



**DEPARTMENT OF HUMAN KINETICS  
AND HEALTH EDUCATION  
UNIVERSITY OF NIGERIA, NSUKKA**

**MAIDEN HYBRID CONFERENCE,  
2024**

**Conference Theme:**

**REPOSITIONING HEALTH, HUMAN KINETICS AND  
EDUCATION FOR SUSTAINABLE DEVELOPMENT**

**BOOK OF  
ABSTRACTS**

**Conference Theme:**

**DATE:** 4<sup>th</sup> – 7<sup>th</sup> September, 2024

**VENUE:** Faculty of Education Lecture Theatre, University of Nigeria, Nsukka



**DEPARTMENT OF HUMAN KINETICS AND HEALTH  
EDUCATION  
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**REPOSITIONING HEALTH, HUMAN KINETICS  
AND EDUCATION FOR SUSTAINABLE  
DEVELOPMENT**

**DATE: 4<sup>TH</sup> – 7<sup>TH</sup> SEPTEMBER, 2024**

**VENUE: FACULTY OF EDUCATION LECTURE  
THEATRE, UNIVERSITY OF NIGERIA,  
NSUKKA**



**DEPARTMENT OF HUMAN KINETICS AND  
HEALTH EDUCATION  
UNIVERSITY OF NIGERIA, NSUKKA**

**MAIDEN HYBRID CONFERENCE**

**2024**

**LOCAL ORGANIZING COMMITTEE**

**LOC CHAIRMAN - PROF. DOROTHY I. UGWU**

**LOC SECRETARY - DR. TOCHI E. IWUAGWU**

**HOST - PROF. EVELYN NWANEBE NWAGU**

**CO-HOST - PROF. GODFREY C. NJI**

**CHIEF HOST - PROF. POLYCARP EMEKA CHIGBU**

**DEPARTMENT OF HUMAN KINETICS AND HEALTH EDUCATION,  
UNIVERSITY OF NIGERIA, NSUKKA  
MAIDEN HYBRID CONFERENCE, 2024**

**PROGRAMME OF EVENTS**

**Day 1: Wednesday, 4<sup>th</sup> September, 2024**

- Arrival of conference participants
- Registration of participants begins

**Day 2: Thursday, 5<sup>th</sup> September, 2024**

**8:00am:**Registration of participants continues

**9:45am:** Courtesy Call on the AgVice Chancellor, University of Nigeria, Nsukka

**10:45am:** Opening Ceremony

**10:45am:**Recognitions to the High Table

**11:00am:**National Anthem

**11:05am:**The University of Nigeria Song

**11:10am:**Opening Prayer

**11:15am:**Chairman's Opening Remark

**11:20am:**Presentation/Breaking of Kolanuts

**11:30am:**Address / Declaration of the Conference Open by the AgVice Chancellor of University of

Nigeria, Professor Polycarp Emeka Chigbu, FRSS, FNSA

**11:45am:**Welcome Address by the Dean, Faculty of Education, University of Nigeria, Nsukka,  
Professor Godfrey Chinweike Nji

**12:00noon:**Welcome Address by the Head, Department of Human Kinetics and Health Education,

University of Nigeria, Nsukka, Professor Evelyn Nwanebe Nwagu

**12:15pm:**Citation on Professor O. A. Moronkola, MNAE, FNSHA, FIMPD, fnssm, JP, Director General, National Institute for Sports, Lagos

**12:10pm:** Keynote Presentation by Professor O. A. Moronkola

**1:00pm:**Citation on Professor Golda Obiageri Ekenedo, Department of Health Promotion, Environmental and Safety Education, University of Port Harcourt

**1:05pm:**Lead Paper Presentation by Professor Golda Obiageri Ekenedo

**1:45pm:**Light Refreshment

**2:00pm:**Interactive Session/Questions

**2:10pm:**Interlude (music)/ Cultural Dance/ Talent Show

**2:30pm:**Recognition/Presentation of Awards to Distinguished Personalities

**3:00pm:**Goodwill Messages/Responses from the Awardees

**3:30pm:**Group photograph with the Ag Vice Chancellor of University of Nigeria

**3:45pm:**Closing Remarks by the Chairman/Vote of Thanks by the Chairman, LOC

**4:00pm:**Closing Prayer

**4:00pm:**Technical Sessions Begin for Virtual/Physical Presentation of Conference Papers

**Day 3: Friday, 6<sup>th</sup> September, 2024**

**8:00am:**Registration of participants continues

**8:30am:** Technical Sessions Continue (Presentation of conference papers)

**1:00pm:** Closing Ceremony

**Day 4: Saturday, 7<sup>th</sup> September, 2024**

Departure

**BOOK  
OF  
ABSTRACTS**

## TABLE OF CONTENTS

- ❖ **A Comparative Studies on Chemical and Biological Applications of Imidazole and Its Derivatives in Medicine and their Coordination Properties**
  - Ado GarbaBataiya
- ❖ **Oral Hygiene Practices among Child Bearing Mothers Attending Immunization Clinics in Nsukka Health Centre, Nsukka Local Government Area, Enugu State**
  - Olive OluchukwuIlo
- ❖ **Enhancing Environmental Sanitation Education and Capacity Building for Sustainable Development in a Depressed Economy**
  - Rabiu Suleiman, NasihuRabiuGarunDanga & Abdu Mustapha, Ph.D
- ❖ **Overcoming Barriers to Exercise Participation during Pregnancy: Implications for Health Education and Practice**
  - <sup>1</sup>Favour ChiamakaKalu, <sup>2</sup>Jacinta C. Ugwuonah, <sup>3</sup>Mary Boniface
- ❖ **Impediments to Effective Organization of Intramural Sports And Intervention Strategies In Primary Schools in Ikeduru LGA of Imo State**
  - Ugwuezuonu, linusOkechukwu.
- ❖ **Attitude of women of childbearing age towards cervical cancer screening in Nsukka, Enugu State: a facility-based cross-sectional survey**
  - Ukamaka PerpetuaUgwu (M.Sc)
- ❖ **The Role of Artificial Intelligence in Health Promotion in the Contemporary Society**
  - Chinyere Happiness Eze, Dr. Cylia N. Iweama (corresponding author), & Dr. Eyuche I. Ozoemena
- ❖ **Perceived Effect of Social Environmental Factors on Abuse of Psychoactive Substance among Inhabitants of Umuchigbo, Enugu East Local Government Area, Enugu State**
  - Oluwafemi, Joshua Oriola, BolajiOpeyemi, Enyi Catherine Nkeiru and Ezeagu, PhinaChinelo
- ❖ **Science and Technology Education as remedy for Unemployment and Tools for Economic Recovery**
  - M. A. Abdullahi
- ❖ **Income and Emotional Health Problems among Civil Servants in Nsukka LGA: Implication for Sustainable Economic Growth**
  - Chima Charles Igbokwe, chimaigbokwe@unn.edu.ngOlaoluwa SamsonAgbaje<sup>1</sup> and Happiness AnuliElufidipe-Olumide<sup>1</sup>
- ❖ **Knowledgeof Preventive Measures for Harmful Sexual Behaviours among In-school Adolescents in Nsukka Local Government Area, Enugu State**
  - ChinwenduNgozi Ebelebe, AdaustinIfeomaOkeke and Abigail ChideraChibueze
- ❖ **Risk Factors of Substance Use Among Commercial Motorcycle Riders in Nsukka Local Government Area, Enugu State**
  - <sup>1</sup>VivianMary AmarachiIwuagwu, <sup>2</sup>JustinaIfeomaOfuebe
- ❖ **Influence of Active Travel to School on the Blood Pressure of In-School Children and Adolescents in Benue North West Senatorial District of Benue State**
  - James Ihuma, DonatusUdochukwuChukwudo PhD, Louisa NkemdilimAsogwa and TavershimaKparev

- ❖ **Nutrients, Phytochemicals and Anti-nutritional compositions of yellow monkey kola**
  - Okoroigwe F. C; Ugwu J.C; Ihekwoaba, C. C; Okoye, C. J
- ❖ **Knowledge and Practices towards prevention of Childhood Diarrhoea among Mothers of Children Under Five Years of Age in Ebonyi State: A Cross-Sectional Study**
  - Prince Christian IfeanachorUmoke (PhD)<sup>1</sup> and MaryJoyUmoke (PhD)<sup>2</sup>
- ❖ **Age-Based Significant Effect of Rational-Emotive Health Education Intervention on Prenatal Anxiety Reduction among Pregnant Women in Enugu State**
  - Okoro Martina Oyibo
- ❖ **The Effectiveness of Health and Safety Practices in Preventing Workplace Hazards among Workers in Construction Sites in Enugu Metropolis**
  - <sup>1,2</sup>Obiageli Jacinta Okolo, <sup>2</sup>Fedinand UzochukwuAgu, <sup>1</sup>Chinyere NgoziEze, <sup>1</sup>Chukwunonyelu Ike
- ❖ **Knowledge of Suicidal Behaviors and Preventive Measures among Undergraduates of University of Nigeria, Nsukka**
  - Obayi, BenedethAnulika, Dr. Agatha NnekaObayi and Ugwu, Udoka Peace
- ❖ **Stress Coping Measures among Undergraduates of University of Nigeria, Nsukka: Implications for Sustainable Development**
  - Agatha Nneka Obayi<sup>1</sup>, Gabi Sunday Tsibi<sup>2</sup> & Agnes Onyemaechi Nwodo<sup>3</sup>
- ❖ **Comparative Evaluation of Power and Balance Development among Students Handball and Basketball Players in Public Secondary Schools in Nsukka Local Government Area**
  - Nkemdilim LouisaAsogwa<sup>1</sup>, Donatus U. Chukwudo<sup>2</sup>, Chinwe StellaOdo<sup>3</sup> and Faith Chidinma Omeje<sup>4</sup>.
- ❖ **Factor Militating Against the Involvement of Disabled Children in Physical Activities and Sports**
  - <sup>1</sup> Mary ErenaAgajah\* and <sup>2</sup>Terfa Timothy Shachia (Ph.D)
- ❖ **Human Kinetics and Health Education Curriculum: A sustainable Development for Mental Health Problems among Nigerian Adolescents**
  - NurudeenOjoAbubakar, Mohammed Adamu & NasihuGarundangaRabiu
- ❖ **Factor Militating Against the Involvement of Disabled Children in Physical Activities and Sports**
  - <sup>1</sup> Mary ErenaAgajah\* and <sup>2</sup>Terfa Timothy Shachia (Ph.D)
- ❖ **Predictive Factors of Healthy Nutrition Behaviour among Middle-age Staff of Tertiary Institution in Ondo State, Nigeria**
  - OmololaJustinah Awosika<sup>1</sup>, Samson Olaoluwa Agbaje<sup>1</sup>, \*Margaret Afolake Abiodun-Adeniyi<sup>2</sup>, Onyinyechukwu Blessing Duru<sup>3</sup>
- ❖ **Age and Gender as determinants of Violence in Sports among Secondary School Students in Nsukka Education Zone, Enugu State, Nigeria**
  - Chinwe Stella Odo<sup>1</sup>, Kerimulkazuwagbe Joel<sup>2\*</sup>, Asogwa Louisa Nkemdilim<sup>1</sup>, Saint Oliver RotachukwuNgwoke<sup>1</sup>, Okey Aaron Umeakuka<sup>1</sup>
- ❖ **Individual, Familial and Household Predictors of School Attendance among Nigerian Children, Adolescents and Young Adults using a Nationally-Representative Dataset**

- Oyedokun Amos Olugbenga
- ❖ **Impact of Social Anxiety on Self Actualization**
- UkwuezeIfeanyiPhilomina
- ❖ **Expert-based validated determinants of quality healthcare service utilization among diabetic older adults: a framework for ageing promotion and policy formulation.**
  - Uchenna Cosmas Ugwu (Ph.D)
- ❖ **Effect of a 12-Week Skill Drill Programme on the Skills of Secondary School Female Football Players in Makurdi, Benue State, Nigeria**
  - Andrew AorTyoakaa, Donatus U Chukwudo and Andrew AorTyoakaa
- ❖ **Application of Artificial Intelligence (AI) in Physical and Health Education: Sport and Exercise Physiology**
  - TavershimaKparev<sup>1†</sup> , Prof. Joshua E. Umeifekwem<sup>2</sup>, James Ihuma<sup>3</sup>, Daniel Okwulu<sup>1</sup>
- ❖ **Challenges of Ergogenic Aids in Sports Performance**
  - Emmanuel Musa Moses, Omagu Pius Afen & Akaahim Timothy Terpase
- ❖ **Exercise Habit and Body Composition of Staff of Kogi State College of Education (Technical) Kabba, Kogi State**
  - Dr. D.U. Chukwudo and Enietan Dare Michael
- ❖ **Moderating role of self-esteem in the relationship between adult attachment and parasocial interaction among online gamers**
  - JohnBosco Chika Chukwuorji<sup>1,2</sup>, Ifeanyi Promise Chikereuba<sup>1\*</sup>, & Victor O. Odo<sup>1</sup>
- ❖ **Influence of Active Travel to School on the Blood Pressure of In-School Children and Adolescents in Benue North West Senatorial District of Benue State**
  - James Ihuma, DonatusUdochukwuChukwudo PhD, Louisa NkemdilimAsogwa, and TavershimaKparev
- ❖ **Body Mass Index, Waist Circumference and Body Fat Percentage Status of Secondary School Student Adopting Different Modes of Transport in Otukpo LGA**
  - Okwulu, Isaac Daniel and Chukwudo, DonatusUdochukwu (Ph.D)
- ❖ **Nutritional Knowledge and Practices among Postgraduate Students at the University of Nigeria, Nsukka Enugu State**
  - EsaloFerdinand Anya, Olaoluwa Samson Agbaje and Lawretta Eyuche Ozoemena
- ❖ **Effect of Health Education Interventions on Mental Health Literacy of Female Secondary School Students in Dutsin-Ma Town**
  - Mustapha Abdu, PhD, Nasihu Rabiu Garun Danga & Salihu Ahmad
- ❖ **Factors Associated with Non-Participation in Sports among Female Students in Secondary Schools in Nsukka Urban**
  - EzemaChinyere Abigail<sup>1</sup>, Saint Oliver Rotachukwu Ngwoke<sup>2\*</sup>&UgwuOluchukwu Lilian<sup>3</sup>
- ❖ **Condom use consistency among adolescents and young adults in the Cape Area of South Africa: Dynamics and Determinants**
  - Oyedokun, Amos Olugbenga
- ❖ **Benefit of good diet among pregnant women in Kabba/Bunu Local Government Area of Kogi State**

