

## EFFICACY OF ASSERTIVENESS TRAINING TECHNIQUE IN REDUCING EXHIBITIONISM TENDENCY AMONG SENIOR SECONDARY SCHOOL FEMALE STUDENTS' IN LAGOS METROPOLIS NIGERIA

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**ABSTRACT:** The issue of exhibitionism among the present day adolescents has become a major source of concern to our many adults in our society, therefore this study examined the efficacy of Assertiveness Training (AT) as a technique that could be adopted to reduce exhibitionism tendency of senior secondary female students in Lagos metropolis. Ninety randomly selected senior secondary school class one constitutes the sample of the study. The study adopted pretest, post- test control group quasi-experimental design with 2x2x2 factorial matrix. Adolescent Exhibitionism Scale (AES) and Adolescent Personal Data Inventory (APDI) Self-Concept Section A were the two instruments employed in the study. Two null hypotheses were formulated and analysed in this study. Data were analysed using Analysis of Covariance and i-test. The findings of the study confirmed the effectiveness of assertiveness training in reducing significantly the exhibitionism tendency of female adolescent students in Lagos. Hence, it is recommended that efforts should be made especially by school counsellors to make use of this technique to curb the problem of adolescents exhibitionism in society.

**KEYWORDS:** Assertiveness Training, Exhibitionism Tendency and Adolescents in School.

### INTRODUCTION

Adolescent stage is the transition period between childhood and adulthood; it is a period during which patterns of behaviour with lifelong consequences are formed (WHO, 2002; Action Health Incorporated, 2003). Jackson (1979) described it as the context in which ethnicity influence identity development. Feldman (2003) described adolescence period as a rapid physical and emotional change characterized by stress and tensions as the adolescent strives to establish his/her own individual identity on the journey from dependence to independence and adulthood. Smith (2000) viewed adolescence as a time of transition which includes important biological, social, emotional and cognitive changes that take place quite rapidly over a relatively short period of profound changes and occasional turmoil.

Moronkola (2003) noted that the adolescence period is characterized by series of challenges and confusion both to the adolescents and even to the adults who should show understanding. The Nigerian society today has to grapple with many behavioural problems of its youth. Such problems include truancy, disobedience, drug offences, assault, insult, stealing, violent demonstrations, vandalism, examination malpractices, robbery, and secret cult activities (Nnachi, 2003). The concept of sexuality dates back to the ancestors, who laid much emphasis on the care of self and act of procreation. However, emerging population and health concerns have led to the rethinking and re-identification of the relationship between sexuality, human activity and behaviour.

Society has hitherto placed of the blame on the school that fails to provide sex education in the school curriculum, the school on the other hand has attributed causes of sexual immoralities to parents whose fundamental duty is to impact sex education to the children but fail to do so, (Action Health Inc, 2003).

Apart from these widely publicized behavioural problems, heterosexual activities are also listed among types of behavioural problems prevalent in Nigerian secondary schools. These are variously named in the literature as sex abuse, sex offence, sexual misconduct, sexual immorality, sexual promiscuity, and sexual maladjustment (Odoemelam, 1996; Adedipe, 2014; Ndu, 2015, Nnachi, 2003). Nnachi (2003) observed that in terms of behavioural problems, sex abuse or sexual immorality appeared to be most serious offences committed by children and adolescents. Obiekezie – Ali (2015) supported this stance with a United Nation's Organisation (2000) information, which shows that many Nigerian girls are known to start involvement in active sexuality at the early age of thirteen years.

Exhibitionism as the psychological need and pattern of behaviour involving the exposure of parts of the body to another person with a tendency towards an extravagant, display of bare private parts, and, or state of being in nude. The term is also sometimes used to refer to wearing significantly less clothing deliberately than expected, by the conventions of a particular culture and situation, which particularly expose the bare skin or intimate parts that have analogous uses. (Obiekezie - Ali 2015).

Exhibitionism involves exposing of sexual organs to a stranger, and falls under the psychiatric sexual disorders category of paraphilias, "abnormal or unnatural attention behaviour. The exhibitionist might masturbate (or fantasize about masturbating) while exposing himself but makes no further attempt at sexual activity with the stranger. The individual is sometimes aware of a desire to upset the observer. At times, the individual might fantasize that the observer will become sexually aroused. Exhibitionism though often perceived as humorous is a serious behaviour that can frighten the victim. Nowadays, the exhibitionist is typically female, and the victim is usually a male and usually an unsuspecting stranger. (Odoemelam, 2012).

