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Effects of indecent dressing on undergraduate students of university of Uyo, Uyo, Nigeria

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Abstract

This study was aimed at investigating indecent dressing and its effects on undergraduate students of University of Uyo. Four objectives were formulated with subsequent research questions and hypotheses, to examine knowledge of students about indecent dressing, examine the influence of campus environment and mass media on indecent dressing and also to examine perceived implication of indecent dressing. The study adopted a survey design with a self – developed questionnaire which has a reliability coefficient of.84 as instrument for data collection. The study has 224 participants which were selected using convenience sampling technique. The data generated were analyzed using percentages to answer research questions and chi-square was used to test hypothesis at.05 level of significance. The result of the study showed that the student significantly knew about indecent dressing, campus environment and mass media significantly contribute to indecent dressing and students perceived indecent dressing to have a significant negative implication on individuals. It was recommended among others that school authority should formulate policy to guide students dressing within the campus which should be properly enforced. Also government and other relevant authorities should formulate policy to regulate the mass media activities with relevant legal backing.

Keywords: Mass media, indecent dressing, hypotheses and survey design

Introduction

Background of the Study

Globalization and modernization's effects in the third world countries have permeated almost all facets of indigenous values and norms ^[1]. observed that it has become so obvious that if you don't, dress or speak like the Europeans, you are seen as primitive, unexposed and sometimes a deviant. He further pointed that one major social category that the craze for modernization has transformed is the youths. The youths in Africa now wants to be exactly like their European counterparts in dressing, speaking and behaviour. This phenomenon has given birth to a set of youths referred to as deluded hybrids ^[2]. This undoubtedly has several implications on the indigenous culture and social values as well as the health wellbeing of the people.

Like other social vices such as drug abuse, cultism and prostitution, indecent dressing has become a major moral misconduct among students of Nigerian tertiary institutions. Ahmed ^[3] noted that indecent or crazy dressing also known as "dress to kill" is rampant among universities, polytechnics and college of education students, particularly the females, all in the name of wanting to look "sexy", "sensuous", "tantalizing" and "stimulating", forgetting that they ought to look responsible instead. The trend of indecent dressing is fast spreading into even the secondary school students in both private and public schools and this is threatening the values of the Nigerian society as youths are the major drivers of development in all ramification ^[1].

According to Imoh ^[4], though there is no universally acceptable way or ways of dressing, dresses are meant to serve some definable purposes, country or region notwithstanding. Dressing is part of people's culture and it defines their tribal or ethnic identity. Apart from dressing being means of identity, they are for ornamental or aesthetical purposes, for protection of the body against harsh weather conditions as well as for covering the intimate parts of the body. These purposes are important especially as they form the major aspect of a person's and as important as these purposes are, they have been defeated by Nigerian youths ^[4]. Sadeeq ^[1] considered decent dressing to be the proper way of dressing or the generally

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accepted way of dressing without exposing vital parts of the body. Yahaya ^[5] submitted that a decent dressing, of course is part of human life, because it elicits respect and protects the persons dignity. Indecent dressing on the other hand is the improper and provocative way of dressing relative to the society or culture in which it is being perpetrated. This is to say indecent dressing cannot be properly defined in isolation of the societal norms ^[5]. Egwim ^[6] considered indecent dressing to be the attitude of someone, male or female that dresses to show off parts of the body such as the breast, buttocks or even the underwear particularly those of the ladies that need to be covered. Olori ^[7] considered the meaning of indecent dressing from the moral point of view. Indecent dressing is any type of dressing that the society abhors. This form of dressing is provocative, improper and morally unacceptable. These dress pattern are morally offensive and reveal the high rate of moral decadence in the society of our time ^[7].

Adebayo ^[8] described indecent dressing in respect of situation. Indecent dressing is the wearing of cloths 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 in the bedroom with your spouse.