- Ayodele, Kolade Babatunde<sup>1</sup> and Olowoleni, Victor Ben<sup>2</sup>
- ❖ **Nutrition and Health Education the Role of the Nurse**
  - Isabu, AugutinaChikaodili, RN, Ph.D.
- ❖ **Sickle cell disease knowledge among in-school adolescents in public secondary schools in Nsukka Local Government Area, Enugu State, Nigeria**
  - Jacinta E. Ugbelu and Rex O. Onyeabor
- ❖ **The Relevance and Importance of Physical Activities in Maintaining Students Health**
  - Akaahim, Timothy Terparse; Omagu, Pius Afen and Musa, Moses Emmanuel
- ❖ **Physiological Characteristics of Athletes and Non-Athletes of Unity Schools in Enugu State**
  - Nnaji, RichardUzoma, Dr Donatus Chukwudo Udochukwu, Dr F. C. Ugwueze
- ❖ **A Review of Energy Systems in Physical Performance-Combatant Sports, Soccer and Athletics**
  - Donatus A. Chukwudo<sup>1</sup>&Ekemini P. Asuquo<sup>2</sup>
- ❖ **Knowledge of Gestational Hypertension among Pregnant Women attending Healthcare Facilities in Nsukka Local Government Area**
  - AdaustinIfeomaOkeke & Charles Chike Aba
- ❖ **Descriptive Analysis of Food Hygiene Practices among Rural Women in Enugu North Senatorial Zone, Enugu State, Nigeria**
  - Amadi, Benedict Ezike
- ❖ **Menstrual Hygiene and Menstruation Knowledge among Female Secondary School Students in Udenu Local Government Area, Enugu State**
  - Ngozika Karen Enemu (Ph.D), Ogechi Gift Onyedi (Ph.D) &Victoria ChinwudoOnah
- ❖ **Causes and Consequences of Senile Dementia among the Elderly**
  - Jones ChukaMackson, FedinandUzochukwuAgu, Badaru Vivian
- ❖ **Health Risk Behaviors and Preventive Measures among In -School Adolescents in Ihilala Local Government Area Anambra State Nigeria**
  - <sup>1</sup>DrOgechi Gift Onyedi, <sup>\*2</sup>DrNgozika, Karen Enemu. <sup>3</sup>DrHaniorDoowuse
- ❖ **Issues Hindering the Development of Physical Education and Sports in Colleges of Education in Cross River State**
  - Omagu Pius Afen, Moses Emmanuel Musa, Akaahim Timothy Terparse
- ❖ **Socio-Demographic Determinants of Modern Contraceptive Use among Undergraduates in Universities in Enugu State**
  - ObianujuChioma DIBIA<sup>1</sup>, Samuel Ifeanyi Chris DIBIA<sup>2</sup>& Amelia Ngozi ODO<sup>3</sup>
- ❖ **The Impact of Peer Victimization among In-School Adolescent: Understanding, Prevention and Intervention Strategies**
  - NgwokeObianudo Joy & Tochi E. Iwuagwu
- ❖ **Socio-Demographic Factors Associated with Health Status of Childbearing Mothers in Igbo-Eze North LGA of Enugu State**
  - Ojobo, Ann Uchenna, Prof. Igbokwe C.C., Dr. Abugu, I., Dr. Ugbelu, J
- ❖ **Nutritional Status and Associated Factors among School Children in Nsukka, Enugu State**
  - Omeje, Ugochi. E., Igbokwe, C. C. &Omeje, Joel. C

- ❖ **Psychological and Demographic Predictors of Risky Sexual Behaviour among In-School Adolescents in Idah Local Government Area of Kogi State**
  - Vivian Badaru, Charles C. Igbokwe, Olive O. Ilo & Ferdinand U. Agu
- ❖ **Enhancing Public Health Education Through the Use of Technology**
  - Dr. C. N. Iweama, Ezema Hillary Chinedu
- ❖ **Levels of Academic Stress and Anxiety among Undergraduates at the University of Nigeria, Nsukka**
  - Chidi Akachukwu Samuel & Lawreta Ijeoma Abugu\* (Ph.D)
- ❖ **Effect of Motor Skills on Cognitive Development of Children 0 -10 Years in Tarka Local Government Area of Benue State**
  - Eunice Nguungwan Seer-Uke<sup>1</sup>, Mary Erena Agajah<sup>1</sup> & Blessing Ibeenegh<sup>1</sup>
- ❖ **Physical Education for Sustainable Development: Addressing the Unique Needs for Special Person**
  - Nonye Peculiar Okafor (Ph.D)<sup>1</sup> & Oyigbo, M.A<sup>2</sup>

**BOOK OF ABSTRACT- MAIDEN HYBRID CONFERENCE OF THE DEPARTMENT  
OF HKHE UNN, 2024****A Comparative Studies on Chemical and Biological Applications of Imidazole and Its  
Derivatives in Medicine and their Coordination Properties**

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**Abstract**

Imidazole and its derivatives are of great importance in both chemical, biological and medical activities. 2,2'-Biimidazole as a derivative of imidazole (formed by coupling two imidazole rings) were considered in this paper. The study involved the discussions on their chemistry (Definition, nature and examples of hydrogen and different types of  $\pi$ -bonding), their biological applications and uses as medicine were also discussed in the literature part. These compounds are used as sole or core ligand and are also widely studied on the basis of their metal binding ability, biological and medical activities and the coordination properties. The experimental part involved the synthetic procedures of several derivatives of 2,2'-biimidazole ligands their ability to bind d-block transition metals such as Co (II), Cu (II), Fe (II), Mn (II), Ni (II), were studied. The simple, safe and easily controlled synthetic procedures with a high yield for the preparation of 2,2'-biimidazole and its complexes were developed. The melting points of the ligands and the complexes were determined on a XSP-I micro-melting point apparatus. Mass spectra were measured on an EIMS Finnigan Mat 4510 instrument. The purity and identity of the product were determined using  $^1\text{H}$  NMR spectroscopy. The metal complexes was characterized using infrared spectroscopy in the mid-IR range ( $400\text{--}4000\text{ cm}^{-1}$ ). The solid reflectance spectra of ligands and complexes were recorded on a Shimadzu UV-VIS-NIR Spectrophotometer UV-3100 with an MPCF-3100 sample compartment. The chemistry and the anti-malarial activity of 2,2'-biimidazole was compared with the anti-bacterial activity of imidazole compounds. It was also compared with the effectiveness of the existing anti-malarial drugs in this research.

**Keywords:** Comparative, Chemical, Biological Applications, Imidazole, Medicine  
Coordination Properties

**Oral Hygiene Practices among Child Bearing Mothers Attending Immunization Clinics in  
Nsukka Health Centre, Nsukka Local Government Area, Enugu State**

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**Abstract**

The study assessed the oral hygiene practices among child bearing mothers that attend immunization clinics in Nsukka Health centre in Nsukka Local Government Area, Enugu State. Three research questions and three corresponding research questions guided the study. The cross-sectional research design was used. The population of the study consisted of 104 child bearing mothers attending immunization clinics in Nsukka health centre. There was no sample the number was manageable. The instrument for data collection was the researcher designed questionnaire titled Oral Hygiene Practice Question (OHPQ) was used for the data collection. Frequency and Percentages were used for the research questions, while the hypothesis was tested using Chi-square statistics at.05 level of significance. The results of oral hygiene practices adopted by child bearing mothers included eating a well- balanced diet (92.9%), brushing of teeth to prevent tooth decay(90.9%), avoidance of tobacco smoking (87.9%), brushing teeth in the morning and night with a fluoride tooth paste (82.8%) and using antibacterial mouth wash daily (63.6%). Based on the findings of the study it was concluded that the mothers' have low knowledge of oral hygiene practices. The findings will be useful in planning oral hygiene practicing and promotional programs in the clinics. Recommendations for the study, there should be health education on oral hygiene practices among mothers to enable mothers improve on their oral hygiene practices to reduce the spread of diseases even in their children and families.

**Keywords:** Oral Hygiene, Practices, Child Bearing Mothers, Immunization Clinics, Health Centre

**Enhancing Environmental Sanitation Education and Capacity Building for Sustainable Development in a Depressed Economy**

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**Abstract:**

Environmental sanitation is a key to a healthy and beautiful environment and the success for such laid on the need to educate and enlighten people with adequate knowledge on keeping and managing the environment safe for achieving an economic and sustainable development. This paper explore the Nigerian National economic situation on environmental sanitation, roles of environmental sanitation education and capacity building in achieving sustainable development

within a depressed economy, the challenges of environmental sanitation in a depressed economy, achieving sustainable development through environmental sanitation and use of capacity building for sustainable development to achieve a Sanitary and manage environment. The paper conclude that environmental sanitation is important for human security and economic sustainability, and polluted environment causes health problems for humans, and provide breeding ground for germs, and other organisms that endanger their health and highlight some essential components of environmental sanitation to achieve a sustainable development and improve the economic standard of the nation.

**Keywords:** Enhancing, Environmental sanitation, Education, Capacity building, Sustainable development, Depressed economy.

### **Overcoming Barriers to Exercise Participation during Pregnancy: Implications for Health Education and Practice**

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#### **Virtual Participant**

#### **Abstract**

Pregnancy is a transformative period marked by various physical, emotional, and psychological changes, making exercise an essential factor for maternal and foetal health. Historically, pregnant women were advised to limit physical activity due to concerns about complications. However, contemporary research highlights the benefits of regular, moderate exercise during pregnancy, including improved cardiovascular health, reduced risk of gestational diabetes, and enhanced mental well-being. This paper examines the benefits of exercise during pregnancy, including its role in preventing pregnancy-related disorders, alleviating common discomforts, and promoting quicker postpartum recovery. Despite these benefits, barriers to exercise include physical fatigue, psychological concerns, social and cultural factors, environmental limitations, and inadequate healthcare provider guidance. Effective health education is crucial in overcoming these barriers by providing accurate information, addressing misconceptions, and creating supportive environments for physical activity. Strategies such as educational interventions, community-based programs, and healthcare system changes are recommended to promote exercise participation. Tailoring exercise routines to accommodate the physiological changes of each trimester is also essential. By integrating exercise education into prenatal care and advocating for supportive policies, health educators and healthcare providers can enhance maternal and foetal health and encourage consistent exercise throughout pregnancy.

**Keywords:** Barriers, Exercise, Pregnancy, Health Education

**Impediments to Effective Organization of Intramural Sports And Intervention Strategies  
In Primary Schools in Ikeduru LGA of Imo State**

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Human Kinetics and Sports Studies

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**Abstract**

This study examined Impediments to Effective Organization of Intramural Sports and Intervention Strategies among Administrators (headmasters/mistresses gamesmasters/mistresses) in Primary Schools in Ikeduru Local Government Area of Imo State. The study had four specific objectives, four research questions and two hypotheses. The study employed a descriptive survey research design. The population for the study was 128 made up of 64 headmasters/mistresses and 64 gamesmasters/mistresses from all the 64 public primary schools in Ikeduru LGA. All the administrators were used in the study, therefore there was no sampling. A questionnaire titled Impediments to Effective Organization of Intramural Sports and Intervention Strategies Questionnaire (IEOISPISQ) was used for data collection. Five experts validated the instrument. The reliability index of the instrument was 0.94 obtained using Spearman Rank Order (SRO). The data collected were analysed using frequency counts, percentages and Chi-square statistics. Frequencies and percentages were used to answer the research questions while Chi-square statistics was used to test the two null hypotheses at 0.05 significance level. The findings revealed that personnel and lack of facilities and equipment and poor funding are the investigated impediments. It was found that government should employ qualified physical educators, provide adequate fund and standard facilities and equipment for effective organization of intramural sports as intervention strategies. Furthermore, the findings showed that responses on impediments to effective organization of intramural sports differed significantly based on gender and did not differ based on qualifications. Based on the findings, it was recommended that adequate and qualified personnel, standard facilities and equipment and adequate fund should be made available by government, school administrators and individuals for effective organization of intramural sports in primary schools in Ikeduru LGA of Imo State.