For the purpose of this study, exhibitionism connote the wearing of wears/dresses that are barely sufficiently covering the body, the dress only covers the body from the waist, no further than to the thighs or not adequately covering the waist. They are significantly less clothing than expected by the convention of our culture and situation. Exhibitionism therefore represents the cladding in low cut clothes that do not cover the interest arousing parts and intimate part of the body. It exposes girls' panties, sensitive parts of the body, bare back exposure, body contours, belly buttons, plain stomach exposure, bare skin etc. These dresses are so insufficient that they obviously offend moral sensitivities of decent members of society.

The adolescent modes of dressing mostly have departed totally from the past. The female adolescents mostly dresses half nude, prefer wearing cloth that exposes their body parts, the style which is widely accepted in Europe but has become something natural and part of normal human life to them; this is not morally accepted in Nigeria because our culture does not support exposing or flaunting of bodies which is termed as public indecency.

The adolescents' sexual behaviour has been a source of concern to many parents and researchers in recent years. Adolescents and young adults have long recognized the significance of clothing. To signal connectedness and to distinguish themselves from others, groups of people have adopted styles of dressing that expressed their particular distinct identity. Olugbega and Odeleye (2012) observed that adolescents demonstrate awareness for a style or mode of appearance, making clothing choices has meaning to them. Ekong (2015) corroborated this assertion that clothing in any culture is a means of communication. The foregoing pointed to the gravity of the problem among school going female adolescents who always experience series of psychological changes. These changes affect the life of young people of both sexes not only physically but also psychologically. They undergo a constant bombardment of experiences and expectations, which places them under a lot of pressure. Too often, adolescents exhibit stereotyped abnormality and deviant behaviour (Santrock, 2005).

The premise that exhibitionism, being one of the major problems, is associated with adolescents attitudes makes it expedient to control and correct the problem. Researchers have postulated various techniques as appropriate behavioral modification pattern in adolescence among which is Assertive Training Technique, Cognitive Restructuring, Role Playing Technique as well as Behavioural Therapy in correcting and instilling constructive behavioral patterns (Sadiku, 2000).

Assertiveness is linked to self esteem and considered an important communication skill. The purpose is to teach persons appropriate strategies for indentifying and acting on their desires, needs and opinions while remaining respectful to others. In light of the issues raised so far, this study intends to test the efficacy of the Assertiveness Training Technique in order to clearly prove that this technique can be used to reduce the manifestation of exhibitionism behaviour among female adolescents.

## PURPOSE

The purpose of this study is to examine the composite efficacy of assertiveness training technique in reducing the problem of exhibitionism among female students in Senior Secondary School in Lagos metropolis

## RESEARCH HYPOTHESES

The following hypotheses were formulated to guide this study:

1. There will be no significant difference in the reduction of exhibitionism behaviour of female adolescents exposed to Assertive Training Technique and the control group.
2. There will be no significant difference in the self concept means scores of female adolescent's exhibitionism behaviour exposed to Assertiveness Training Technique and the control group.

## DESIGN

The study utilizes quasi experimental design of pretest, post test group design with 2x2x2 factorial matrix. In this design, there are two groups. One treatment intervention and the control group in the row. The column has self concept at the two levels –high and low.

## PARTICIPANTS

The participants in this study were 90 female adolescents students in Senior Secondary Class One (S.S.1) selected from two Co-educational secondary in Lagos metropolis through the use of simple random method, in each of the school forty five (45) female students were randomly selected. Their age ranged from 14-20 years with the mean age of 17.16 and standard deviation of 7.62.

## INSTRUMENTATION

Two instruments were used in this study namely- Adolescent Exhibitionism Scale (AES) and Adolescent Personal Data Inventory (APDI). Section A – self Concept).

