opined that indecent dressing is any form of dressing that does not conform with the acceptable moral standard of decent dressing. Oluwadare, Otunaiya, and Opeoluwa (2020) add, indecent dressing means any type of dressing that is not in conformity with the socially acceptable mode of dressing in the particular community of reference. Egwin (in Fareo& Jackson, 2018) referred to indecent dressing as the attitude of someone, male or female that dresses to show off parts of the body such as the breasts, buttocks, or even underwear that need to be covered. Hence indecent dressing is concerned with the exposure of vital parts of the body to the public, and flaunting it everywhere. According to Oyeleye (in Ojogbane et al., 2020), indecent dressing simply means the deliberate exposure of one's body to the public. This practice is contrary to the acceptable norms and the values of society. Adebayo (Selase&Mawuli, 2013) described indecent dressing in respect to the situation: the indecent dressing is the wearing of clothes that are not appropriate for a particular occasion or situation. This is because as explained by the author, it is not indecent to be naked in the bathroom, in the labour room, or the bedroom with your spouse. This shows that indecent dressing cannot be properly defined in the isolation of the societal norms (Yahaya in Akpan, 2018). Adebayo (in Ojogbane et al., 2020) describes indecent dressing as a way of dressing that is likely to shock or offend people. These dress patterns are morally offensive and reveal the high rate of moral decadence in the society of our time.

Research reveals that these wrongful and improper dressings of undergraduate students have a high tendency of impacting negatively on their academic performance as the output of male lecturers most especially can reduce when they concentrate on watching such provocative dressings during lectures (Amoo&Adeyemi, 2007). Orakwelu (2012) collaborates that: the indecent dressing is the act that is against the morality or ethics of a given society, organization, or group. Anadi et al. (2011); Akpan (2018) opined that indecent dressing is the mode of dressing or appearance that is disruptive and distractive. This includes trousers and skirts worn below the waist (sagging), singlet, spaghetti blouse, low neck blouses exposing the breasts, skirts with a slit above the knees, transparent dresses, shirts and blouses, attire printed with offensive or obscene wording revealing attires, mini – skirts, bathroom slippers of a barefoot, clothing including t-shirts which displays sex, violence, drug, tobacco, alcohol, death, gang or hate, slogans or pictures, tight trousers, shirts, dresses or skirts, baggy trousers, non-natural coloured hair, body piercing jewellery except the ears of women, chains tattoo with provocative writing or picture, and noisy shoe heels. Whatever one's interpretation may be, the practice does not conform to the norms and values of the society, particularly the African society.

Indecent dressing also known as "dress to kill" is becoming rampant among universities, polytechnics, and colleges of education students (Ahmed, in Akpan, 2018), particularly the female students in Adamawa

State. All in the name of fashion and the desire to look sexy, sensuous, tantalizing, and stimulating (Ahmed in Akpan, 2018); students in tertiary institutions became victims of rape and other social vices. Wearing skimpy clothes, also known as strapless and bumper short, blouses and sagging of trousers—"low waist" hot bosom by boys and even ladies, cleavages and sleeveless shirts also known as spaghetti or off-shoulder, dying of hair, use of contact lens, fixing of eyelashes and nails, use of earrings in males and nose rings for females, body piercing and tattooing, micro miniskirts, condom leggings are major moral problems associated with decency in dressing observed in tertiary institutions in Adamawa State. Apart from the skimpiness and tight-fitting nature of these dresses, they are again transparent; revealing certain parts of the bodies that under normal and acceptable dress patterns ought to be hidden away from the glare of the public. Ironically, these are the body parts exposed to the public "free of charge". Male students have been subject to arrest with hooligans because of this ill. Male students in tertiary institutions nowadays fix hairs, piece ears, thereby making them look like hardened criminals. This unfortunate societal ill has now eaten deep into the fabrics of tertiary institutions in Adamawa State to the point of it becoming a normal trend. One's dress can show if one is responsible or not. As the popular saying goes "you dress in the way that you will be addressed". To buttress this assertion, Rykrsmith (in Ojogbane et al., 2020) opined that what you wear affects others' perceptions of you. This is to say that the type of dress that one wears communicates symbolically about his/her social identity (Davis in Birhan, 2019). It is therefore necessary to dress in the image one wants to portray oneself. Dressing in a manner in which institutions, society, and religion frowns at is certainly not civilization.

Indecent dressing as perceived by society is not in line with the Nigerian norms and values. Chukwudi and Gbakorun (2011) asserted that indecent dressing is a threat to our cultural values. This is because such behaviours were only attributed to wayward people in society. However, this cannot be said now because most youths have adopted this type of dressing especially in high institutions. Adamawa State is one of the states in the northeastern part of Nigeria known for its strict adherence to cultural norms and values; especially when it has to do with dressing. However, this menace has gradually crippled into the citadel of higher learning in this area to the extent of it becoming a cankerworm. The proliferation of indecent dressing among students in the citadel of higher learning in Adamawa State was observed to be promoted by common phrases that students often use when they are confronted with this wrongdoing. Phrases like "only God can judge me, you can't" "leave them alone" "free me I beg" "everyone is entitled to his or her opinion" and "mind your business", among others, have become the order the day. These phrases have become so common among students of tertiary institutions in Adamawa State and the society; so much so that one finds it difficult to condemn such attitude because the reward for such is usually backlash in form of insults, malice, hatred, and condemnation.