**Keywords:** Impediments, Sports, Intramural Sports, Primary School, Intervention Strategies

**Attitude of women of childbearing age towards cervical cancer screening in Nsukka, Enugu State: a facility-based cross-sectional survey**

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Conference Option: Physical Presentation

**Abstract**

Worldwide, positive attitude towards health care initiative such as cervical cancer screening (CCS), remains a healthy approach to disease prevention. This study investigated attitude of women of childbearing age towards CCS in Nsukka LGA, Enugu State. It was a facility-based cross-sectional survey conducted in a population of 11,357 registered women between August 2022 and November 2022. Using a simple random sampling technique, a total of 400 women were sampled and surveyed. A self-structured questionnaire which demonstrated .89 reliability co-efficient index was used for data collection. All statistical data were computed using International Business Machine - Statistical Package for the Social Sciences (IBM-SPSS version 22). Mean score, standard deviation and one-way analysis of variance were used to analyse all the statistical data. The results were deemed significant at  $p \leq 0.05$ . It was found that women of childbearing age had negative attitude towards CCS ( $\bar{x}=2.32$ ;  $SD=0.40$ ). Based on parity, nulliparous ( $\bar{x}=2.29$ ;  $SD=0.45$ ), multiparous ( $\bar{x}=2.32$ ;  $SD=0.38$ ), primiparous ( $\bar{x}=2.36$ ;  $SD=0.37$ ) and grandmultiparous ( $\bar{x}=2.36$ ;  $SD=0.40$ ) women had negative attitude towards CCS. No significant difference was found between parity status and attitude of the women towards CCS ( $F=0.487$ ;  $p=0.692>0.05$ ). In conclusion, women of childbearing age had negative attitude towards CCS. Parity status had no significant influence on the women's attitude towards CCS, thus, the need for a collaboration between the Ministries of Health and Facility Management Board for organized programmes on women education and enlightenment on the significant benefits of CCS particularly in Nsukka LGA, Enugu State.

**Keywords:** Facility-based cross-sectional design, Women of childbearing age, Cervical cancer Screening, Parity status, Attitude

**The Role of Artificial Intelligence in Health Promotion in the Contemporary Society**

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Conference Participation Option: Physical

**Abstract**

Artificial Intelligence (AI) is increasingly becoming a transformative force in health promotion efforts worldwide. Artificial Intelligence is increasingly utilized in health promotion to enhance

personalized interventions and improve outcomes. It is transforming the healthcare industry in profound ways, including revolutionizing patient care, evolving the patient experience, improving operational efficiencies, and assisting in medical research. Research indicates that AI-driven devices can converse, provide reminders, and inspire those aiming to adopt healthier habits. These devices can also monitor personal data in real time and analyze it. This capability enables customized feedback, insights, and personalized recommendations to motivate individuals toward positive and enduring behavioral changes. Nevertheless, all round successful implementation of AI in healthcare requires collaboration among the technologists, healthcare workers and clients to control some breaches. Such breaches as protecting the confidentiality and security of sensitive health information is crucial; ethical issues related to AI in healthcare, such as bias in algorithms and obtaining informed consent, need careful consideration; the essentiality of ensuring that AI-based treatments are accessible to everyone, irrespective of their socioeconomic status etc.

**Keywords:** Artificial Intelligence, health promotion, contemporary society.

**Perceived Effect of Social Environmental Factors on Abuse of Psychoactive Substance among Inhabitants of Umuchigbo, Enugu East Local Government Area, Enugu State**

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**Abstract**

This study investigates the perceived effect of social environmental factors on the abuse of psychoactive substances among inhabitants of Umuchigbo, Enugu East Local Government Area, Enugu State. It aims to understand how environmental, cultural, and social influences contribute to substance abuse, explore the motivations behind drug use, and assess its impact on social interactions, behavior, and personal relationships. The study also evaluates the legal and safety implications of drug use, the influence of age on substance abuse patterns, and gender-based differences. A cross-sectional survey design was utilized, involving 100 respondents selected through snowball sampling. Data were collected via experts validated structured questionnaires (PESEFAPSQ), and subjected to reliability tests, interviews, focus group discussions and analysis were done using frequency and percentages through SPSS. Findings showed that 81% visited

bars and nightclubs, 31% used more than one psychoactive drug at a time, 27% used drugs every day, and 43% were initiated by friends and caused problems between them and their friends and family. Chi square revealed that age factor contributed to making the inhabitants susceptible to psychoactive substance abuse, while gender-based factor showed no effect. This means that more targeted interventions are needed because this is not normal. The study underscores the need for targeted interventions, including peer education, mental health support, and stricter law enforcement, to address substance abuse among people in this community.

**Keywords:** Social environmental factors, Psychoactive substance abuse, Inhabitants, Peer influence, Mental health, Legal implications, Gender differences

### **Science and Technology Education as remedy for Unemployment and Tools for Economic Recovery**

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#### **Abstract**

The importance of Science and Technology education in reducing unemployment in any country can never be overemphasized. However, available information from National Bureau of statistics indicates that unemployment is very high in Nigeria and has a negative multiplier effect not only on the individual involved but on the nation as a whole thereby threatening the economic stability of Nigeria. Science and Technology Education is the form of education that comprises of the training in skills necessary for gainful employment as well as acquisition of basic educational foundation in both sciences, applied sciences and humanity, all aimed at developing individuals with the right skills to work and the competency necessary to compete favorably in a global economic. 180 questionnaires were randomly administered to students in selected Secondary Schools in Kano State while simple percentage was used to analyze the result. It was observed that Science and Technology education enables the students to acquire high level of confidence in self-employment and develop self-reliance attitude. The paper concludes that Science and Technology education is a remedy to unemployment and could serve as a tool for putting the Nigeria on one of the paths to economic recovery .

**Keywords:** Science and Technology Education, Tool, Unemployment, Skills, Self Reliance

### **Income and Emotional Health Problems among Civil Servants in Nsukka LGA: Implication for Sustainable Economic Growth**

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#### **Abstract**

Living with financial hardship as a result of insufficient or no income can be injurious to the mental health of any society. This study investigated income and emotional health problems among civil servants in Nsukka LGA: implication for sustainable economic growth. The study adopted cross-sectional survey research design. Two research questions were used and one hypothesis was postulated. The population for the study consisted of 959 civil servants. The sample for the study was 282 civil servants. This was calculated using Taro Yamane's formula. The instrument used for data collection was Depression Anxiety Stress Scale with 21 items (DASS-21) developed by Lovibond and Lovibond (1995). Instrument for data analysis used were frequencies and percentages. The null hypothesis was tested at .05 level of significance and appropriate degrees of freedom using Spearman Rho. Results showed different percentages of severity levels of depression, anxiety and stress among civil servants in Nsukka LGA ranging from mild to extremely severe. There was a weak positive relationship ( $\rho = .09$ ,  $p\text{-value} = .326$ ) between income and EHPs. Recommendations were made for the government to make policies that will result in prompt payment of salaries, befitting accommodation, among others to avoid EHPs and increase job performance among civil servants with subsequent economic growth.

**Keywords:** Income, Emotional Health Problems, Sustainable, Economic Growth, Civil Servants

### **Knowledge of Preventive Measures for Harmful Sexual Behaviours among In-school Adolescents in Nsukka Local Government Area, Enugu State**

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#### **Abstract**

The study examined the knowledge of preventive measures for harmful sexual behaviours among in-school adolescents in Nsukka Local Government Area of Enugu state. Four specific objectives with corresponding research questions and three null hypotheses guided the study. The study adopted a cross-sectional research design. The population for the study comprised 14,989 in-school adolescents in Nsukka LGA. The sample size was 390 in-school adolescents, drawn using a multi-stage sampling technique. The instrument for data collection was a 10-item researcher-structured questionnaire titled, "Knowledge of Preventive Measures of Harmful Sexual Behaviours Questionnaire (KPMHSBQ)". Frequency and percentages were used to answer the research questions while chi-square statistics was used to test the hypotheses at 0.05 significance level. The findings showed among others that, in-school adolescents had a high (73.7%) level of knowledge of preventive measures for harmful sexual behaviours. There was no significant difference in the level of knowledge of preventive measures for harmful sexual behaviours based

on age( $p=.184>0.5$ ), gender( $p=.314>0.5$ ), and school type ( $p=.083>0.5$ ). Therefore, the study recommends among others that age-appropriate sex education should be taught in schools as well as enlightenment campaigns on forms of harmful sexual behaviours, preventive measures and consequences to maintain a high level of knowledge of preventive measures for harmful sexual behaviours among adolescents.

**Keywords:** Knowledge, Preventive measures, Harmful sexual behaviours, In-school adolescents.

### **Risk Factors of Substance Use Among Commercial Motorcycle Riders in Nsukka Local Government Area, Enugu State**

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#### **Abstract**

The study investigated risk factors of substance use among commercial motorcycle riders in Nsukka Local Government Area (LGA), Enugu State. A cross-sectional survey was conducted between January and April, 2023 at various designated units of the commercial motorcycle riders in Nsukka LGA. A total number of 600 commercial motorcycle riders participated. Data collection was done using self-developed Risk Factors of Substance Use Questionnaire (RFSUQ), and adapted Drug Use Screening Inventory (revised DUSI-R). Descriptive statistics of frequency, percentage, and logistic regression were used for analyses. The findings revealed that commercial motorcycle riders mostly used over the counter medications (93.0%), prescription pain killer pills (84.1), alcohol (76.6%), caffeine (65.2%), and smoking tobacco (54.9%), while cocaine (0.0%), and volatile solvents (11.1%) are the least used substance. The risk factors for substances commonly used by commercial motorcycle riders were reported by the majority (50.8%). Age ( $p \leq .05$ ) were statistically significantly associated with the risk factors for substance use among commercial motorcycle riders. However, Enugu State government should strengthen existing laws and policies on substance abuse by enforcing a ban on the sale of substances with psychoactive properties to any individual that convey passengers from one place to another in the course of operation, irrespective of the setting.

**Keywords:** Risk factors, Substance use, Commercial motorcycle riders, Alcohol, Illicit drugs

### **Influence of Active Travel to School on the Blood Pressure of In-School Children and Adolescents in Benue North West Senatorial District of Benue State**

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### **Abstract**

This study examined the influence of active travel to school (ATS) on the blood pressure of in-school children and adolescents in Benue North West Senatorial District of Benue State. Ex-post facto design was adopted for the study. The study sample comprised 663 in-school children and adolescents, aged 10-18 years, who were recruited using a multi-stage sampling technique and evaluated. A self-structured questionnaire was used to obtain participants' mode of travel. Subjects' blood pressure was measured by auscultation method using a stethoscope and sphygmomanometer and in accordance with the protocol of the Fourth Report on the Diagnosis, Evaluation, and Treatment of High Blood Pressure in Children and Adolescents by the National High Blood Pressure Education Program Working Group on High Blood Pressure in Children and Adolescents. Analysis of variance (ANOVA) was used to test the hypotheses at 0.05 alpha level. The study demonstrated that ATS does not significantly influence systolic blood pressure (SBP) and diastolic blood pressure (DBP) ( $P= 0.05$ ) respectively in children and adolescents in Benue North West Senatorial District of Benue State. It was therefore recommended that efforts to lower blood pressure in this population should not depend solely on advocating for ATS. Instead, a broader strategy such as taking a balanced diet, promoting games and sports beyond ATS, and having periodic health check-ups are necessary for public health.

**Keywords:** Active Travel, Blood Pressure, Coronary Heart Disease, Children and Adolescents.

### **Nutrients, Phytochemicals and Anti-nutritional compositions of yellow monkey kola**

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### **Abstract**

Monkey kola is one of the underutilized tropical fruits found in Central and West African forests. In Nigeria, it is found in the South between the months of June and November. The aim of this study is to determine the nutrients, anti-nutrients and phytochemical composition of yellow monkey kola. Mature yellow monkey kola fruits purchased from Ogbete market Enugu State, Nigeria were analysed chemically to determine the nutrients, phytochemicals and anti-nutrients compositions using standard methods. The result showed that yellow monkey kola fruit pulp (endocarp) has values for crude protein (3.68%), ash (0.99%), moisture (90.55%), crude fibre (1.40%), fat (2.75%), carbohydrate (6.06%), potassium (358.50 mg/100g), iron (0.54 mg/100g), zinc (0.20 mg/100g), calcium (56.45 mg/100g), magnesium (33.67 mg/100g), vitamin A (55.48 IU), vitamin B1 (0.07 mg/100g), vitamin B3 (0.16 mg/100g) and Vitamin C (0.26 mg/100g). The results of phytochemical determination revealed that the yellow monkey kola contained saponin

(3.07 mg/100g), alkaloid (1.99 mg/100g), tannin (16.57 mg/100g), flavonoid (6.37 mg/100g) and no value for phenol. The anti-nutrients content of yellow monkey kola were oxalate (7.90 mg/100g) and phytate (12.17 mg/100g). There is need to preserve, conserve and promote cultivation and utilization of monkey kola because of its rich nutrient content.