Decent dressing, according to Anadi *et al.* ^[9] should ensure that the clothing should cover body parts including stomach, belly button, back shoulders, chest and the legs below the knees, small earring and light makeup, low heeled noiseless shoes, clean hair, etc. 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 slit above the knees, transparent dresses, shirts and blouses, attire printed with offensive or obscene wording revealing attires, mini – skirts, bathroom slippers of bare foot, clothing including t-shirts which displays sex, violence, drug, tobacco, alcohol, death, gang or hate, slogans or pictures, tight trousers, shirts, dresses or skirts, boggy trousers, non-natural colored hair, body piercing jewelry except the ears of women, chains tattoo with provocative writing or picture, noisy shoe heels, etc ^[9].

Indecent dressing has become a major challenge in Nigerian tertiary institutions. Ozobo *et al.* in 2014 ^[10] observed that all tertiary institution in Nigeria is struggling with indecent dressing. Considering its adverse effects, many efforts S have been made to curb the menace which includes the introduction of dressing code and legislations to checkmate students. Chukwudi and Gbakorun in 2011 asserted that indecent dressing is a threat to our cultural values ^[11]. It is associated with sexual harassment and rape. Sadeeq ^[11] believes that indecent dressing contributes to poor academic performance as it makes the students a target of many academic staffs for sexual gratification which on refusal may result to failure and victimization.

As it concerns the various factors that may contribute to indecent dressing among students of tertiary institutions in Nigeria, Chukwudi and Gbakorun ^[11] believes that it is low self esteem and perception that pushes people especially the female undergraduates to dress indecently in order to attract attention. This is supported by using the “Down theory” which holds that people will always do things to meet up with others, if they consider others to be superior to them or get more attention than them. Eijeden ^[12] opined that family background of the person plays a major role in the dressing

pattern of the child. The dressing pattern of a child defines both where the child is coming from and what the value orientation of the person is.

Okeoma ^[13] is of the opinion that the mass media and the issue of modeling is the prime influence of modern day dressing patterns among the youths.

Bandura ^[14] accepted that the mass media plays a significant role in the behavior pattern of the youths. The university environment also provides a suitable environment for the exhibition of some behaviors which are considered as social vices, such as indecent dressing. He argued also that people learn through observation and tries to model (copy) the behaviors they see and this occurs in two ways, through imitation and identification. Implication which is the direct replication of an observed behavior ^[14]. This may be a good explanation for why a particular behavior or dress pattern which is used by a particular student tends to spread and will become order of the day, like sagging, unnatural colored hair, pencil trousers etc.

Sometimes one is made to wonder if the students in tertiary institutions even understand the difference between decent and indecent dressing and the associated effects of indecent dressing. This form the thrust of this study to examine University of Uyo undergraduate students’ associated effects with some factors that may be responsible for such behavior.

Research methods

The research design, and population for the study, sample and sampling technique, instrument for data collection, validity of instrument, reliability of instrument, method of data collection and method of data analysis are considered here.

Research Design

This survey adopted the descriptive survey design. This design was adopted because it helps in the collection of data using a wide range of instrument from a large population and describing existing phenomena without mutilation or manipulation. Moreover, this design was adopted by to conduct a similar study and it was successful ^[10].

Population for the study

The targeted population for the study comprised of all regular undergraduate students of the University of Uyo, irrespective of programme of study, level or faculty. It is estimated that the population of the University of Uyo undergraduate as at the end of 2015/2016 academic session was about eight thousand one hundred and twenty one student (8,120) (Students Affairs Division of the University of Uyo).

Sample and sampling technique

240 students were selected to constitute the sample size for this study using a convenience sampling technique. A convenience sampling technique, according to Imoh ^[4] can be used in a study if the population under study has similar characteristics and posses similar attribute to the study. Looking at the issue under investigation, the target population and the multi-campus system operated by the University of Uyo, this sampling technique will be the most appropriate. This is because undergraduate of the University, Town campus and Annex posses similar attributes in relation to dressing because there is always a constant interaction between this three campuses.