It is ironic to see female students who dress indecently crying foul each time they are being harassed sexually. Even though sexual harassment could not be justified, the indecent dressing could be the major cause of the various assault and sexual harassment in higher institutions of learning in Adamawa State. Akpan (2018) stated that indecent dressing is associated with sexual harassment and rape. This is consistent with the study of Iheanacho (2005) which showed that indecent dressing is the major cause of the various assault and sexual harassment recorded in the society over time. To further buttress this point, a study conducted by Ibrahim and Haruna (2014) revealed that indecent dressing predicts sexual harassment. Accordingly, those girls who put on indecent dressing were found to have faced a greater incidence of sexual harassment than others (Ibrahim & Haruna, 2014; Birhan, 2019). Foster (in Oli, 2017) recorded that indecent dressing is a major factor that influences sexual harassment among female adolescents. Adding weight to this discovery, Igbinovia (in Oli, 2017) reported that 60% of female undergraduate students in Nigerian universities dress indecently. The authors observed that girls who frequently wear indecent dresses perceive themselves as special, thus their predisposition to be sexually harassed. Anadiet al. (2011) opined that it is the overwhelming indecent dresses of the girls that attract much public concern and emphasis on the part of the girls. A study conducted in Nigeria (Obeta & Uwah, 2015) showed that girls wear short skirts to get attention from male instructors, and also due to their assumption that unique dressing is a symbol of being in a higher status. There is also the possibility of some male lecturers falling prey to such a seductive dressing style which may result in sexual favours for grades between the lecturers on one hand and the students on the other hand. This clearly will be a hindrance to quality education; as such, students will not be able to perform up to the expectation of their prospective employers and consequently lead to loss of revenue to the state. The negative consequences of indecent dressing may include: students becoming a victim of rape on campuses, female students are often lured into prostitution by peers. Students may be tempted and influenced to become cult members. Students may be infected by venereal diseases such as HIV/AIDS, and lastly, poor school grades. Students in the citadel of higher learning might have been linking this style of dressing to civilization. Thus, it could be said that overexposure to foreign cultures through modern channels of mass communication, like satellite broadcast, internet, and unregulated pirated videos, especially music videos has taken their toll on the moral rectitude of students in higher institutions of learning in this region. Dresses that are meant as stage costumes for musicians were observed to be misconstrued by gullible male and female students as everyday wears in these institutions. If one dresses to kill

(Ahmed, in Akpan, 2018), as “these” students normally puts it, one could not help but marvel at the number of students that must have been “dying morally” in our institutions of higher learning as a result of this indecent dressing.

Various factors may have contributed to indecent dressing among students of tertiary institutions in Adamawa State. Chukwudi and Gbakorun (2011) believe that it is low self-esteem and perception that push people especially the female undergraduates to dress indecently to attract attention. Eijeden (2010) opined that the family background of the person plays a major role in the dressing pattern of the child. Okeoma (in Apuke, 2017a) thinks that the mass media and the issue of modeling is the prime influence of modern-day dressing patterns among the youths. Oli(2017) asserts that factors like home environment, peer group influence, the negative influence of the internet, and changing social values influence indecent dressing. Omede (2011) attributed the spread of the menace of indecent dressing in our schools and society at large to poor parenting, peer pressure, wrong use of the internet, fading values as well as demonic influence, while Chukwudi and Gbakoruni (2011) attributed this to some biological changes experienced by both boys and girls as they grow. According to Chukwudi and Gbakoruni, females have high-level secretion of oxytocin and neutrophil hormones (located in the pituitary gland). Thus they dress in seductive and revealing dresses as an expression of readiness or interest in sex. Male on the other hand who have higher testosterone secretion levels is sexually very active. This makes such male expose their manly parts (such as the chest) to show dominance and attract female (adolescents) partners. Chukwudi and Gbakoruni reported also that high secretion or release of neutrophil, oxytocin, and testosterone are responsible for indecent dressing in females and males. The media has a great role in stirring African youths to abandon their customs and engage in indecent dressing. African adolescents are big admirers of western values than their own (Birhan, 2019). For example, a recent study conducted in Southern Ethiopia on youth (Getahun&Armeye, in Birhan, 2019) found that the majority of adolescents were victims of westernized media, dressing styles, and haircuts. Mairiga (2013) concluded that the causes of indecent dressing are peer pressure, poor parenting, foreign influence, wrong use of the internet, covetousness, and the negative influence of social media, the entertainment world, and the fashion world on female students.