**Keywords:** Monkey kola, antinutrients, nutrients, phytochemicals, Fruits

### **Knowledge and Practices towards prevention of Childhood Diarrhoea among Mothers of Children Under Five Years of Age in Ebonyi State: A Cross-Sectional Study**

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#### **Abstract**

Diarrhea is one of the commonest diseases that has the most negative impact on the growth and development of children. The objective of this study was to determine the knowledge, and practices for prevention and management of childhood diarrhea among mothers of children under five years of age in Ebonyi State, Nigeria; a descriptive cross-sectional research design was employed. Multi-stage sampling was used to select 1200 women of childbearing age who had at least one under-five-year-old child in the selected communities. Data obtained were recorded in a structured standardized questionnaire, subjected to descriptive statistical analysis, and presented in frequency and percentage tables. Out of 1200 questionnaires distributed, 1185 (99%) were retrieved. Results showed that, overall, the majority of the mothers had good, knowledge 1161(94.1%), and practices 726(61.3%) towards diarrhea prevention and management. The result of this table showed that good practice was significantly associated with mothers was significant age ( $p=0.01^*$ ), marital status ( $p=0.001$ ), level of education ( $p=0.006^*$ ), number of children ( $p=0.00^*$ ), occupation ( $p=0.011^*$ ), income ( $p=0.000^*$ ), and place of residence ( $p=0.003$ ). In conclusion, mothers had good knowledge and practices however, only a few always sought help, and many had an irrational use of antibiotics at the time of child's diarrheal illness, and drug prescription was by chemist rather than from a doctor in the hospital. Health promotion campaigns with an emphasis on providing information related to diarrhea prevention, and management is necessary to enhance mothers' practices and their ability to prevent diarrhea among under-five children is recommended.

**Keywords:** Diarrhoea; Knowledge; Practices; Mothers; Children Under-five

### **Age-Based Significant Effect of Rational-Emotive Health Education Intervention on Prenatal Anxiety Reduction among Pregnant Women in Enugu State**

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**Abstract**

Prenatal anxiety is a serious public health problem resulting from multiple pregnancy-related complications. This study investigated age-based significant effect of rational-emotive health education intervention (REHEI) on prenatal anxiety reduction (PAR) among pregnant women in Enugu State. It was a quasi-experimental survey research design conducted on a population of 966 registered pregnant women between June 2022 and March 2023. A total of 104 registered pregnant women were sampled and studied. The instrument used for data collection was Beck Anxiety Inventory (BAI) with 0.77 reliability index. Mean, standard deviation and analysis of co-variance (ANCOVA) were used for all the statistical analysis. Results were deemed significant at  $p$  value  $\leq .05$ . It was found that the mean anxiety score of pregnant women exposed to REHEI ( $\bar{x} = 9.94$ ;  $SE = 0.96$ ) reduced more than those not exposed ( $\bar{x} = 20.81$ ;  $SE = 0.99$ ). Also, mean difference scores of 1.94, 0.16, -4.12 and -16.09 for pregnant women aged 15-24 years, 25-34 years, 35-44 years and  $\geq 45$  years, respectively show that pregnant women aged  $\geq 45$  years had the highest reduction mean anxiety score after intervention. Statistically, no significant interaction effect of age and REHEI on the mean anxiety scores of pregnant women,  $F(1,86) = 8.889$ ,  $p = .888$ , partial eta squared ( $\eta^2p$ ) = .008 was reported. The REHEI had significant effect in reducing prenatal anxiety among pregnant women with no significant interaction effect on age. Therefore, the need for the adoption and integration of reliable health intervention such as REHEI by health workers to complement the conventional approaches in reducing cases of prenatal anxiety among pregnant women becomes indispensable particularly in Enugu State.

**Keywords:** Prenatal anxiety, rational-emotive health education intervention, age, pregnant women, quasi-experimental research design

**The Effectiveness of Health and Safety Practices in Preventing Workplace Hazards among Workers in Construction Sites in Enugu Metropolis**

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**Abstract**

Occupational health and safety (OHS) is a multidisciplinary field focused on minimizing workplace hazards and ensuring the wellbeing of workers. It deals with all aspects of health and safety in the workplace and has a strong focus on primary prevention of environmental hazards. In Nigeria the intensity of environmental and construction hazards varies at workplaces. Construction activities at sites should conform to standards, rules and regulations which is aimed at protecting the environment and the workers. Accidents and fatalities often occur when these guidelines are ignored, hence this paper is aimed in highlighting the importance of effective occupational health and safety practices. These safety measures are essential for preventing work related hazards and preserving worker health. The study revealed that there is a significant relationship between the effectiveness of health and safety practices in preventing workplace and environmental hazards at the construction sites. It succeeded in establishing the importance of sustained occupational health and safety training for construction site workers that would

enhance subconscious awareness towards workplace and environmental health and safety. Based on the findings, recommendations were made which included that periodic training should be given to employers and employees on health and safety practices, and adequate measures should also be taken to ensure that the workers adhere strictly to these preventive workplace practices.

**Keywords:** Occupational Health & Safety, Environmental Hazards, Preventive Measures, Workplace Safety

### **Knowledge of Suicidal Behaviors and Preventive Measures among Undergraduates of University of Nigeria, Nsukka**

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#### **Abstract**

The study determined the knowledge of suicidal behaviours and preventive measures among undergraduates of University of Nigeria Nsukka. To achieve this purpose, four specific objectives, four research questions and two null hypotheses were formulated. Cross-sectional survey research design was adopted for the study. The population for the study comprised of all the 24, 458 students in the University of Nigeria, Nsukka. The sample consisted of 420 students selected using multi-stage sampling technique. A researcher designed questionnaire was used for data collection. The result showed that Undergraduates in the University of Nigeria, Nsukka had high level (94.5%) of suicidal behavior knowledge. Undergraduates aged 20+years had higher level of knowledge (95.1%) than those aged 15-19years. Female undergraduates had higher level of knowledge (95.3%) of suicidal behaviors than male undergraduates (93.9%). Overall majority of the undergraduates (99.3%) are aware of the preventive measures of suicidal behaviors. Statistically, there was no significant difference in the level of knowledge of suicidal behaviours among undergraduates based on age ( $\chi^2=1.697$ ;  $p$ -value=198) and gender ( $\chi^2=0.331$ ;  $p$ -value=565). Based on the findings it was recommended among others that regular seminars, workshops and health promotion activities should be organized for the undergraduate students by the University in collaboration with the department of health education to solidify the already acquired knowledge and subsequently translate such knowledge into action.

**Keywords ;** Knowledge, suicidal behaviors, preventive measures, undergraduates.

### **Stress Coping Measures among Undergraduates of University of Nigeria, Nsukka: Implications for Sustainable Development**

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#### **Abstract**

Stress is a global problem experienced by people irrespective of class, colour, ethnicity, profession or academic background. The study examined stress coping measures among undergraduates of University of Nigeria, Nsukka. Three specific objectives with corresponding research questions and two null hypotheses guided the study. Research design was cross sectional survey. The population for the study comprised 24,458. A multi - stage sampling procedure was used to draw a sample of 400 undergraduate students. The researchers' designed questionnaire - SCMQ was the instrument for data collection. The instrument was face validated by three experts and split half method of reliability was used to get co-efficient of .73. 397 copies of the instrument were correctly filled and used for data analysis using SPSS version 21. Frequencies and percentages were used to answer the research questions while chi - square statistic was used to test the hypotheses at .05 level of significance. Results showed that undergraduates possess high stress coping measures (82.4%). No significant difference existed in the stress coping measures of undergraduates based on gender and year of study respectively ( $\chi^2=0.940$ ; p - value = .332 >.05) and ( $\chi^2= 8.811$ ; p - value = .012 >.05). It was recommended that curriculum developers should enrich the curriculum with appropriate strategies suitable for all undergraduates, especially during the orientation of new students for proper understanding and application of stress coping measures among undergraduates.

**Keywords:** Stress, coping, measures, undergraduates.

### **Comparative Evaluation of Power and Balance Development among Students Handball and Basketball Players in Public Secondary Schools in Nsukka Local Government Area**

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#### **Abstract**

Quality physical education and supportive school environments can provide physical fitness profiles such as power and balance and health literacy for long-lasting health. The study compares physical fitness profiles of basketball and handball players in public secondary schools, using an ex-post-factor research design. The study surveyed 15,928 students in 30 registered public secondary schools in Nsukka Local Government Area, selecting 206 students through a two-stage sampling procedure using a Standardized Test Battery of the Council of Europe (EUROFIT 1983). The null-hypotheses were tested at 0.05 level of significant using student t-test. Mean statistical tool was used in answering the research questions using SPSS 2021 to analyze data and found that basketball players had higher power than handball players. However, handball players had lesser balance as compared to basketball players. The study suggests enhancing power and balance of handball and basketball players in public secondary schools, in Nsukka L.G.A. through improved sports facilities and coaching programs. It recommended that the government, nongovernmental organizations, school authorities and philanthropists should fund schools with state-of-the art sports facilities and equipment.

**Keywords:** physical fitness, power, balance, handball game, basketball games, secondary school students.

**Factor Militating Against the Involvement of Disabled Children in Physical Activities and Sports**

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**Abstract**

The aim of this paper is to review the factor militating against the involvement of disabled children in physical activities and sports. The selection included studies that focused on people with physical disability, studies that focused on para sports, exercise and general exercising activities. Search words such as, barriers, inhibitors, limitations, were included. Exclusion criteria were studies focusing merely on people with cognitive impairments, hearing or visual impairments organ transplant and studies focusing on people with no related physical disability. The studies collected were limited to the following search engines: Googlescholar, Medline and Researchgate. All the literatures reviewed in this paper unanimously agreed that exercise and sports are vital tool for the wellbeing of people with physical disabilities, however factors like dependency on others, poor transportation, parental control and accessibility to sport facilities seriously hinder the effective participation of people with physical disabilities in exercise and sports. The researchers haven reviewed this studies established the fact that these barriers really militates against participation of the physically disabled persons in exercise and sports. For the physically disabled persons to benefit the values of exercise and sports, the researchers recommend that all hands be put on deck to ameliorate the afore mention challenges militating against the involvement of physically disabled children in exercise and sports participations.

**Keywords:** Exercise, Para sports, Physical disabilities, Barriers and Hindrance

**Human Kinetics and Health Education Curriculum: A sustainable Development for Mental Health Problems among Nigerian Adolescents**

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### Abstract

This paper examined human kinetics and health education curriculum: a sustainable development for Nigerian adolescents. this work identified the objectives of general education, human kinetics, and health education and the impact on achieving the objectives of sustainable development through leadership and citizenship training, sustainable development through jogging and exercise programs, the contribution of communities to sustainable development through mental health problem and the career opportunities that are available for sustainable development of adolescents in which physical and health educators can specialize apart from teaching as physical fitness instructors and health service instructors, public health officer, reporters, sports event managers, community health officer and sports psychologists amongst others. It concludes that education, human kinetics and health education curriculum enhances the sustainable development for mental health problems among Nigeria adolescents through career opportunities provided in the curriculum for adolescents. It was recommended amongst others that the available career opportunities should be expanded so that new career opportunities in health/fitness promotion and leisure business will emerge.

**Keywords:** Human Kinetics, Health Education, Career, Curriculum, Adolescents, Sustainable Development, Mental Health Problems.

### Factor Militating Against the Involvement of Disabled Children in Physical Activities and Sports

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### Abstract

The aim of this paper is to review the factor militating against the involvement of disabled children in physical activities and sports. The selection included studies that focused on people with physical disability, studies that focused on para sports, exercise and general exercising activities. Search words such as, barriers, inhibitors, limitations, were included. Exclusion criteria were studies focusing merely on people with cognitive impairments, hearing or visual impairments organ transplant and studies focusing on people with no related physical disability. The studies collected were limited to the following search engines: Googlescholar, Medline and Researchgate. All the literatures reviewed in this paper unanimously agreed that exercise and sports are vital tool for the wellbeing of people with physical disabilities, however factors like dependency on others, poor transportation, parental control and accessibility to sport facilities seriously hinder the effective participation of people with physical disabilities in exercise and

sports. The researchers have reviewed this studies established the fact that these barriers really militates against participation of the physically disabled persons in exercise and sports. For the physically disabled persons to benefit the values of exercise and sports, the researchers recommend that all hands be put on deck to ameliorate the afore mention challenges militating against the involvement of physically disabled children in exercise and sports participations.

**Keywords:** Exercise, Para sports, Physical disabilities, Barriers and Hindrance

### **Predictive Factors of Healthy Nutrition Behaviour among Middle-age Staff of Tertiary Institution in Ondo State, Nigeria**

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#### **Abstract**

Healthy nutrition is essential for bodily wellness and health, likewise, maintaining a nutrient-dense diet is critically important for adults because of the impact of food intake on health. The objective of this study is to determine the factors that influences healthy nutrition behaviour among middle-aged staff of tertiary institutions in Ondo State, Nigeria. Cross-sectional design was used in this study. The population of the study was 1967 middle-aged staff of tertiary institutions in Ondo West Local Government Area of Ondo State, Nigeria. A sample size of 415 academic and non-academic staff, aged between 40 and 65 years was used. tandardized instrument known as the Health Promoting Lifestyle Profile 11 (HPLP-11) developed by Walker et al. (1987) was adopted and the nutritional subscale of the instruments was used for data collection in this study. The research questions were analyzed with mean and standard deviation while multiple linear regressions were used to test the null hypotheses at 0.05 level of significance. Findings showed that education level (beta = .351, P = .146) and marital status (beta = -.275, P = .088) made the strongest unique contributions to explaining healthy nutritionbehaviourof middle-aged staff. It was concluded that educational level and marital status were strong predictors of healthy nutrition behaviouramong middle-aged staff of tertiary institution in Ondo State, Nigeria. It was recommended thatpublic health educators should embark on an informative campaign in tertiary institutions to encourage middle-age staff on healthy nutrition practice to enhance physical condition, cognitive condition, cardiovascular function, the immune system and productivity.