Instrument for data collection

A 16 – item self – developed and validated questionnaire was used as instrument for data collection. The questionnaire had an introductory letter, Section A for demographic characteristics of respondents and section B to collect information about the variable under study, knowledge, campus environment, mass media and perceived implication of indecent dressing. The questionnaire had two options “YES” and “NO” for the respondents to choose from and they were scaled accordingly.

Validity of the instrument

To ensure that the instrument measured what it purported to measure, it was given to two lecturers in the Department of Physical and Health Education and expert in measurement and evaluation for both face and content validity. Their corrections were shown to the project supervisor who made the final corrections before the final instrument was produced and administered to the respondents.

Reliability of the study

To ascertain the reliability or consistency of the instrument, a pilot study was conducted involving 30 randomly selected students of University of Uyo City polytechnic. Data generated from the study were used to test for the reliability of the instrument using Kuder Richardson – 21 formula. This yielded a reliability coefficient of .84 which was considered suitable for the study.

Method of data collection

The researcher, with the help of two research assistants who were given orientation about the purpose of the study, personally administered to the questionnaires to the respondents on face to face contact. The respondents’ consents were sought and the objectives of the study explained to them. Questions were entertained, clarification, were necessary and where made to ensure accurate completion of the questionnaires by the respondents. The completed questionnaires were retrieved and considered valid for the study. This gave a successful percentage rate of 90.8 percent.

Method of Data Analysis

The data generated from the questionnaires were coded, summarized, and analyzed, using frequency counts and simple percentages to answer the research question, while,

chi-square statistical tool was used to test the null hypotheses at .05 levels of significance.

The formula for Chi – square (X^2) is thus:

$$X^2 = \sum \frac{(fo - fe)^2}{fe}$$

Where

X^2 = Co-efficient of Chi - square

\sum = Summation of

Fo = Frequency observed

Fe = Frequency expected

Results and discussion

Data presentation, Analysis and Discussion of Findings

This chapter is concerned about presentation and analysis of data. The data presented in this chapter are primary data generated from the field using questionnaires.

Table 1: Distribution of respondents by gender

Gender	No. of Respondent	Percentage
Male	98	43.7
Female	126	56.3
Total	224	100

The data in the table above shows that 98 (43.7%) of the respondents were males while 126 (56.3%) were females. It shows that both sexes were fairly represented in the study.

Table 2: Distribution of respondents by age

Age	No. of Respondent	Percentage
16 – 25 years	163	72.8
26 – 35 years	48	21.4
36 – 45 years	13	5.8
46 years and above	-	-
Total	224	100

The result in the above table shows that 163(72.8%) of the respondents were within the age bracket of 16 – 25 years, 26 – 35 years and a frequency of 48(21.4%), 36 – 45 years had 13(5.8%) and there was no respondent who was older than 45 years.

Percentage Analysis of Research Questions

Research question 1: How much does University of Uyo students know about indecent dressing?

Table 3: Percentage analysis of students’ knowledge and indecent dressing

	Items	Yes (%)	No (%)
1	indecent dressing is very rampant in our society today	174(77.7)	50(22.3)
2	any dressing that does not conform with our values is indecent	143(63.8)	81(36.2)
3	dressing that is too flamboyant is also indecent	122(59.5)	102(45.5)
4	Any dressing that doesn’t suit an occasion is indecent	120(53.6)	104(46.4)
	Average score	140 (62.5)	84 (37.5)

The result in the above table shows that 174(77.7%) of the respondents knew that indecent dressing has become very rampant in our society, 143(63.8%) knew that any dressing pattern that does not conform with our values is indecent, 122(59.5%) knew that dressing that is too flamboyant is also indecent and 120(53.6%) knew that any dressing that does not suit an occasion can also be termed as indecent on the

average, it was found that 140(62.5%) of the respondents had adequate knowledge about the concept of indecent dressing, while the remaining 84 (37.5%) did not.

Research question 2: To what extent does the campus environment contribute to indecent dressing among University of Uyo student?