Indecent dressing has become a major challenge in Nigerian tertiary institutions. Ozobo, Olomu, and Ayinmoro (2014) observed that all tertiary institutions in Nigeria are struggling with indecent dressing. Efforts have been put in place by the management of institutions in the Adamawa State to curb this menace. One such effort was the introduction of dress code and strict rules enforcing compliance of students in colleges of education, polytechnics, and universities. At some point, the Vice-Chancellor of the Adamawa State University had to be present at the venue of the examination just to deter students who dress indecently from writing their examinations. Despite this effort, this menace has continued to rare its ugly head. One may not be surprised at this because what is typical of most Nigerian administrators is always a wide gap between policy formulation and execution (Omede, 2011). Over familiarity with the enforcement of the same rule overtime often make authorities in this locality to be lackadaisical in the enforcement of such rule. Freeburg, Workman, and Lentz-Hee (in Ojogbane et al., 2020), suggested that through the dress code, the universities establish rules governing students' appearance. Adebayo (in Ojogbane et al., 2020) advised that the African society is founded on a moral heritage that must be preserved and so the dress code should be observed with sheer determination and moral will. When rules are made, the implementation should be pursued to the latter.

Education is concerned with the development of the total personality of students and positive changes in their behavioural patterns. The attainment of the lofty aims and objectives of education cannot be realized unless we have in our institutions an environment that is conducive for effective teaching and learning. Discipline is an essential ingredient of such an enabling operational climate. The attitudes and values of students constitute the critical factor in the level of discipline in tertiary institutions. There is a need for students to be aided in clarifying their values and modifying their attitudes to be able to make rational decisions in a socially, relevant acceptable way (Nwagwu, cited in Ojogbane, et al., 2020). Indecent dressing even though is not accepted as the normality, is seen to be gaining ascendancy. One then wonders what becomes of the society tomorrow with the calibre of students that are being trained. Students in the higher institutions of learning are being prepared to be great future professionals. If the students' indecent dressing is not checked, by the time he or she leaves the school to the wider world, the negative impact may be disastrous.

Studies have been conducted to show the impact of indecent dressing on students' academic successes in schools. However, it is pertinent to note the findings are conflicting and inconsistent. Akpan (2018) investigated the effects of indecent dressing on undergraduate students of the University of Uyo, Akwalbom, Nigeria. The study found that indecent dressing contributes to poor academic performance as it makes the students a target of much academic staff for sexual gratification, which on refusal may result in failure and victimization. Akpan's study also showed that the campus environment and mass media significantly contribute to indecent dressing, and students perceived indecent dressing to have a significant negative implication on individuals. Additionally, Whitehurst (in Oluwadareet al., 2020) also found that most students that engage in this act of indecent dressing tend to have little or no serious time for their academic work. However, in what appears

conflicting, Oluwadare et al. (2020) assessed indecent dressing and its implications on the academic performance of female undergraduates in Tai Solarin University of education, Nigeria. The study showed that there is no significant relationship between indecent dressing and academic performance of female undergraduate students at Tai Solarin University of education. This implies that students who engage in indecent dressing still perform well academically.

Further, Omede (2011) explored indecent dressing on campuses of higher institutions of learning in Nigeria and its implications for counseling. The author found that the negative consequences of dressing indecently were identified to include rape, sexual harassment, prostitution, HIV/AIDS, and other venereal disease infection as well as armed robbery, lying, and poor school grades. Oli (2017) also added that similar factors discovered by Omede are the effects of indecent dressing. Selase and Mawuli (2013) conducted a study in Ghana to find out the impact of indecent dressing on the academic performance of students in tertiary institutions with Ho Polytechnic serving as a case study. The study revealed that provocative dressing or indecent dressing distracts the attention of both students and lecturers during lectures. Also, it was indicated in the study that some leakages of examination questions on Ho Polytechnic campus can be attributed to sexual favours from lecturers as a result of indecent dressing. Apuke (2017a) examined the influence of home movies on the dressing pattern of students: A study in a Nigerian public university. The study revealed that youths imitate the hip hop/hippies and makeup/hairstyles projected in-home movies than any other form of dressing and the major reasons for that are for fashion and imitating a role model as the study postulates such act makes them look indecent on campus. Similarly, Apuke (2017b) investigated western films and youth dressing patterns in Nigerian tertiary institutions. The findings showed that hip hop/hippies, corporate/cocktail, and makeup/hairstyle are the most imitated forms/styles of dressings by youths in American films and that such form of dressing to a large extent influence youths' choice of dressing. Fareo and Jackson's (2018) results showed that the factors influencing indecent dressing included an imitation of the western style of dressing, peer/ social group pressure, wrong and inadequate family orientation on the correct dressing manners, among others. The results also revealed the effects of indecent dressing to include poor academic performance, lack of concentration in class, the seduction of lecturers, victimization of students by members of staff, dropping out of school, and leakage of examination of questions by such lecturers. Despite these documented results, it is interesting to note that empirical shreds of evidence on indecent dressing in the Nigerian context are still very scanty.