**Keywords:** Healthy behaviour, Healthy nutrition, Predictors, Middle-aged Staff, Tertiary institutions

### **Age and Gender as determinants of Violence in Sports among Secondary School Students in Nsukka Education Zone, Enugu State, Nigeria**

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### **Abstract**

Violence in sports has become a global challenge and it has greatly affected sports participation among young people. The objective of this study was to investigate age and gender as determinants of violence in sports among secondary school students in Nsukka Education Zone, Enugu State, Nigeria. A descriptive cross-sectional study was conducted on 400 students. The sample for the study was selected by a multi-staged sampling technique. The instruments for data collection were a researcher-developed questionnaire titled "Determinants of Violence in Secondary School Sports Questionnaire" (DVSSSQ). The face validity of the instruments was established and the internal consistency of DVSSSQ was determined using Split half (Spearman-Brown Coefficient Correlation) with indices of .724. Frequency measures and binary logistic regression was used to analyzed the data. Results showed that age is a significant determinant of violence in secondary school sports in Nsukka Education Zone (df-1; p-0.001). While, gender is a not significant determinant of violence in secondary school sports in Nsukka Education Zone (df-1; p=0.263). The study concluded among other that secondary school students aged 15 years and above were 2.39 times more likely to experience violence in secondary school sports than those less than 15 years. Consequently, school sports administrators should create awareness among students on the need and importance of avoiding violence during sporting activities and endeavour to punish offenders appropriately.

**Keyword:** Sports, Violence in sports, Athletes, Students, Secondary school

### **Individual, Familial and Household Predictors of School Attendance among Nigerian Children, Adolescents and Young Adults using a Nationally-Representative Dataset**

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### **Abstract**

This paper investigated the individual, familial and household factors influencing school attendance among children and youths in Nigeria. Violence Against Children (VAC) publicly available dataset collected from 1,668 male and 1,766 female children and youths across Nigeria was used. The analysis was done using frequency and percentages, chi-square test of association and binary logistic regression at three levels with the aid of Stata 14. The results showed that a little above three-quarter of the females (78%) have ever attended school while a little above half were currently attending school (54%) at the time of the survey. Also, age, number of days they abuse alcohol, whether they were ever married and sex of household head were the significant factors that predicted their ever attending school during the study period (p<0.01). However, for current school attendance, age of the respondents was the only significant factor among females

( $p < 0.01$ ). For the males, 87 percent have ever attended school while 37% were currently attending school during the survey. Region of residence, being ever married, working one hour in the past week preceding the survey and experience of death of household members in the past one year significantly influenced their ever attending school while age and region of residence predicted current school attendance in this study ( $p < 0.01$ ) This paper concludes that an array of individual, familial and household factors significantly influenced school attendance among both gender and therefore should be focus of interventions.

**Keywords:** Predictors, School Attendance, Children, Adolescents and Young Adults, Nigeria

### **Impact of Social Anxiety on Self Actualization**

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#### **Abstract**

This Paper examines the significant impact of social anxiety on the process of self-actualization, a fundamental aspect of human development. Social anxiety, characterized by an intense fear of social situations and negative evaluation, poses substantial barriers to self-discovery and personal growth, particularly during critical developmental stages like adolescence and early adulthood. The paper examines how social anxiety limits opportunities, building self-confidence, achieving personal goals, and engaging in social interactions crucial for identity formation. It also looks the relationship between social anxiety disorder (SAD) and its broader implications, such as increased risk of comorbid mental disorders and impaired interpersonal relationships. The paper also identifies cognitive and behavioral processes that maintain social anxiety and hinder self-actualization. Effective interventions, cognitive-behavioral therapy, mindfulness practices, and social skills training, are discussed as strategies to help individuals overcome these barriers and fully realize their potential. By addressing the symptoms of social anxiety and enhancing social competence, The paper emphasizes the importance of targeted interventions in facilitating self-actualization and promoting a more fulfilling and meaningful life.

**Keywords:** Impact, Social Anxiety, Self Actualization

### **Expert-based validated determinants of quality healthcare service utilization among diabetic older adults: a framework for ageing promotion and policy formulation.**

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#### **Abstract**

**Objectives:** This study investigated the determinants of healthcare service utilization (HCSU) among diabetic older adults (DOA) using experts and further determined the significant associations among variables.

**Methods:** This expert-based cross-sectional survey was conducted from January 2024 to April 2024. A total of 400 experts with a minimum of a master's degree qualification were conveniently sampled and investigated. A structured questionnaire demonstrating a reliability index of 0.83 was used for data collection. Data computation was performed using IBM SPSS version 22. Frequency, percentage, and chi-square statistics were used to analyze the data. The results were considered significant at  $p$  values  $\leq 0.05$ .

**Results:** Out of 400 eligible respondents, 12 (3%) were discarded due to incomplete and mutilated responses, while 388 (97%) valid responses were statistically analyzed. The determinants of HCSU were availability (83%), affordability (82%), accessibility (79%), suitability (77%), acceptability (77%), continuity (75%), and stress-free nature (75%) of the services. There were significant associations on gender and age ( $p$  values  $< 0.05$ ), while no significant associations were detected for years of work experience, marital status or employment category ( $p$  values  $> 0.05$ ).

**Conclusions:** Reducing the incidence of diabetes mellitus (DM) in the older adult population primarily relies on the utilization of quality care services which is associated with variables. The need for viable collaboration between the national government and service providers is paramount for efficient service provision and sustainability as it remains a viable framework for healthy ageing promotion and policy formulation.

**Keywords:** Determinants, diabetic older adults, experts, healthcare service utilization, research design

### **Effect of a 12-Week Skill Drill Programme on the Skills of Secondary School Female Football Players in Makurdi, Benue State, Nigeria**

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#### **Abstract**

This study investigated the effect of a 12-week skill drill programme on the skills of secondary school female football players in Makurdi. The quasi-experimental research design was used for the study. A sample of 58 female secondary school football players were used. Participants' height and body weight were measured in accordance with the protocol of the International Society for the Advancement of Kinanthropometry. Passing was assessed using the Long-Lofted Pass Test, dribbling was assessed using the Zig-Zag Dribble Test, shooting was assessed using the skill shooting test, trapping was assessed using the passing and trapping test, heading was

assessed with the heading accuracy test and throw-in assessment test was used to assess players' throw-in skill. Mean and standard deviation was used to analyse weight, height and age of the female football players. The independent samples t-test was used to assess the effect of 12 weeks skill drill programme on the skills of the female football players. The analyses were computed using Statistical Package for Social Sciences (SPSS v 21) and was tested at 0.05 level of significance. The result of the study indicated that there is significant effect of 12-weeks skill drill programme on passing, dribbling, shooting, trapping and heading skills of female football players in Benue State, Nigeria. It was concluded that there is a significant improvement across all measured skills as a result of 12 weeks skill training programme among female football players. Coaches and physical education instructors should implement structured skill drill programmes in their training sessions.

**Keywords:** Drills, Skills, Female, Football

### **Application of Artificial Intelligence (AI) in Physical and Health Education: Sport and Exercise Physiology**

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#### **Abstract**

The technological revolution has significantly impacted human life, breaking boundaries and bridging gaps. Physical education has been an integral part of the educational system, used for evaluating students and assessing performance in various levels. Artificial intelligence (AI) has been considered an aid to remediate old learning patterns, but its gains in physical education in the niche of sports and exercise physiology have not been fully tapped due to poor integration. This study explores the use of virtual reality technology, big data analysis, injury prevention systems, and intelligent recognition technology in solving problems presented by traditional teaching methods. AI is a field of computer science and engineering that focuses on creating machines that can perform tasks that require human intelligence, such as visual perception, speech recognition, decision-making, and language translation. It has evolved over time, with its history dating back to Aristotle and Alan Mathison Turing. In the field of physical and health education, AI is being used to meet lifelong learning needs and professional needs at various levels. Artificial intelligence (AI) has evolved through three stages: symbol, data, and third generation. The development of AI has been influenced by three schools: symbolism, connectionism, and actionism. AI is now being applied in various fields, including industry, finance, medicine, education, and agriculture. Currently, AI is integral to human life, with

applications in face brushes, payment, driverless cars, and voice assistants. It has a strong foundation in education and health professionals, who are one of the largest occupational groups in the world.

**Keywords:**Artificial Intelligence, Exercise, Sport, Exercise Physiology, physical and Health Education

### **Challenges of Ergogenic Aids in Sports Performance**

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### **Abstract**

Ergogenic aids are substance or technics used to enhance athletic performance, but their use possess several challenges to athletes, coaches, and sports organization. This paper aims to discuss the challenge of ergogenic aids and sports performance, including their definition, types, benefits, and risks. The use of ergogenic aids raises ethical concerns, such as fairness, injustice, and the spirit of sports, and legal implications including anti-doping regulations and sponsorship issues. Furthermore ergogenic aid use can have social implication, including stigma, peer pressure and cultural expectations. This paper will examine the current state of knowledge on ergogenic aids and sport performance, including the benefit and risk of different types of aids, and the ethical, legal, and social implications of their use. The paper will also identify areas for future research and provide recommendations for athletes, coaches and sports organizations.

**Keywords:** Ergogenic Aids, Sports Performance, Athletes Performance.

### **Exercise Habit and Body Composition of Staff of Kogi State College of Education (Technical) Kabba, Kogi State**

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### **Abstract**

The purpose of this study was to determine the exercise habit of staff of Kogi State College of Education Technical Kabba. Three null hypotheses were proposed and tested at the 0.05 significance level in order to fulfil the five aims and research questions that were developed for this study. The study's population consisted of 505 employees of KSCOE (T), KabbaKogi State, and the design was a cross-sectional survey. A sample of 153 people was populated without modification using a simple voting system. The reliability of the scale was tested using the Spearman correlation coefficient and the scale was found to be 0.76. Research questions was answered using descriptive statistics of mean, standard deviation and correlation. The null hypotheses were tested using Analysis of Variation ANOVA at 0.05 level of significance. The findings revealed that: both males and females' staff were overweight, both males and females' staff were with normal waist to hip ratio (WHR), males were with normal body fat percent, but females were with abnormal body fat percent. Male exercisers were with normal waist to hip ratio, WHR, while male's non exercisers were with abnormal WHR and body fat percent. Females' exercisers were with normal waist to hip ratio WHR while non exercisers were with abnormal, WHR and body fat percent. This study recommended that regular exercise habit should be encouraged and similar study on the effects of exercise should be conducted among staff in the same location or different location in any part of Nigeria.

**Keywords:** Exercise, Habit, Body composition, Staff

### **Moderating role of self-esteem in the relationship between adult attachment and parasocial interaction among online gamers**

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### **Abstract**

Modern technology has created avenues for parasocial interactions which are one-sided, non-reciprocal interactions with another entity; and one area where this phenomenon is most prevalent is online gaming. Studies that explore parasocial interactions and how attachment and self-esteem contribute to parasocial relationships among online gamers are scarce. We examined the contributions of adult attachment in parasocial interactions and whether self-esteem functions as a moderator in the association between attachment dimensions and parasocial interactions

among online gamers in Nigeria. Two hundred and four participants (77% males) completed an online survey which comprised of the following measures: the Close relationships version of the Revised Adult Attachment Scale, and the Parasocial Interaction Scale (PSIS). The Hayes regression-based PROCESS macro for the SPSS was used to analyse the data. Results showed that close attachment and attachment dependency were not significantly associated with parasocial interactions. Attachment anxiety and self-esteem were negatively associated with parasocial interactions. Self-esteem did not moderate the relationship between close attachment and parasocial interaction. Self-esteem moderated the relationship between attachment dependency and parasocial interactions, such that for those with moderate and high self-esteem attachment dependency was more strongly associated with decrease in parasocial interactions, compared to those with low self-esteem. Self-esteem also moderated the relationship between attachment and parasocial interactions, such that for those with moderate and high self-esteem, attachment anxiety was associated with increment in parasocial interactions but not for those with low self-esteem. It was concluded that although parasocial interactions provide a sense of connection, psychosocial interventions to foster positive real-life relationships with others are important.

**Keywords:** Anxiety, attachment, psychosocial intervention, social interaction, video games.

### **Influence of Active Travel to School on the Blood Pressure of In-School Children and Adolescents in Benue North West Senatorial District of Benue State**

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#### **Abstract**

This study examined the influence of active travel to school (ATS) on the blood pressure of in-school children and adolescents in Benue North West Senatorial District of Benue State. Ex-post facto design was adopted for the study. The study sample comprised 663 in-school children and adolescents, aged 10-18 years, who were recruited using a multi-stage sampling technique and evaluated. A self-structured questionnaire was used to obtain participants' mode of travel. Subjects' blood pressure was measured by auscultation method using a stethoscope and sphygmomanometer and in accordance with the protocol of the Fourth Report on the Diagnosis, Evaluation, and Treatment of High Blood Pressure in Children and Adolescents by the National High Blood Pressure Education Program Working Group on High Blood Pressure in Children

and Adolescents. Analysis of variance (ANOVA) was used to test the hypotheses at 0.05 alpha level. The study demonstrated that ATS does not significantly influence systolic blood pressure (SBP) and diastolic blood pressure (DBP) ( $P= 0.05$ ) respectively in children and adolescents in Benue North West Senatorial District of Benue State. It was therefore recommended that efforts to lower blood pressure in this population should not depend solely on advocating for ATS. Instead, a broader strategy such as taking a balanced diet, promoting games and sports beyond ATS, and having periodic health check-ups are necessary for public health.