AES was developed by the researchers, the instrument has two subscales: Section A which deals with bio-data of the respondents and Section B which has thirty statements to be responded to by the respondents. It has test retest reliability of 0.64. APDI was development by Akinboye (1977) the coefficient alpha was  $r = 0.75$ , the test retest reliability of the scale was  $r = 0.86$ ,  $P < 0.001$  and alpha split half coefficient was 0.77. The AES was used to select participants that have exhibitionism tendency.

## PROCEDURE

The permission of the school authorities and the participants' parents were sought and obtained. In each of the two schools, the participants were given orientation on the purpose of the programme. Subsequently, Adolescent Exhibitionism Scale (AES) was administered to randomly select female adolescents that have exhibitionism tendency and Adolescent Personal Data Inventory (APDI) Section 1 – Self Concept was equally administered to both experimental and control groups.

The experimental group was exposed to Adolescent Personal Data Inventory (APDI) Section 1 – Self Concept, whereas the control groups was however not exposed to any treatment but they were given brief counselling tips on study habits and academic improvement strategies in school. The treatment programme in each school lasted for eight weeks. The training came up once in a week and each session lasted for an hour. At the expiration of the training programme, Adolescent Personal Data Inventory (APDI) Section 1 – Self Concept was re-administered to the two groups (experimental and control) as post-test.

## DATA ANALYSIS

Analysis of Covariance (ANCOVA) and t-test were used to analyse the data collected for this study.

**RESULT**

**Hypothesis 1:** There will be no significant difference in the reduction of exhibitionism behaviour of female adolescents exposed to assertive training technique and the control group.

To test this hypothesis, a regression analysis of the exhibitionism behaviour scores using the t-test and ANCOVA was computed. Table 4.1 to 4.4 shows the results as presented:

**Table 1: Adjusted Y-Means Scores on Exhibitionism Behaviour**

		Exhibitionism Behaviour			
		High Self Concept		Low Self Concept	
		X-X	Y-X	X-X	Y-X
ATT	12	103.917	106.083	105.222	95.000
CONTROL	8	99.250	98.125	102.864	100.455

❖ Rows = Treatment (groups)

❖ Columns = Self concept levels

The result on table 1 shows that most of the adjusted Y-Mean scores of Treated participants (106.083, 98.125, 95.000 and 100.455) are lower than the X – Mean scores (103.917, 105.222, 99.250 and 102.864). However, the adjusted Y-Mean scores of control participants do not significantly differ from their X-Mean scores. The above proves that the treatment programme is effective in reduction of exhibitionism behaviour. Similarly, treated participants benefited from the programmes more than control group.

To determine the effect of the two treatment programmes on the exhibitionism behaviour, ANCOVA was performed. The result is presented below.

**Table 2: Analysis of Covariance on Exhibitionism Behaviour**

Source	Sums of Squares	DF	Mean Squares	F	P-value
Rows	2793.935	2	1396.968	141.58	<.05
Columns	9.735	1	9.735	0.99	NS
Interaction	58.073	2	29.037	2.94	<.05
Within	11172.801	84	9.867		

Table 2 shows that the treatment techniques and control contained in the rows have a statistically significant difference on the reduction of exhibitionism behaviour ( $F_{(2,84)} = 141.58, P <.05$ ). However, there is no significant difference in the columns ( $F = 0.99, Df = 1/84, NS$ ). Also, there is significant interaction effect of self concept on the reduction of exhibitionism behaviour ( $F = 2.94, Df = 2/84, <0.05$ ).

**Table 3: Adjusted Y-Means for Comparison and Summary of Exhibitionism Behaviour**

TREATMENT GROUP	Y-X	Y-X
	High Self Concept	Low Self Concept
ATT	102.439 <sup>(a)</sup>	91.096 <sup>(b)</sup>
CONTROL	95.405 <sup>(e)</sup>	97.019 <sup>(f)</sup>

Table 3 shows that significant differences exist in the adjusted Y-Mean scores of treated participants (102.439, and 91.096) and in the columns. Moreover, the adjusted Y-Mean scores of treated participants under low self concept are significantly superior to those of control participants (91.096, 51.761 and 97.019). The null hypothesis is therefore rejected.

**Hypothesis 2:** There will be no significant difference in the self concept means scores of female adolescents' exhibitionism behaviour exposed to assertiveness training technique and the control group.