Amidst growing concerns expressed by education stakeholders about the proliferation of indecent dressing among students in Adamawa State citadel of higher learning, it becomes imperative to study why students indulge in such character. This is because tertiary institutions in the state were not solely established for academic training, but also moral training. More so, little empirical studies (Fareo & Jackson, 2018) exist on the extent to which students in tertiary institutions in Adamawa State perceive indecent dressing. This has therefore created a knowledge gap to be filled. The consequences for not addressing this scourge are that higher institutions in the state will keep turning out "half-baked graduates" who are morally bankrupt, thereby denying them of employment/other opportunities in the wider world. To add to the ongoing debate about indecent dressing, educate students about the cause and effects of dressing indecently, as well as suggests solutions that could remedy the further spread of this menace on the campuses of higher learning in Adamawa State, this study investigates students' perceptions of indecent dressing in Adamawa State citadel of higher learning.

**Contribution to Knowledge:** This study is the first of its kind carried out in four citadels of higher learning in Adamawa State. This demonstrates its contribution in providing the school management with relevant information on students' perception of indecent dressing in the institutions factored in the study. Knowing the perception of students through the findings of this study will further help the school management in adopting the best approach towards fighting this menace.

### **1.2 Purpose of the Study**

This study aimed at investigating students' perception of indecent dressing in Adamawa State citadel of higher learning. Specifically, the objectives of this study are to:

- i. ascertain the perception of students on the major causes of indecent dressing in Adamawa State Citadel of Higher Learning;
- ii. determine the perception of students on the negative consequences of indecent dressing on students' academic performance in Adamawa State Citadel of Higher Learning;
- iii. determine the perception of students on the roles of parents and tertiary institutions in curbing indecent dressing in Adamawa State Citadel of Higher Learning; and
- iv. assess students' attitudes toward indecent dressing in Adamawa State Citadel of Higher Learning.

### **1.3 Research Questions**

Four research questions were formulated and answered in the study.

- i. What are the major causes of indecent dressing as perceived by students in Adamawa State Citadel of Higher Learning?
- ii. What are the negative consequences of indecent dressing on students' academic performance in Adamawa State Citadel of Higher Learning?
- iii. What are the roles of parents and tertiary institutions in curbing indecent dressing as perceived by students in Adamawa State Citadel of Higher Learning?
- iv. What are the students' attitudes toward indecent dressing in Adamawa State Citadel of Higher Learning?

## **II. THEORETICAL FRAMEWORK**

The theory underpinning this study is the modernization theory by the German sociologist Max Weber (1864–1920, in Oli, 2017). The theory is used to explain the process of modernization within societies; it signifies a model of a progressive transition from a pre-modern or traditional to modern society. Modernization theory both attempts to identify the social variables that contribute to social progress and development of societies and seeks to explain the process of social evolution. The theory stresses not only the process of change but also the responses to that change. It also looks at internal dynamics while referring to social and cultural structures and the adaptation of new technologies. Modernization theory suggests that traditional societies will develop as they adopt more modern practices. Proponents of this theory claim that modern states are wealthier and more powerful and that their citizens are freer to enjoy a higher standard of living. Developments such as new data technology and the need to update traditional methods in transport, communication, and production, the theorist argued, make modernization necessary or at least preferable to the status quo.

In modernization theory, an attempt has always been made to erode almost all the traditional values either good or bad to embrace the modern ones, hence, the primary attention of this theory has been made to focus on ways in which past and present pre-modern societies become modern in all facets of lives through processes of economic growth and change in social, political, and cultural structures usually termed to as globalization. Modernization theorists study the social, political, and cultural consequences of economic growth and the conditions that are important for industrialization and economic growth to occur. Yet the underlying cultural consequences, as well as its health-related consequences have not been provided with considerable explanations.

The concept of indecent dressing factored in this study is cogent to the modernization theory. This is because students who dress indecently often attribute the changes or transformation in their dress pattern to modernization, civilization, or being in tune with the changing times. This they acquire through interaction with modern technologies such as television, Facebook, WhatsApp, and Twitter. This leads to the acquisition or adoption of “foreign” or “western” culture at the detriment of the African or Nigerian culture.

## **III. MATERIALS AND METHODS**

The study adopted a descriptive survey research design. This design was adopted because it helps in the collection of data using a wide range of the instrument from a large population and describing existing phenomena without mutilation or manipulation (Ozobo et al., 2014).

### **3.1 Sample and Sampling Technique**

The population of the study comprised all students in tertiary institutions in Adamawa State with an estimated population of 40,000. A multistage sampling technique at two levels was used in the study. Four citadels of higher learning in Adamawa State were selected using a simple random sampling technique involving the use of balloting with replacement. These institutions are Adamawa State University, Mubi, Federal Polytechnic, Mubi, Federal College of Education, Yola, and Adamawa State Polytechnic, Yola. A sample of 400 students was drawn using a systematic random sampling technique. 100 students from each of these institutions were given a questionnaire to respond to. This makes a total sample of 400 students engaged in the study. The sample size for the students was computed using the Cochran's (1963) sample size formula (with finite population correction) viz:  $n = [z^2 * p * (1 - p) / e^2] / [1 + (z^2 * p * (1 - p) / (e^2 * N))]$ , where:  $n$  = sample size,  $z$  = z-score associated with a level of confidence,  $p$  = sample proportion (expressed as a decimal),  $e$  = margin of error (expressed as a decimal),  $N$  = population.