**Keywords:** Active Travel, Blood Pressure, Coronary Heart Disease, Children and Adolescents

### **Body Mass Index, Waist Circumference and Body Fat Percentage Status of Secondary School Student Adopting Different Modes of Transport in Otukpo LGA**

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#### **Abstract**

Body mass index (BMI), waist circumference (WC) and body fat percentage (BF%) are paramount keys for sustainable health. These could be improved through physical activity. The existing literatures lack information on BMI, WC and BF% status of secondary school students adopting different modes of transport. Therefore, the purpose of the study was to assess BMI, WC and BF% status of students adopting different modes of transport in Otukpo Local Government Area of Benue State. The cross-sectional survey research design was used for the study. The entire secondary school students (15,062) constituted the population of the study. Using Taro Yamane formula, 504 secondary school students were sampled for the study. However, 396 (237 males and 159 female) students aged 13-17 were used for the study. Age and transport modes were self-reported. BMI, WC and BF% were assessed using ALHA-FIT test battery. Mean and Standard Deviation was used to answer research questions while hypotheses were tested using Analysis of Variance. All analyses were performed using SPSS V. 23 .0 software for windows. The findings showed that male students who adopted walking mode of transport had low BMI ( $18.5 \pm 2.3 \text{ kg/m}^2$ ) than male students who use mixed mode of transport to and from school. On the other hand, female students who cycle to school had low BMI ( $18.5 \pm 1.1 \text{ kg/m}^2$ ) than female students who walk ( $20.1 \pm 2.5 \text{ kg/m}^2$ ) to school. All the null hypotheses were statistically significance. It was recommended that Active Transport to school should be considered as part of strategies to reduce the burden of physical inactivity among students in Otukpo Local Government Areas.

**Keywords:** Transport modes, Body Mass Index, Waist Circumference, Body Fat % and Students.

### **Nutritional Knowledge and Practices among Postgraduate Students at the University of Nigeria, Nsukka Enugu State**

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**Abstract**

A desire to eat a healthy diet may exist, but does not translate fully to behaviour modification. Unhealthy nutrition which is quite prevalent among students and adult populations globally is a major risk factor for non-communicable diseases such as obesity, malnutrition, cardiovascular diseases, diabetes etc. This study investigated nutritional knowledge and practices among postgraduate students in University of Nigeria, Nsukka Enugu State. Six research questions and four hypotheses guided the study. The study adopted a cross sectional research design. The population consisted of 1908 postgraduate students. The sample of 330 postgraduate students were selected using Taro Yaume sample size determination formula. The multistage sampling technique was used to draw the sample of the study. The instrument for data collection was Nutritional Knowledge and Practice Questionnaire (NKPQ). The instrument was subjected to face validity. The reliability frequencies and percentages were used (internal consistency) using the Cronbach alpha statistics to answer research question while Chi-square test was used to test the null hypothesis at 0.05 level of significance. The findings of the study indicated there was a high level of knowledge of nutrition (85.7%) among postgraduate students. Furthermore, postgraduate students` nutritional practices included consumption of fruits (85.3%) and vegetables (82.1%). However, postgraduate students also practiced snacking (81.4%) and other sugary beverages (84.2%). It was concluded that postgraduate students had nutritional knowledge but had difficulties in nutritional practices. It was recommended that health educators and nutritionist should organize workshops and seminars on nutritional practices for postgraduate students of University of Nigeria, Nsukka.

**Keywords:** Nutrition, knowledge, practice and postgraduate student

**Effect of Health Education Interventions on Mental Health Literacy of Female Secondary School Students in Dutsin-Ma Town**

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### Abstract

This study was conducted to examine the effect of health education interventions on mental health literacy of female secondary school students in Dutsin-Ma town. The study employed a quasi-experimental design adopting pre-test and post-test control group design. The sample for the study comprises one hundred and forty one (141) SSII female Students. The study was conducted in two Government Girls secondary schools in Dutsin-Ma. The schools were selected using simple random sampling, in each of the two schools, intact science class was used. The instrument used was Mental Health Literacy Scale (MHLS) with test-retest reliability of 0.781. Paired t-test and analyses of Covariant (ANCOVA) were used to analyse the data at 0.05 level of significance. The study also revealed that there is a significant difference in mental health literacy of female secondary school students in Dutsin-Ma town before and after the health education interventions ( $p = 0.000$ ) and there is a significant difference in mental health literacy of female secondary school students in Dutsin-Ma town between intervention and control groups in favour of intervention group ( $F(1, 140) = 799.54, p = 0.00$ ). Based on these, recommendations were made which are; Schools in Dutsin-Ma and surrounding areas should incorporate mental health education into their regular curriculum, the successful mental health education intervention should be expanded to other schools in Dutsin-Ma and beyond and there is need to make mental health education a regular part of the school curriculum for all students.

**Keywords:** Health Education Interventions, Mental health literacy, Female Secondary School Students, And Dutsin-Ma Town

### Factors Associated with Non-Participation in Sports among Female Students in Secondary Schools in Nsukka Urban

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### Abstract

This study focused on determining the factors associated with non-participation in sports among female secondary school students in Nsukka Urban. Three research questions were used for the

study. The survey research design was used in this study. The population for the study was made up of 4,689 female students in secondary schools in Nsukka urban in Nsukka Local Government Area of Enugu State. The sample of the study comprised two hundred (200) female students selected from five schools using a multi-staged sampling technique. The instrument for data collection was a structured questionnaire. The validity of the instrument was established through the judgement of the three lecturers from the Department of Human Kinetics and Health Education, University of Nigeria, Nsukka while the reliability of the instruments was determined using the Cronbach Alpha Method. Data was analysed using mean. The result of the findings revealed that religion was found not to be associated with non-participation in sports among female students in secondary school while Sports facilities, equipment, and administrative factors were found to be associated with non-participation in sports among female students in secondary school. Based on the findings and conclusions of the study, it was therefore recommended that the government and school authorities should encourage female students to participate in sports based on their interests by providing the required sports material for the students.

**Keywords:** Non-participation, Sports, Female Students, Secondary School

### **Condom use consistency among adolescents and young adults in the Cape Area of South Africa: Dynamics and Determinants**

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#### **Abstract**

Level of condom use among young people is high in South Africa when compared to other African countries, and counter-intuitively, the prevalence of HIV/AIDS is correspondingly high. Cape Area Panel Study (CAPS) dataset was analysed to identify the factors associated with the reporting of condom use consistency among 3,210 selected adolescents and young adults who participated in the three waves of data collection between 2002 and 2005. Statistical methods used were simple descriptive statistics, chi-square, and multi-level logistic regression. Results showed that young South Africans who always used condoms decreased from 69 percent at the baseline to 47 percent at the third wave. At the baseline, self-efficacy of using condom at the first sexual intercourse, positive school attitude and participation in prosocial activities increased the odds of consistently using condom at most-recent sexual intercourse, while childhood place of residence being rural reduces the odds of consistently using condom at the same event. At the third wave of data collection; age, sex, population group, degree of happiness, expectation to live long and school attendance predicted condom use consistency. Those adolescents who used condom at their first sexual intercourse, those who believed in condom for protection against HIV/AIDS, those who said they were Christians and those with external monetary support were significantly more likely to consistently use condom at their most-recent sexual intercourse. Therefore, arrays of individual and contextual factors significantly influenced the contraceptive behaviour of the respondents and should be focus of intervention.

**Keywords:** Condom use consistency, Determinants, Adolescents and young adults, Cape Area, South Africa

**Benefit of good diet among pregnant women in Kabba/Bunu Local Government Area of Kogi State**

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**Abstract**

Women who has been well nourished before conception begins her pregnancy with reserves of several nutrients so that the recurrent needs of the growing foetus can be met without adversely affecting her good health. Infants, who have been well nourished in the womb, have an enhanced chance of entering life in very good health. The descriptive survey research design was used for the study. The population of the study comprises of 5626 registered pregnant women attending antenatal care services in health facilities in Kabba/Bunu LGA of Kogi State. The sample size consisted of 184 registered pregnant women attending antenatal care services in Kabba/Bunu LGA of Kogi State. A - eleven (11) item researcher designed questionnaire on benefit of good diet among pregnant women referred to as QBGDPW was used for data collection. The face validity was carried out by three experts in the department of Human Kinetics and Health Education Kogi State University Anyigba. The Spearman Brown correlation statistics was used to ascertain the reliability coefficient of the instrument. The three research Chi -Square at 0.05 level of significant with appropriate degree of freedom. The main purpose of the study was to ascertain the benefit of good diet among pregnant women in Kabba/Bunu LGA of Kogi State. Specifically, the study sought to: examine whether good diet is a factor among pregnant women in Kabba/Bunu LGA of Kogi State, examine whether location is a factor among pregnant women in Kabba/Bunu LGA of Kogi State, examine whether age is a factor among pregnant women in Kabba/Bunu LGA of Kogi State while two hypotheses were formulated to guide study. Finding from the study therefore indicates that benefit of good diet among pregnant women is of paramount importance while location and age has no great value on pregnant women. It is recommended that adequate education should be given to pregnant women on what to eat at the pregnancy stage. The research work was carried out to examine the benefits of good diet among pregnant women in Kabba/Bunu LGA of Kogi State. It is therefore concluded that adequate diet should be provided for pregnant women in order to prevent some congenital diseases as well as pregnant women should visit hospital/adhere strictly to their appointment date.

**Keywords:** Benefit, Diet, Pregnant women

**Nutrition and Health Education the Role of the Nurse**

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**Abstract**

Nutrition refers to the study of what food does to the body. Nutrition is concerned primarily with the part played by nutrients in the body growth, development and health maintenance. Adequate food and nutrition play key role in the health and well-being of humanity. The importance of proper nutrition to good health therefore cannot be overemphasized. Little wonder that the World Health Organization place much emphasis on proper nutrition as basic to the attainment of set goals towards attaining health for all citizens of the world. Attainment of healthy, thriving lives and well-being free of preventable disease, disability, and premature death are possible with proper nutrition. Attainment of Sustainable Development Goal 3 is also possible with effective nutrition health education. Nutrition education entails breaking down a large body of nutritional knowledge into small, individual components that are represented to patients or clients at a rate and level, to which they are able to absorb and use the information. The role of the Nurse in nutritional health education cannot be emphasized. For one, the Nurse is the health professional who give care to human persons from birth to death. The nursing care for good health begins from pre-conception, intra-uterine, post-uterine life and end up in last office (Death). The Nurse uses diet therapy and nutrition health education among other therapies to manage her clients in health and illness conditions.

**Keywords:** Nutrition Health Education, Role of the Nurse.

**Sickle cell disease knowledge among in-school adolescents in public secondary schools in Nsukka Local Government Area, Enugu State, Nigeria**

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**Abstract**

The study determined the knowledge of sickle cell disease among in-school adolescents in public secondary schools in Nsukka LGA, Enugu state. Four specific objectives with corresponding research questions and three null hypotheses guided the study. Cross-sectional research design was adopted for the study. The population for the study comprised 14,947 students in all the secondary schools in Nsukka LGA of Enugu state. The sample of 384 students were selected using multi-stage sampling technique. A researcher-designed questionnaire titled "Sickle Cell Disease Knowledge Questionnaire" was used for data collection. Frequencies, percentages, and Chi-square ( $X^2$ ) statistics were used for data analysis. The results showed that; in-school adolescents possessed high knowledge (65.7%) of sickle cell disease; in-school adolescents both in SS1-SS2 (78.8%) and JSS1-JSS2 (62.5%) had high level of knowledge of sickle cell disease; in-school adolescents within 10-13years (61.8%); 14-17years (62.5%) and 18years & above

(71.0%) had high level of knowledge of sickle cell disease; both male and female in-school adolescents had high level of knowledge of sickle cell disease males (72.8%) and females (63.0%). There was a significant difference in the level of knowledge of sickle cell disease possessed by in-school adolescents in public secondary schools in Nsukka LGA based on class level ( $P$ -value =  $0.012 < 0.05$ ) while there was no significant difference in the level of knowledge of sickle cell disease possessed by in-school adolescents in public secondary schools in Nsukka LGA based on age ( $P$ -value =  $0.227 > 0.05$ ), and gender ( $P$ -value =  $0.091 > 0.05$ ). Based on the findings of the study, it was recommended among others that sickle cell education should be incorporated into Health Education Curriculum and should be made a compulsory subject/course for all students in college and tertiary institutions and should be taught by professional health educators.

**Keywords:** Sickle cell disease, knowledge, signs and symptoms, sickle cell education, in-school adolescents.

### **The Relevance and Importance of Physical Activities in Maintaining Students Health**

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#### **Abstract**

Physical activity is a cornerstone of a healthy lifestyle for students. This research explores the multifaceted benefits of physical activity on student health, encompassing physical fitness, mental health, social well-being, and academic performance. The study highlights the positive impact of regular exercise on cardiovascular health, weight management, and disease prevention. Additionally, it delves into the psychological advantages of physical activity, including stress reduction, improved mood, and enhanced cognitive function. The social benefits of physical activity, such as fostering friendships and developing teamwork skills, are also emphasized. Furthermore, the research examines the link between physical activity and academic performance, demonstrating how exercise can positively influence students' concentration, focus, and overall academic success. By understanding the multifaceted benefits of physical activity, educators, parents, and students can work together to promote a more active and healthier student population.