Table 4: Percent analysis of influence of campus environment on indecent dressing

	Items	Yes (%)	No (%)
1	Indecent dressing is most prevalent Among University students	158(70.5)	66(29.5)
2	The campus environment is a unique place for the discovery of new dress pattern	139(62.1)	85(37.9)
3	Any one that comes to the campus must change his/her dressing in some way	154(68.7)	70(31.3)
4	People that dress indecently on campus will do the same anywhere	128(57.1)	98(42.9)
	Average score	145(64.7)	79(35.3)

The result in the table above shows that 158(70.5%) agreed that indecent dressing is most prevalent among University students, 139(62.1%) indicated that the campus environment is a unique place for the discovery of new dress patterns, 154(68.7%) indicated that anyone that comes to the campus must change his/her dressing in some way and 128(57.1%) said people that dress indecently on campus will do the same

anywhere. On average, it was found that 145(64.7%) of the respondent agreed that the campus environment influence indecent dressing, while 79(35.3%) disagreed.

Research question 3: To what extent does the mass media influence indecent dressing among University of Uyo students?

Table 5: Percentage analysis of influence of mass media on indecent dressing

	Items	Yes (%)	No (%)
1	Young people copy most of their dress code from models on television	134(59.8)	90(40.2)
2	The mass media help in promoting indecent dressing in the society	146(65.8)	78(34.2)
3	Indecent dressing reflects an individual's role model value	132(58.9)	92(41.1)
4	Even people that do not have access to the media still dress indecently	114(50.9)	110(49.1)
	Average score	132(58.9)	92(41.1)

The result in the above table shows that 134(59.8%) of the respondents agreed that young people copy most of their dress code from models on television, 146(65.8%) indicated that the mass media help in promoting indecent dressing in the society, 132(58.9%) said indecent dressing reflects an individual's role model's value. 114(50.9%) indicated that even people that do not have access to the mass media still

dress indecently. In summary, it was found that 132(58.9%) of the respondents agreed that the mass media contribute to indecent dressing while 92(41.1%) had a contrary view.

Research question 4: Is there any perceived implication of indecent dressing among students of University of Uyo?

Table 6: Percentage analysis of perceived implication of indecent dressing

	Items	Yes (%)	No (%)
1	Indecent dressing reduces one's self esteem	121(54.0)	101(46.0)
2	Indecent dressing gives people bad impression about you	164(73.2)	60(26.8)
3	It exposes one, especially ladies to sexual harassment	172(76.8)	50(23.2)
4	It makes one to be a target for victimization by lecturers	115(51.3)	109(48.7)
	Average score	143(63.8)	81(36.2)

The result in the above table shows that 121(54.0%) of the respondents agreed that indecent dressing reduced one's self esteem, 101(46.0%) disagreed. 164(73.2%) said it gives people bad impression about you, 172(76.8%) indicated that, it exposes one especially ladies to sexual harassment, while 50(23.2%) refuse, 115 (51.3%) agreed that it makes one a target for victimization by lecturers, while 109(48.7%)

disagreed. On average it was found that 143(63.8%) agreed that indecent dressing have implications, while 81(36.2%) disagreed with that point.

Test of Hypotheses

Hypotheses 1: University of Uyo students do not significantly know about indecent dressing.

Table 7: Chi – square test of level of knowledge about indecent dressing

	Items	Yes	No	Total	X2 –cal	X2 – crit
1	Indecent dressing is very rampant in our society	174	50	224		
2	Any dressing pattern that is not in conformity is indecent	143	81	224	14.0	3.82
3	Dressing that is too flamboyant is indecent	122	102	224		
4	Dressing that does not suit an occasion is indecent	120	104	224		
	Average score	140	84	224		

df= 1; P ≤.05; n=224

The result in the above table is significant; this is because the Chi – square calculated value of 14.0 is greater than the Chi-square critical value of 3.82 at degree of freedom of 1 and .05 level of significance. Thus, the null hypothesis is rejected meaning, University of Uyo undergraduate students do

significantly know about indecent dressing.