### **3.2 Research Instrument**

To collect data from the respondents, a 40-item instrument titled, “Perception of Students on Indecent Dressing Questionnaire” (PSIDQ) was constructed by the researcher. The instrument was designed in form of a questionnaire comprising of sections i.e.; A, B, C, D, and E. Section A elicits respondents' biodata on age, sex, religion, level and name of institution. Section B measured the causes of indecent dressing. Section C was structured to find out the negative consequences of indecent dressing on students' academic performance.

Section D was to establish the role of the parents and high institutions in curbing indecent dressing, and Section E measures the attitudes of students towards indecent dressing. Each section of the PSIDQ item was anchored on a five-point Likert rating scale of Strongly Agree (SA), Agreed (A), Undecided (3), Disagree (D), and Strongly Disagree (SD) with corresponding ordinal values of 5, 4, 3, 2 and 1 respectively. 400 questionnaires were diligently administered to the respondents out of which 400 were collected.

### 3.3 Validation of the Instrument

The research instrument (PSIDQ) was subjected to face and content validation by two experts in counselling and psychometry in the Department of Science Education, Adamawa State University, Mubi. The validators among other things determine the suitability of the items in measuring what it was structured to measure. Some items that do not conform to the research questions were eliminated and later replaced with suitable items. All corrections and criticisms proffered by the validators were used to produce the final draft of the instrument.

### 3.4 Reliability of the Instrument

The instrument was trial-tested using 100 students of Taraba State University, Jalingo. These students had similar characteristics with the sample selected for the study; however, they were not part of the study. The responses of the 100 respondents were correlated using Cronbach alpha statistic. This yielded a reliability coefficient of 0.86. The coefficient signified a high internal consistency which suggests that the instrument was adequate for the study.

### 3.5 Method of Data Analysis

The data collected from the respondents were coded. This data was further analyzed using descriptive statistics of mean and standard deviation. A benchmark of 3.50 was established to accept any item with a mean rating of 3.50 or above as agreed, while any item with a mean rating less than 3.49 was regarded as disagreed for research the questions.

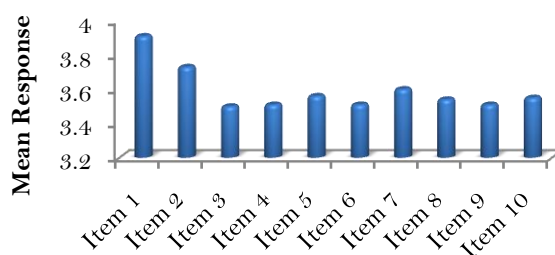
## IV. RESULTS

**Research Question One:** What are the major causes of indecent dressing as perceived by students in Adamawa State Citadel of Higher Learning? Descriptive statistics of mean and standard deviation were used to answer this research question. The result is hereby presented in Table 1.

**Table 1: Summary of Descriptive Statistics of Students' Perceived Causes of Indecent Dressing in Adamawa State Citadel of Higher Learning**

S/No	Item	n = 400	Mean	SD	Remark
1	Mass Media (newspaper/magazine)		3.91	0.95	Agreed
2	Media (films/music clips/Facebook)		3.73	1.13	Agreed
3	Inferiority complex		3.50	1.34	Agreed
4	The internet		3.51	1.36	Agreed
5	Influence of friends		3.56	1.38	Agreed
6	Societal influence		3.51	1.28	Agreed
7	Demonic influence		3.60	1.24	Agreed
8	Influence of western culture		3.54	1.35	Agreed
9	Notice me attitude		3.51	1.17	Agreed
10	Identification (gay, lesbians, and cult members)		3.55	1.34	Agreed
	<b>Grand Mean</b>		<b>3.59</b>		<b>Agreed</b>

Table 1 shows the response of students on the perceived causes of indecent dressing in Adamawa State Citadel of Higher Learning. From the table, the respondents identified media (Mean = 3.91; 3.73) as the major culprits of indecent dressing among students in the citadel of higher learning in Adamawa State. However, going by the grand mean of 3.59, which is above the cut-off mean of 3.50, it could be deduced that students had a good knowledge of the causes of indecent dressing in Adamawa State's citadel of higher learning. The bar graph in Figure 1 provides further explanation.