**Keywords:** physical activity, student health, physical fitness, mental health, social well-being, education

### **Physiological Characteristics of Athletes and Non-Athletes of Unity Schools in Enugu State**

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#### **Abstract**

Physiological characteristics have been shown to be one of the determining factors in the successful performance of all human endeavours especially in the area of sports discipline. The aim of the present study was to find out the physiological characteristics of athletes and non-athletes of unity schools in Enugu State. Two objectives and two corresponding research questions guided the study. One null hypothesis was also formulated for the study. A descriptive survey research design was carried out, using standardized instruments to take measurement/assessment on physiological (heart rate, body temperature & blood pressure) characteristics of the subjects. The population of the study was 5300 male and female athletes and non-athletes. A stratified random sampling technique involving 574 athletes and non-athletes aged 10 -17 years were selected. A total of 414 subjects were eventually assessed for the study. The data gathered were analyzed by descriptive statistics of mean and standard deviation to answer the research questions, while inferential statistics of t - test was employed to analyze the hypotheses at .05 level of significance. It was found out that significant difference existed in the mean physiological characteristics of athletes and non – athletes with the t –cal. as 4.14 and the t – crit. as 1.96. It was recommended among others that teachers of physical and health education in unity schools should expand awareness and education of the values of physical activities on the improvement of one’s physiological and motor characteristics.

**Keywords:** heart rate, blood pressure, body temperature, athletes, non- athletes

### **A Review of Energy Systems in Physical Performance-Combatant Sports, Soccer and Athletics**

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#### **Abstract**

This review focuses on the energy systems and physical performance. The purpose is to provide insights into the metabolism of the athlete during performance. Physical Training is very important to the athlete and it needs the fuel to power the muscles and other organs. Three Energy Systems available for physical performance are - the Phosphocreatine System; the Anaerobic System; and the Aerobic System. The fueling materials for these three systems come from Carbohydrates that provide various forms of Glucose, Fats and Oils that provide Fatty Acids and Glycerols; while Proteins provide Amino Acids. These would eventually be assimilated into the cells. Therefore the Krebs Cycle plays a major role during assimilation in converting Acetyl-CoA, a molecule derived from the breakdown of the Carbohydrates (glucose), Fats and Oils (fatty-acids and glycerol), and Proteins (amino acids). Reviews were treated on application in combatant sports, soccer and athletics with training programmes. It recommended that in PCr. System, Coaches and athletes can focus on training this system through exercises such as short sprints, hill repeats, and resistance training to improve power and speed. In the Anaerobic system, exercises such as interval training, repeated sprints, and strength training to improve endurance and overall performance; and in the Aerobic system, exercises such as steady

state cardio-workouts, long-duration runs, and easy-to-moderate intensity workouts to improve cardiovascular endurance and overall fitness.

**Keywords:** Energy systems development, Physical training programme, Krebs cycle.

### **Knowledge of Gestational Hypertension among Pregnant Women attending Healthcare Facilities in Nsukka Local Government Area**

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#### **Abstract**

The study was conducted to ascertain the knowledge of gestational hypertension among pregnant women attending healthcare facilities in Nsukka Local government area. Four specific objectives with corresponding research questions and three hypotheses were postulated. Literature pertinent to the study were reviewed. The study population were four thousand, six hundred and twenty-six (4,636) pregnant women attending healthcare facilities in Nsukka L.G.A. The sample size was determined using Cohen, Manion and Morrison (2011) recommendation for sample size determination. Three hundred and fifty pregnant women drawn through a two-stage sampling technique. The instrument for data collection was an 11-item researcher-structured questionnaire titled, 'Knowledge of Gestational Hypertension Questionnaire (KGHQ). Three experts from the Department of Human Kinetics and Health Education, University of Nigeria, Nsukka validated the instrument. Three hundred and fifty (350) copies of the questionnaire were administered to the respondents. Three hundred and thirty correctly filled copies were used for data analysis. Frequencies, percentages and Chi-Square ( $\chi^2$ ) statistics were used for analysis. Results revealed that overall, knowledge of gestational hypertension among pregnant women was very high (77.6%). Results also showed that there was no significant difference in the level of Knowledge of gestational hypertension possessed by pregnant women based on age ( $\chi^2= 5.012$ , p value=0.313), level of education ( $\chi^2= 7.017$ , p value= 0.250) and parity ( $\chi^2=3.876$ , p value= 0.304). Based on the findings, the researchers recommend intensified creation of awareness and advocacy especially as it applies to gestational hypertension.

**Keywords:** Knowledge, Gestational, Hypertension, Pregnant, Women.

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### **Descriptive Analysis of Food Hygiene Practices among Rural Women in Enugu North Senatorial Zone, Enugu State, Nigeria**

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#### **Physical Presentation**

**Abstract**

Worldwide, food hygiene practice is a significant public health initiative that aids the elimination of food-related diseases in human population. The present study investigated food hygiene practices of rural women in Enugu North Senatorial Zone, Enugu State, Nigeria. It was a community-

based descriptive survey research design conducted in a population of 22,261 rural women between November 2023 and July 2024. A sample size of 396 rural women were drawn using two-stage sampling technique. Data collection was completed through a researcher-designed instrument called "food hygiene practices questionnaire (FHPQ)" which demonstrated 0.88 internal consistency. Data computation was completed using International Business Machine - Statistical Package for the Social Sciences (IBM-SPSS version 22). Frequencies and percentages were employed to answer research questions, while the null hypothesis was tested using chi-square statistics. Result was deemed significant at  $p$  value  $\leq 0.05$ . It was revealed that 80.7% of rural women in Enugu North Senatorial Zone of Enugu State practice appropriate food hygiene. All the rural women of various family sizes (1-3 persons: 79.4%; 4-6 persons: 79.7%; and 7 persons plus: 86.5%) practice appropriate food hygiene. Statistically, no significant association was recorded on food hygiene practices of the rural women based on family size ( $X^2 = 4.347$ ;  $p = 0.114$ ). Thus, rural women in Enugu North Senatorial Zone regardless of family size practice appropriate food hygiene. The need for collaboration between Nigerian government and concerned agencies are crucial for the sustainability of food safety and security particularly in the present study location.

**Keywords:** rural women, descriptive analysis, food hygiene practice, family size, Nigeria

**Menstrual Hygiene and Menstruation Knowledge among Female Secondary School Students in Udenu Local Government Area, Enugu State**

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**Abstract**

Menstrual hygiene is a major social and public health issue that affects women across the globe. On the other hand, maintaining good cleanliness habits during menstruation is important for reproductive health since it reduces vulnerability to infections of the reproductive tract. The aim of the study was to assess knowledge about menstrual health among female secondary school students in Udenu LGA, Enugu State. The descriptive research design was adopted so as to achieve the purpose of the study. The population for the study comprised of two thousand, four hundred and twenty-one (2,421) female secondary school students in Udenu LGA of Enugu State. The sample for the study consisted of 400 female secondary school students and a two-stage sampling procedure was employed to select the sample. The instrument used for data

collection was a researcher-designed questionnaire titled MHKQ. The instrument was validated by three experts from the Department of Human Kinetics and Health Education. Frequencies and percentages were used for answering the research questions while chi-square statistics were used to test the null hypotheses at 0.05 level of significance. Results, showed that female secondary school students in Udenu LGA, Enugu State had moderate knowledge (54.9%) of menstrual hygiene, showed that the percentage of the respondents in JSS1-3 (56.2%) that have knowledge of menstrual hygiene is slightly higher than those in SSS1-3 (54.4%). there is no significant difference in the knowledge of menstrual hygiene possessed by female secondary school students in Udenu LGA, Enugu State based on class level. The study recommended among others, that the school administration and health facilities should conduct various awareness programmes regarding knowledge towards the menstruation and menstrual hygiene.

**Keywords:** Menstruation, Menstrual hygiene, Knowledge, female secondary school student

### **Causes and Consequences of Senile Dementia among the Elderly**

Jones ChukaMackson, FedinandUzochukwuAgu, Badaru Vivian

#### **Abstract**

This paper comprehensively dwelt on the causes and consequences of senile dementia among the elderly. In this work, senile dementia, also known as dementia, is described as one of the world's most common causes of mortality, disability, mental health problems, and dependence in the elderly. The paper stated that dementia is a condition that may be brought on by a variety of illnesses that gradually harm the brain and kill nerve cells, impairing cognitive function and mostly occurs among the elderly and it presents some behavioural and psychological symptoms and also have some negative consequences on the patients and caregivers. This work also explained methods used to diagnose dementia such as, patient's medical history, physical examination among others. According to this paper, there are various causes of dementia, such as Alzheimer's disease, vascular dementia, lewy bodies, and frontotemporal dementia including other disorders associated with dementia. In this work, age, gender, and genetics are known to be non-modifiable risk factors while smoking, obesity, and high blood pressure are modifiable risk factors of dementia. Also, this work stated that dementia has no known cure, but support and therapies, physical and social activeness, quitting smoking and maintaining a healthy diet are steps that can help prevent dementia. The authors concluded that while senile dementia presents significant challenges, particularly among the elderly, concerted efforts across several domains may mitigate its consequences and improve the quality of life for those affected. The authors recommended among others that, older persons are encouraged to engage in healthy habits such as frequent and adequate exercise, balanced diet, social interaction and mental stimulation that may help lower the chance of dementia.

**Keywords:** Senile dementia, Causes, Consequences, Elderly

### **Health Risk Behaviors and Preventive Measures among In -School Adolescents in Ihilala Local Government Area Anambra State Nigeria**

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### **Abstract**

Adolescence is essential phase for developing health risk behaviors that affect adult health. These behaviours includes, self injurious behaviour, substance abuse,unhealthy dieting, violent behaviour,unhealthy sexual behaviour and poor exercise habits. The purpose of the study was to ascertain health risk behaviours and preventive measures among in-school adolescents in Ihiala LGA Of Anambra State, Nigeria. In order to achieve this purpose, two research questions and one null hypothesis guided the study. The descriptive research design was adopted for the study. The study population comprised of four hundred in-school adolescents in Ihiala LGA. Researchers structured questionnaire titledhealth risk behaviour and preventive measures questionnaire(HRBPMQ ) was usedfor data collection. The reliability index of .69 was obtained using cronbach apha. Frequencies and percentages were used for research questions while simple linear regression analysis were used to test the null hypotheses at .05 level of significance. Out of 400 copies distributed, 361 were used for analysis. The result of the study indicated that;the types of health risk behavior prevalent among in-school adolescents in Ihiala LGA includes unprotected sexual behaviour (77.6%) and unhealthy diet (72.6%) are more prevalent among in-school adolescents in Ihiala LGA. However, violence behaviours(69.0%) substance abuse (68.7%) and poor exerise habbit (66.8%) are also prevalent.The result further indicated that, there was no relationship between in-school adolescent and preventive measure of health risk behaviour in Ihiala LGA. Considering the types of health risk prevalent among in-school adolescents in Ihiala LGA, health educators and curriculum planners should incorporate sex and sexuality education and health risk behaviour in school curriculum. Health educators should ensure that adequate information and knowledge on the preventive measures of healthy risk behaviours are rightly impacted into the adolescents and knowledge on consequences of health risk behaviours to their personal life and society at large.

**Keywords:** Health risk behaviour, Adolescent, and preventive measures

### **Issues Hindering the Development of Physical Education and Sports in Colleges of Education in Cross River State**

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**Abstract:**

This study investigated the problems affecting the development of physical education and sports in College of Education in Cross River State as perceived by the lecturers. To achieve the aim of the study, three research hypotheses were formulated. The survey research design was adopted for the study. The population of the study was 675 physical education lecturers and coaches in all the College of Education in Cross River State. The sample was drawn through stratified and simple random sampling technique. The sample for the study consists of 205 Physical Education lecturers and coaches randomly drawn from the three institutions. An instrument titled "Issues hindering Physical Education and Sports Questionnaire (IHPEs)" was used to elicit information from the respondents. Out of 205 questionnaires administered on the respondents, only two hundred (200) were retrieved. The data obtained were analysed using independent t-test and Pearson Product Moment Correlation Coefficient (r). The findings revealed that corruption, irregular electricity power supply and inadequate facilities/equipment are some of the major problems affecting the development of physical education and sports in Colleges of Education in Cross River State. Based on the findings, it was recommended that corruption should be checked in our colleges, power supply should be enhanced or alternative sources of power should be developed and adequate facilities should be made available to enhance the development of all important education.

**Keywords:** Physical education, sports issues, hindering and development.

### **Socio-Demographic Determinants of Modern Contraceptive Use among Undergraduates in Universities in Enugu State**

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#### **Abstract**

Modern contraceptive use is essential to the prevention of unplanned pregnancies and sexually transmitted infections. Evidences show that plethora of efforts is in place to improve use but the prevalence reports are still low. Against this backdrop, this study investigated the determinants of modern contraceptive use among undergraduates in public universities in Enugu State, Nigeria. Cross-sectional research design was used for the study. The population for the study comprised 91,107 public university students in Enugu State. The multi-stage sampling procedure was employed to select a sample of 792 respondents. Researchers' structured questionnaire titled "Socio-Demographic Determinants of Modern Contraceptive Use Questionnaire" (SDOMCUQ) was validated by five experts and used for data collection. The internal consistency of SDOMCUQ was determined using Kuder-Richardson 20 statistic. Reliability coefficients of 0.81 was obtained for sections B and the instrument was considered reliable ( $> 0.70$ ). Out of 792 copies of DOMCUQ distributed, 757 (95.58%) valid copies were used for analysis. Frequencies and percentages were used to answer the research questions. The null hypotheses were tested using bivariate and multivariate logistic regression at .05 level of significance. The findings revealed that about one-third of the undergraduates were currently using modern contraceptives while almost half had used modern contraceptive in the past. Males have used (male = 53.3%  $>$  female = 45.0%) and are currently using (male = 38.8%  $>$  female = 28.2%) modern contraceptives more than the females. Age, gender, marital status were significant determinants of modern contraceptive use among undergraduates in Enugu State. Recommendations were made, among which included that enlightenment on contraception should be enhance in the

classrooms by public health experts to reduce the magnitude of misconception/misinformation on contraception to a minimum level and increase modern contraceptive use.