Hypothesis 2: The campus environment does not significantly contribute to indecent dressing among University of Uyo students

Table 8: Chi – square test of influence of campus environment on indecent dressing

	Items	Yes	No	Total	X ² –cal	X ² – crit
1	Indecent dressing is more prevalent on campuses	158	66	224		
2	Campus is a unique place for discovery of new dressing	139	85	224	19.45	3.82
3	Students on campus must adjust their dressing	154	70	224		
4	People that dress indecently do it everywhere	128	98	224		
	Average score	145	79	224		

df= 1; P ≤.05; n=224

The result in the above table is significant. This is because the Chi – square calculated value of 19.45 is greater than the Chi-square critical value of 3.82 at.05 levels of significance and degree of freedom of 1. Hence, the null is rejected, meaning the campus environment significantly contribute to indecent

dressing among University of Uyo undergraduates.

Hypothesis 3: the mass media does not significantly contribute to indecent dressing among University of Uyo students.

Table 9: Chi – square test of influence of mass media on indecent dresses

	Items	Yes	No	Total	X ² –cal	X ² – crit
1	Young people copy dress code from celebrities	134	90	224		
2	Mass media promote indecent dressing	146	78	224	7.14	3.82
3	Indecent dressing reflects a persons role model's value	132	92	224		
4	People with no access to mass media still dress indecently	114	110	224		
	Average score	132	92	224		

df= 1; P ≤.05; n=224

The result in the above table shows that the Chi – square calculated value of 7.14 is greater than the critical value of 3.82 at.05 level of significance and degree of freedom of 1. This result is significant; therefore the null hypothesis is rejected, meaning the mass media significant contribute to

indecent dressing among University of Uyo students.

Hypothesis 4: There are no perceived implications of indecent dressing among the University of Uyo students.

Table 10: Chi – square test of perceived implication of indecent dressing

	Items	Yes	No	Total	X ² –cal	X ² – crit
1	Indecent dressing reduces one's self esteem	121	101	224		
2	It gives people bad impression about you	164	60	224	17.16	3.82
3	It exposes one to sexual harassment	172	50	224		
4	It makes one to be a target of victimization	115	109	224		
	Average score	143	81	224		

df= 1; P ≤.05; n=224

The result in the table above shows that the Chi – square calculated value of 17.16 is greater than the critical value of 3.82 at.05 levels of significance and degree of freedom of 1. This result is significant; hence, the null hypothesis is rejected. This means that the students of University of Uyo perceived indecent dressing to have significant implications.

Discussion of Findings

First, it was found that University of Uyo undergraduates significantly know about indecent dressing. It was revealed that 62.5% of the study participants knew that indecent dressing was rampant in the society and all dressing patterns that do not conform to the societal norms, a particular occasion and those that are too flamboyant constitute indecent dressing. This result conforms with the opinion of Oyeleye¹⁵ who described indecent dressing to mean deliberate exposure of one's body to the public in a way that is contrary to the acceptable norms and values of the society and also in ways that are inappropriate for a particular occasion or situation. The result contradicts the report of Ozobo *et al.*, 2014^[10] which states that one of the reasons responsible for the indecent dressing among the students despite the frowning from the authorities is because the negative related health impacts are yet to be known and understood by them.

The result from the study also revealed that campus environment significantly contributes to indecent dressing

among the students. This is because 64.7% of the respondents indicated that indecent dressing is prevalent among university students as the campus environment is a unique place to learn and discover new dressing patterns. It was also found that any student that comes into the university environment must adjust his/her dressing in some ways. This result is in consonance with the assertion of Osadebe and Dim¹⁶ which stated that the University is a subtle ground for the spread of all kinds of social vices and the culture of the campus life appears to be open to behaviors that are considered risky and indecent. Similarly, Sadeeq^[11] opined that the youths are at the center of innovation and creativity and this lead to the development of any community. The campus environment where new ideas about science and technology are supposed to be conceived has become the ground for conception of social ill behaviors including indecent dressing.