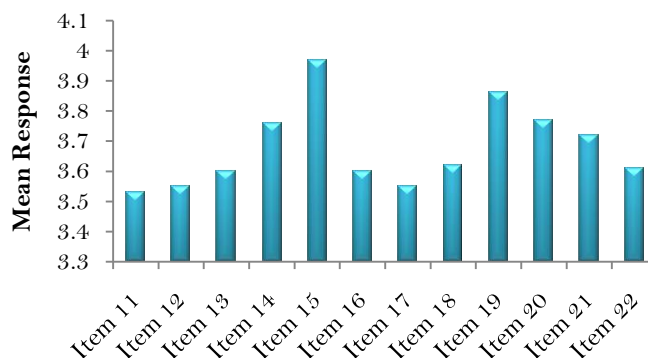
**Fig 1: A Bar Graph Showing Mean Responses of Students on Perceived Causes of Indecent Dressing in Adamawa State Citadel of Higher Learning**

**Research Question Two:** What are the negative consequences of indecent dressing on students' academic performance in Adamawa State Citadel of Higher Learning? To answer this question, the responses of the 400 students on the negative impact of indecent dressing on students' academic performance in Adamawa State Citadel of Higher Learning were analyzed using mean and standard deviation. The result is summarized in Table 2.

**Table 2: Summary of Descriptive Statistics of the Negative Consequences of Indecent Dressing on Students' Academic Performance in Adamawa State Citadel of Higher Learning**

S/No	Itemn = 400	Mean	SD	Remark
11	Spending much time in parties/other social functions.	3.53	1.22	Agreed
12	Loss of respect for lecturers.	3.55	1.34	Agreed
13	Loss of time for students and writing of assignments.	3.60	1.29	Agreed
14	Awarding marks for sexual favours	3.76	1.37	Agreed
15	Low school grades.	3.97	1.09	Agreed
16	Loss of suitors.	3.60	1.25	Agreed
17	Withdrawal from school.	3.55	1.25	Agreed
18	Separation from learning goal.	3.62	1.19	Agreed
19	School Drop-outs.	3.86	0.80	Agreed
20	Used as an instrument of the devil.	3.77	0.95	Agreed
21	Examination malpractices.	3.72	1.1	Agreed
22	Seduction of lecturers/students	3.61	1.0	Agreed
	<b>Grand Mean</b>	<b>3.68</b>		<b>Agreed</b>

The descriptive data in Table 2 indicates that the respondents agreed with items with a mean score ranging from 3.53-3.97 and SD of 0.80-1.34. However, it could be seen that the respondents rated items 14, 15, 19-21 as the major consequence of indecent dressing on the academic performance of students. Further, the grand mean of 3.68 which is above the cut-off mean of 3.50 showed that the respondents are aware of the negative consequences of indecent dressing on their academic performance. This scenario is further depicted in Figure 2.



**Fig 2: A Bar Graph Showing the Mean Responses of Students on the Negative Consequences of Indecent Dressing on Students' Academic Performance**

**Research Question Three:** What are the roles of parents and tertiary institutions in curbing indecent dressing as perceived by students in Adamawa State Citadel of Higher Learning? The responses of the respondents on the



roles played by family and tertiary institutions in curbing indecent dressing was used to answer this research question. The mean and standard deviation are presented in Tables 3 and 4.

**Table 3a: Summary of Descriptive Statistics of the Role of Parents in curbing Indecent Dressing in Adamawa State Citadel of Higher Learning**

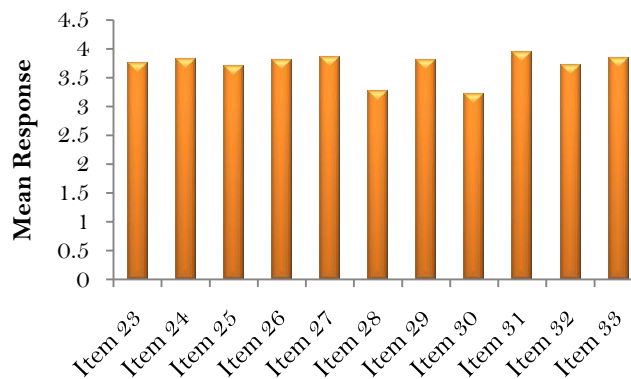
S/No	Item	n = 400	Mean	SD	Remark
23	Parents should inculcate African norms and values to children.		3.76	0.96	Agreed
24	Parents should be good examples to their children.		3.82	0.87	Agreed
25	Parents should spend time with their children.		3.70	1.1	Agreed
26	Parents should always check the children appearance/dressing		3.80	0.91	Agreed
27	Parents should always monitor the things they watch on media/the internet.		3.85	0.90	Agreed
<b>Grand Mean</b>			<b>3.78</b>		<b>Agreed</b>

From Table 3a, it could be observed that the students rated items 24, 26, and 27 high as the role parents in curbing indecent dressing. However, the general scenario is that the students agreed with all the roles that parents could play to curb indecent dressing in Adamawa State citadel of higher learning. More so, the grand mean of 3.78 further indicates how convinced the students were on the roles of the parents. The role of institutions is contained in Table 3b.