**Keywords:** Contraceptives, contraceptive use, undergraduates, determinants, socio-demographic

### **The Impact of Peer Victimization among In-School Adolescent: Understanding, Prevention and Intervention Strategies**

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#### **Abstract**

Peer victimization among in-school adolescents is a prevalent issue in educational settings globally, with potentially significant consequences/challenges to academic performance, mental health, and overall wellbeing of adolescents. In Nigeria, this phenomenon remains under explored, yet it's implications are profound. This paper examines the Impact of Peer Victimization among In-school adolescents: understanding, preventions and intervention strategies. However, It offers a comprehensive examination of the forms of peer victimization which includes verbal victimization, physical victimization, relational victimization, and attack on property. Its prevalence of peer victimization globally is high. The contributing factors include individual factors, family environment factors, peer relationship factors, and school environment. The effect on adolescents includes psychological, academic, and social development problems. The significant of addressing peer victimization are helps in maintaining a save and supportive learning environment, reduces the risk of mental health problems, and reduces low self-esteem. Additional, strategies for preventions and interventions within the Nigeria context are discussed. The paper recommends that fostering a positive school climate, training educators, and student on recognizing and addressing victimization and providing resources for victims. By implementing this strategies schools can create a safer and more inclusive environment that promotes the wellbeing and academic success of all students. s.

**Keywords:** Peer, Victimization, In-school, Adolescent, prevention and intervention

### **Socio-Demographic Factors Associated with Health Status of Childbearing Mothers in Igbo-Eze North LGA of Enugu State**

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University of Nigeria, Nsukka.

#### **Abstract**

The purpose of the study was to determine socio demographic factors associated with health status of child bearing mothers in Igbo-Eze North LGA of Enugu state. To achieve the purpose of the study three specific objectives with corresponding research questions were formulated for the study with three hypotheses postulated to guide the study. The population for the study

consisted of 400 childbearing mothers while convenience sampling techniques was used to draw a sample of 320 childbearing mothers. The instrument for data collection was the 23 item researchers designed questionnaire. The instrument was validated by five experts, four from department of science education, University of Nigeria, Nsukka. Cronbach alpha procedure was used to determine reliability of the instrument and it yield reliability index of 80. The research question were answered using mean while null hypothesis were tested using multiple regression analysis. The major finding of the study were as follows: the physical, and social health status of CBMs was moderate ( $\bar{x}$ = 2.54 and  $\bar{x}$  = 2.84). The emotional health status of CBMs was low ( $\bar{x}$  = 2.43). There was no significant relationship between socio demographic factors (age, level of education, occupation and parity) and social health status while there was significant relationship between educational qualification of CBMs and social health. There was no significant relationship between the socio demographic factors (age, level of education, occupation and parity) of CBMs and emotional health. The researchers therefore recommended enlightenment campaign for childbearing mothers on the causes of low emotional health status so as to enable them improve and prevent mental health problems.

**Keywords:** Socio-Demographic Factors, Health Status, Childbearing Mothers

### **Nutritional Status and Associated Factors among School Children in Nsukka, Enugu State**

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#### **Abstract**

The purpose of the study was to determine the nutritional status and associated factors among school children in Nsukka, Enugu state. In order to accomplish this purpose, three specific objectives and corresponding research questions were formulated. Two null hypotheses were postulated to guide the study. The Correlational survey research design was used for the study. The study population comprised of 8,102 pupils. The sample size of 420 was studied. Multi stage sampling was used to select the study sample. The instruments for data collection were the Nutritional Status of Primary School Pupils Check List (NSPSPCL) and the Revised Family Affluence Scale (RFAS). Data collected were analyzed using SPSS version 22 to calculate frequency and percentages, phi correlation, was used to analyze Research question. 2-3 and multinomial logistic regression was used to analyze the null hypotheses. The RFAS was used to assess the income level. The result revealed that high proportion of school children (64.3%) were underweight while low proportion of primary school pupils had normal weight (33.5%) however few were overweight (1.7%), and obese (0.5%). Also there was a significant relationship between parental income (lower income,  $p = 0.000$ ; middle income,  $p = 0.009$ ) and child obesity. Based on the findings, it is recommended that government should provide school meal services, school pupils in the country, where good nutritive school lunch will be provided. Moreover, health educators should organize workshop for parent and teachers on the need to make adequate diet based on locally available food. This hopefully will boost nutritional status of primary school children in Nsukka, Enugu State.

**Keywords;** Nutritional Status, Associated Factors, Primary School Children,

### **Psychological and Demographic Predictors of Risky Sexual Behaviour among In-School Adolescents in Idah Local Government Area of Kogi State**

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**Abstract**

The purpose of the study was to investigate the psychological and demographic predictors of risky sexual behavior among in-school adolescents in Idah Local Government Area of Kogi State, Nigeria. A cross-sectional survey research design was used for the study. The study population comprised of 4027 in-school adolescents in public secondary schools. A total of 400 in-school adolescents made up the sample for the study. The instrument used for data collection was the adapted standardized instrument titled Psychological and Demographic Predictors of Risky Sexual Behavior among in-school Adolescents Questionnaire (PDPRSBIQA). The face validity of the instrument was established after critical perusal and scrutiny by five experts. Split half method was used to determine the internal consistency of the instrument and Spearman Brown's correction formula was used to establish the reliability coefficient of PDPRSBIQA with a reliability index of .70. Frequencies and percentages were used. The results showed that low proportion of in-school adolescents have ever had sexual intercourse; had 2-3 sexual partners; had 4 sexual partners; had sexual intercourse under intoxication; had unprotected sexual intercourse; used methods to prevent pregnancy during sexual intercourse. Based on the findings, it was recommended that among others, parents, teachers, health educators, health agencies, federal government and other relevant stakeholders should enlighten in-school adolescents on the importance of avoiding risky sexual behaviors and the utilization of preventive measures for STIs and HIV/AIDS.

**Keywords:** Risky Sexual Behaviour, In-school Adolescents, Psychological Predictors.

**Enhancing Public Health Education Through the Use of Technology**

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**Abstract**

This paper explores the transformative impact of technology in public health education, highlighting its pivotal role in enhancing access, effectiveness, and innovation within healthcare systems. Technological advancements, such as e-learning platforms, mobile applications, virtual reality (VR) and augmented reality (AR) are increasingly integrated into public health education frameworks. These technologies not only facilitate the dissemination of health information but also personalize interventions, promote behaviour change, and improve healthcare delivery. Key points include the expansion of digital access, particularly in underserved communities and remote areas, which bridges geographical barriers to health education. Mobile health applications provide individuals with real-time access to personalized health information, self-management tools, and remote consultation services, thereby empowering users to make informed decisions about their health. Virtual reality (VR) and AR technologies enhance immersive learning experiences, allowing healthcare professionals to practice complex procedures and scenarios in a safe and controlled environment. Wearable devices monitor health metrics and encourage preventive behaviours, contributing to better disease management and improved patient outcomes. Recommendations for stakeholders including educators, policymakers, healthcare providers, and technology developers emphasize the importance of supportive policies, continuous digital skills training, and collaborative partnerships; by fostering an enabling

environment that prioritizes digital inclusion, privacy protection, and evidence-based practice, stakeholders can harness the full potential of technology to advance public health education and address global health challenges effectively. Conclusively, integrating technology into public health education holds promise for transforming healthcare delivery, promoting equity, and empowering individuals and communities to achieve better health outcomes worldwide.

**Keywords:** Public Health, Education, Technology.

### **Levels of Academic Stress and Anxiety among Undergraduates at the University of Nigeria, Nsukka**

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#### **Abstract**

Academic stress and anxiety (ASA) are prevalent issues among undergraduates worldwide, often hindering academic progress and overall well-being. This study aimed to investigate the levels of ASA among undergraduates at the University of Nigeria, Nsukka (UNN). A cross-sectional survey design was employed, with a sample of 400 undergraduates selected from a population of 39,139 students using multistage sampling. Data was collected using a 19-item adapted questionnaire, the "Level of Academic Stress and Anxiety Questionnaire" (LASAQ), validated by experts in the Department of Human Kinetics and Health Education, UNN. The instrument demonstrated a reliability index of 0.663 as measured by Cronbach Alpha. Out of 400 distributed questionnaires, 380 were returned and analyzed. Mean and standard deviation were used to answer the research questions, while t-tests and ANOVA were used to test the null hypotheses at a 0.05 significance level. The results indicated moderate levels of ASA among participants, with no significant differences in academic stress based on age, gender, or year of study. Similarly, no significant differences in academic anxiety were found based on age or level of study, though a significant difference was observed based on gender ( $p < .05$ ). The study recommends that students adopt effective time management, self-care practices, and a healthy lifestyle to better manage stress and enhance overall well-being.

**Keywords:** Stress, anxiety, undergraduates, socio-demographic variables.

### **Effect of Motor Skills on Cognitive Development of Children 0 -10 Years in Tarka Local Government Area of Benue State**

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**Abstract**

**Background:** The development of children during the first years of life is characterized by constant biological, psychosocial, and emotional changes that result in significant acquisitions and refinements in the cognitive domain. Historically, there have been different views about the relationship between motor skills and cognitive development in children. On the one hand, motor skills and cognition have been considered as entirely different processes, developing independently, and involving different brain regions. On the other hand, motor skills and cognition are closely related. This study therefore, assessed the effect of motor skills on cognitive development of children 0 – 10 years in Tarka Local Government Area of Benue State. Four objectives were set in the study which include to assess the effect of; motor skills on language learning; academic performance; attention; and working memory in children 0 – 10 years in Tarka Local Government Area of Benue State. Four research questions and four hypotheses were postulated to guide the conduct of the study.

**Materials and Methods:** The study employed a cross-sectional survey research design. The population of the study comprised 64,934 children 0 – 10 years in Tarka Local Government Area. A total of 382 participants were selected for the study. They were recruited using the multistage sampling technique. The instruments used for data collection were, the Children's Memory Questionnaire-Revised (CMQ-R) which provided indicators of Working Memory, the student's previous academic scores which provided an indicator of academic achievement, the ADHD symptom list in the DSM-IV which provided three indicators of attention (inattention, hyperactivity and impulsivity), the Alberta Language and Development Questionnaire (ALDeQ) which provided an indicator of infants' language learning and the Ages & Stages Questionnaires, Third Edition (ASQ-3) which provided an indicator of child's motor skills. Data for this research was obtained through the various questionnaires on children's motor skills development and the related aspects of cognitive development. The data collected through the use of questionnaire were analysed using mean scores and standard deviation to answer the research questions. Simple Linear Regression was used to test the hypotheses at 0.05 level of significance.

**Results:** Motor skills has an effect on language learning in children. However, results of the regression analysis revealed that this effect is not significant [ $R = .17$ ,  $R^2 = .03$ ,  $F = 5.47$ ,  $t = 2.72$ ,  $p > .05$ ]; motor skills have a significant effect on academic performance in children in Tarka Local Government Area [ $R = .68$ ,  $R^2 = .46$ ,  $F = 334.25$ ,  $t = 18.28$ ,  $p < .05$ ]; motor skills have a significant effect on attention in children in Tarka Local Government Area [ $R = .79$ ,  $R^2 = .63$ ,  $F = 636.64$ ,  $t = 25.23$ ,  $p < .05$ ]; motor skills have a significant effect on working memory in children in Tarka Local Government Area [ $R = .87$ ,  $R^2 = .75$ ,  $F = 1144.70$ ,  $t = 33.83$ ,  $p < .05$ ].

**Conclusions:** Early childhood educators should strive to identify early, and further investigate, any children with poorly developed or delayed motor skills as they transition to school in order to design appropriate motor skill interventions for children in the early years of school to evaluate more rigorously their impact on foundation scholastic skills and improve their overall academic performance and achievement.

**Keywords:** Motor Skills, Cognitive Development, Children, Language Learning, Attention, Working Memory

**Physical Education for Sustainable Development: Addressing the Unique Needs for Special Person**

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08027391824 ParticipatingOption:Physical

### **Abstract**

Physical Education is an integral part of total education, encompassing the physical, cognitive and affective development of an individual. Participation in physical education has in many cases and studies have been identified as a tool for sustainable development. Nevertheless, people with special person are not often given equal opportunities as their abled bodied counterparts. This paper is to give insight of the role of participating in physical education activities in the lives of special persons. It highlights stumbling blocks encountered by the special person. Special needs person are those who have some forms of disabilities that are capable of frustrating them in benefiting from the regular physical education programme. In this paper, it was stressed that in spite of the limitations identified with such special needs person, they still possess the ability to acquire physical education. This paper further discussed the fact that for physical education to continue to be a tool for reaching sustainable development goal; it has to be repositioned. Finally, it must be noted that disability is referenced in various parts of the Sustainable Development Goals (SDGs) and specifically in parts related to physical education, growth and development, inequality accessibility of human settlements, as well as data collection and monitoring of the Sustainable Development Goals. It is recommended that as persons with special needs are increasing in our society; physical education should be made accessible to them so that they can give back to the society their own contributions for sustainable development.

**Keywords:** Physical Education, Sustainable Development, Goals, Special Needs Person.