It is further gathered that the mass media has been a significant factor or contributor to indecent dressing among university students. Over half of the respondents (58.9%) indicated that the mass media promotes indecent dressing in the society, many forms of dressing are copied from role models and from celebrities and this reveals the value orientation of the society. This result is supported by the assertion of Okeoma^[13] which stated that the mass media has been known to play a major role in the formulation of attitudes, beliefs and ideas. This is because people incorporate

perceived mediated reality back in their lives. Similarly, Bandura^[14] argued that the more people pay attention to the mass media (print or electronic), the more their world view would be like those spread by the media.

Finally, the result from the study revealed that the undergraduate students' of University of Uyo perceived indecent dressing to have significant implications on the individual. It was found that 63.8 percent of the study participants indicated that indecent dressing reduces one's self esteem, change people's perception about you, it exposes an individual, especially ladies to sexual harassment and make one to be a target of victimization. This result conforms to the opinion of Sadeeq^[1] which states that dressings give others the opportunity to form perception about somebody. It is a means of getting an identity which will either be negative or positive. Anadi *et al* (2011)^[9] asserted that indecent dressing is linked with poor academic performance promoting sexual harassment by bringing about careless sexual advances and gazes.

Conclusion

The purpose of this study was to investigate indecent dressing and its effect on the students of University of Uyo. Considering the level of moral decadence in the society and the many reported vices among youths which include indecent dressing, this study was necessary to examine this critical issue which was becoming a norm in the society. It was hoped that the study would be a means of creating awareness about the implication of indecent dressing and provide a framework for planning of intervention programmes. In order to achieve this, four objectives were formulated with subsequent research questions and hypothesis. The objectives were to examine students knowledge about indecent dressing, find out the extent to which the campus environment and the mass media contribute to indecent dressing among University students and also to examine the perceived implications of indecent dressing, among the students.

The study adopted a descriptive survey design with 224 respondents as the sample size which was selected using convenience sampling technique. A self-developed questionnaire which was validated by experts with reliability coefficient of 0.84 was used as instrument for data collection. The data collected were coded and analyzed using simple percentages to answer the research questions, while Chi – square statistics was used to test the null hypothesis at 0.05 level of significance. The result of the study revealed that the University Of Uyo students significantly know about indecent dressing, the University environment and mass media contribute significantly to indecent dressing among the students. It was found that the students perceived indecent dressing to have significant implications on an individual.

Indecent dressing has become one of the major social vices in our societies today, and the most unfortunate thing about it is that, it is almost becoming normal. The university environment has been identified as the major zone where all forms of dressing are exhibited. Though the society is beginning to fall on deaf ears to this particular issue and many persons including religious bodies are becoming more accommodation, it does not mean it is right. For any notable change to occur in this area, individuals, families, institutions and governments must collaboratively work together to re-establish sanity and uphold our societal norms of decency, chastity and responsible behavior among the youths in this area of dressing. It is not enough for researchers as this to be conducted, it also behooves on those responsible for the

adoption and implementation of policies to adopt recommendations from such studies and provide appropriate framework for its implementation. It is hoped that this would go a long way to promote and preserve the wholeness of the society.

Recommendations

Based on the findings from the study and to combat the issues and problems identified in the course of the study, the following recommendations are made:

1. Government and the school authority should launch campaigns against indecent dressing. The campaign should focus on exposing some of the negative implication associated with indecent dressing.
2. The school authority should formulate policy and code of dressing within the campus and ensure that such laws are enforced barring anyone who is not properly dressed from entering the campus environment.
3. Government and other relevant authority should set up committees with proper backing of the law to regulate and monitor images and programmes broadcasted by mass media. There should be an official ban on the broadcasting of obnoxious images and dressing patterns by the mass media in Nigeria.
4. Parents and teachers should be encouraged to inculcate good moral values on their children at a very tender age so as to develop wholesome behaviors and attitudes in the child to avoid moral decadence in the society.

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