**Table 3b: Summary of Descriptive Statistics of the Role of Higher Institutions in Curbing Indecent Dressing**

S/No	Item n = 400	Mean	SD	Remark
28	Introduction of uniform.	3.25	1.43	Disagreed
29	Rewarding decent dresses.	3.80	0.94	Agreed
30	Introducing campus brigade to punish indecent dressing.	3.20	1.17	Disagreed
31	Strict implementation of dress code.	3.93	0.77	Agreed
32	Individual/group counselling.	3.72	1.1	Agreed
33	Lecturers should send out indecent dressers from their classes or offices.	3.84	0.83	Agreed
<b>Grand Mean</b>		<b>3.62</b>		<b>Agreed</b>

The students disagreed with items 28 and 30; however, they agreed with items 29; 31-33. The students rated roles 31, 32, and 34 very high above the others. Going by the mean score of 3.62 which is above the cut-off mean of 3.50, it could be said that the students agreed with the role higher institutions could play to curb indecent dressing. For better understanding, a pictorial representation of the mean responses to items 23-33 is displayed in Figure 3.



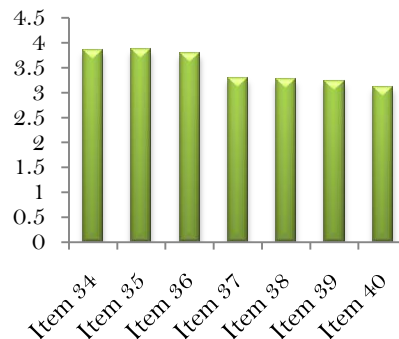
**Fig 3: A Bar Graph Showing the Mean Responses of Students on the Roles of Parents and Tertiary Institutions in Curbing Indecent Dressing**

**Research Question Four:** What are the students' attitudes toward indecent dressing in Adamawa State Citadel of Higher Learning? The mean responses of students on their attitudes to indecent dressing in Adamawa State Citadel of Higher Learning were used to answer this research question (Table 4).

**Table 4: Summary of Descriptive Statistics of the Attitude of Students towards Indecent Dressing in Adamawa State Citadel of Higher Learning**

S/No	Item	n = 400	Mean	SD	Remark
34	The majority of the students love to dress indecently.		3.84	0.88	Agreed
35	The majority of the students have 'I don't care' attitude towards dressing.		3.85	0.86	Agreed
36	Students like dressing in miniskirts, leggings, piercing, sagging, and off-shoulder.		3.79	0.93	Agreed
37	Students are ashamed of dressing decently.		3.29	1.34	Disagreed
38	Students advise each other to dress decently.		3.26	1.43	Disagreed
39	Students adhere to the dress code policy.		3.22	1.29	Disagreed
40	Students love the staff that is strict on students' dressing.		3.11	0.56	Disagreed
	<b>Grand Mean</b>		<b>3.48</b>		<b>Negative</b>

Table 4 shows the responses of students on their attitude towards indecent dressing in higher institutions. The analysis shows that the respondents agreed with items 34-36 but disagreed with items 37-40. The grand mean of 3.48 which is below the cut-off mean of 3.50 shows that the students demonstrated a negative attitude towards decent dressing. In other words, they prefer to dress indecently.



**Fig 3: A Bar Graph Showing the Mean Responses of Students on their Attitude towards Indecent Dressing**

### V. DISCUSSION

The study investigated students' perception of indecent dressing in Adamawa State Citadel of Higher learning. Going by the responses to the research questions, students in the citadel of higher learning in Adamawa State have shown different perceptions as to the causes of indecent dressing, the negative consequences of indecent dressing, and the roles of parents and tertiary institutions in curbing indecent dressing and students' attitude toward indecent dressing in Adamawa State Citadel of Higher Learning. The discussion was done following the research questions raised and answered.

#### **Students' Perception of the Major Causes of Indecent Dressing in Adamawa State Citadel of Higher Learning**

The result of the study revealed that media is a major cause of indecent dressing among high institution students in Adamawa State. However, the respondents generally agreed to all the items as the causes of indecent dressing in Adamawa State citadel of higher learning. Thus it is clear that the types of music videos, magazines, information on the internet and friends, society, western culture and notice me attitude have a way of influencing students' mode of dressing. This finding agrees with the study of Okeoma (in Apuke, 2017a) who found that mass media could play a large part in the formation of attitudes, beliefs, and ideas because we all incorporate perceived mediated reality back in our lives. Akpan's (2018) study showed that the campus environment and mass media significantly contribute to indecent dressing. Further, other researchers have also reported similar findings on the causes of indecent dressing in polytechnics and universities (Selase&Mawuli, 2013; Ojogbane, Amonjenu&Husseini, 2020).Apuke (2017a) also revealed that youths imitate the hip hop/hippies and makeup/hairstyles projected in-home movies than any other form of dressing and the major reasons for that are for fashion and imitating a role model. As the study postulates, such an act makes them look indecent on campus. Probably, this could be responsible for the increased spate of indecent dressing noticeable among students of Adamawa State citadel of higher learning.

### **Negative Consequences of Indecent Dressing on Students' Academic Performance in Adamawa State Citadel of Higher Learning**

The result of this study revealed that indecent dressing leads to a loss of respect for lecturers. It makes students lose time writing assignments and spend much time in parties and other social functions. It drives students into sex for grades, low grades, loss of suitors, school drop-outs, examination malpractices, and others. According to the study, low grades, sex for grades, school drop-outs, used as an instrument of the devil, and examination malpractices are the major negative consequences of the indecent dressing on the academic performance of students. Other major negative impact includes an initiation into occult groups and other dangerous groups, and seduction of lecturers to trade their bodies for marks in the case of the female students. This finding concurs with the studies of Omede (2011) and Issacson (2000) who revealed that the provocative mode of dressing of students on campuses (especially that of the female students) has led to sexual harassment and other social vices. Akpan (2018) found that indecent dressing contributes to poor academic performance as it makes the students a target of much academic staff for sexual gratification which on refusal may result in failure and victimization.

### **The Roles of Parents and Tertiary Institutions in Curbing Indecent Dressing as Perceived by Students in Adamawa State Citadel of Higher Learning**

The finding of the study indicates that parents should be good examples to their children. Parents should always check the children's appearance/dressing and monitor the things they watch on the media and the internet. The school management can also reward decent dressers, and strictly implement the dress code policy. Lecturers can also help to send out indecent dressers out of their classes or offices. It was observed that some of the students know quite sure that they dress indecently, without obeying the dress code, however, they are reluctant to change because they felt people will think they are not in tune with the changing times. This finding agrees with other reports which noted that the way out of indecent dressing is for adults and parents to be good of examples to the younger generation (Omede&Odiba, 2000). Children watch their parents and copy their behaviours; therefore parents should teach their children the fundamental things they need to learn about correct values, attitudes, and beliefs cherished by society. Similarly, other findings (Selase&Mawuli, 2013) emphasized the policy of dress code in schools to be implemented effectively. This can be achieved if staff is made to collaborate with the school management and security personnel.

### **Students' Attitudes toward Indecent Dressing in Adamawa State Citadel of Higher Learning**

The result of this study showed that the majority of students in higher institutions like to dress indecently; some do not even care about what they wear. They tend to wear anything in the name of fashion. Most students feel more comfortable and good about themselves in skimpy clothes. Surprisingly, the students disagreed that they adhere to the dress code policy of the school, and the majority of them do not like lecturers that are strict on students' dressing. This shows that the students have a negative attitude towards dressing decently. The finding coincides with the work of Ahmed (in Akpan, 2018) which revealed that indecent dressing is the renowned modern fashion trend among students in institutions of higher learning. Due to this, students who love to dress indecently hate lecturers who caution them not to do so. Adding weight to this discovery, Igbinovia (in Oli, 2017) reported that 60% of female undergraduate students in Nigerian universities dress indecently. The author observed that girls who frequently wear indecent dresses perceive themselves as special. In support of this, Asaju (2010) revealed that students believe that dress code in the high institution is an infringement on their fundamental human rights and freedom of choice of clothing as well as their social life on campus. Further, a study conducted in Nigeria (Obeta&Uwah, 2015) showed that girls wear short skirts to get attention from male instructors, and also due to their assumption that unique dressing is a symbol of being in a higher status. Hence they use this as an excuse to dress indecently. Bandura (1997, 1996 and 1993) added to this by stating that youth especially females dress seductively because they lack the confidence in attracting their male counterparts.

## **VI. CONCLUSION**

Based on the findings from this study, it was concluded that students from different tertiary institutions, gender, and religion in Adamawa State have a uniform perception on the major causes of indecent dressing, consequences of indecent dressing, the roles of parents and institutions in curbing indecent dressing, and their attitudes toward indecent dressing. However, it was observed that the students demonstrated negative attitudes towards dressing decently. Therefore, when handling indecent dressing or attempt to curb indecent dressing, the perceptions of the students should be considered to know the best approach that can be used to remedy this menace in the institutions of higher learning. This could also be done to provide the best options to counsel the students during group or individual counselling. The parents, school management, and the society at large also

have a significant role to play in curbing this menace that has eaten deep into the fabrics of our institutions of higher learning.

## VII. RECOMMENDATIONS

Based on the findings of the research, the following recommendations were made:

- i. The government should domesticate Nigerian films and regulate the in-flow of foreign films. They should monitor the internet by blocking some sites that contain nudity, pornography, and indecent materials. The government should promote the African culture, values, and norms through conferences, seminars, and even television programmes. Government and other stakeholders in the education sector should encourage high institutions in developing enforcing policies to curb this menace (e.g. dress code policy).
- ii. Schools management should give orientation to new students immediately after their admission and registration exercise. Conference, seminars, and workshops should be organized for both the students and staff to create public awareness on the importance of dress code. The management should give rewards for decent dressers. Penalty for indecent dressing should be spelled out and strictly implemented. This will prevent further flouting of the law.
- iii. Lecturers and staff should be reminded and encouraged to help in implementing the dress code. Human development Counsellors should organize group and individual counselling and help young people understand the effects of indecent dressing.
- iv. Parents should be good examples to their children, spending quality time with them, monitoring what they wear and carefully selecting clothes they buy for their children from a young age, and being careful with what they expose their children to especially on media or the internet. The students should see themselves as role models; therefore they should be conscious of their mode of dressing.

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*Students' Perception of Indecent Dressing in Adamawa State Citadel of Higher Learning*

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