**Table 4: Adjusted Y-means on Exhibitionism Behavior of Participants Treated with Assertive Training Technique and those in the Control Group**

		Exhibitionism Behaviour			
		High Self Concept		Low Self Concept	
		X-X	Y-X	X-X	Y-X
AT	12	103.917	106.083	105.222	95.000
CONTROL	8	99.250	98.125	102.864	100.455

The result on table 4 shows that most of the adjusted Y-Mean scores of the assertive training participants with low self concept (95.000) are slightly lower than the Y-Mean score of those in the control group (100.455). To determine the effect of the two treatment programmes on exhibitionism, ANCOVA was performed. The result is presented below.

**Table 5: Analysis of Covariance on Exhibitionism Behaviour of Participants Treated with Assertiveness Training Technique and the Control Group**

Source	Sums of Squares	DF	Mean Squares	F	P-value
Rows	.155	1	.155	.01	NS
Columns	24.780	1	24.780	1.88	NS
Interaction	31.273	1	41.273	3.12	<0.05
Within	9568.053	56	13.213		

Table 5 shows that the ATT treatment technique and control contained in the rows had no significant difference on exhibitionism behaviour ( $F_{(1,56)} = 56, P > .05$ ). It also returned no significant difference in the columns ( $F = 24.780, Df = 1/56, > 0.05$ ). However, there is significant interaction effect of self concept on exhibitionism behaviour ( $F = 3.12, Df = 1/56, < 0.05$ ).

**Table 6: Adjusted Y-Means for Comparison and Summary of Exhibitionism Behaviour of Participants Treated with Assertive Training Technique and the Control Group**

	High Self Concept	Low Self Concept
ATT	105.933 <sup>(a)</sup>	94.530 <sup>(b)</sup>
CONTROL	99.115 <sup>(d)</sup>	100.561 <sup>(e)</sup>

Table 6 shows that significant differences exists in the adjusted Y-Mean scores of participants treated with ATT (94.530) on the columns as against the Y-Mean scores of the control group (100.561). This means that the adjusted Y-Mean scores of treated participants are significantly superior to those of control participants. The null hypothesis is therefore rejected.

## DISCUSSION OF FINDINGS

The study investigated the effects of Assertive Training Technique in reducing exhibitionism behaviour among female adolescents in Lagos State, Nigeria. Each of the hypotheses was based on determining scores of participants on these components. The results of the study are discussed as follows:-

**Hypothesis One:** The first hypothesis states that there will be no significant difference in the reduction of female adolescence exhibitionism behaviour exposed to assertiveness training and the control group.

The results of the computed outcome are shown in tables 1, 2, 3 which reveal that there was a significant difference in the reduction of exhibitionism behaviour of the treated Assertiveness Training Technique and the control group. Hence, the hypothesis was rejected. The findings shows that therapeutic technique proved to be effective in the management of behaviour exhibitionism of the participants, considerably when compared with the control group. The results of this finding corroborate with Gray and Jesson (1990) and Gross (1992) who attested to the fact that exhibitionism is a behavioural problem that is amendable if right technique could be applied and used. The studies of Larson and Christensen (1993), Gokalan (2000) corroborated the present finding that Assertive Training Technique is an effective therapy.

**Hypothesis Two:** This hypothesis states that there will be no significant difference in the self concept mean scores of female adolescents exhibitionism exposed to assertiveness training technique and the control group. Table 4 shows that the

assertive training technique and control group contained in the rows have no significant difference on exhibitionism behaviour ( $F(1.56) = 56, P > 0.05$ ), which also shows no significant difference in the columns ( $F = 24.780, Df = 1/56 > 0.05$ ). However, we can deduce from this that there was significant interaction effect of self concept on exhibitionism behaviour ( $F = 3.12, Df = 1/56, < 0.05$ ).

Table 5 shows that significant differences exist in the adjusted mean scores of participant treated with assertive training technique (94.530) on the columns as against the Y-means scores of the control group (100.561). This means that the adjusted Y = mean scores of treated participants were significantly superior to those of control participants; Hence, the hypothesis is rejected.

This result is contrary to the studies of Ayu (2009), Chian (1987) who were of the opinion that the majority of adolescents have ineffective self-concept habit by chance, which may be as a result of other environmental factors and societal confusion in teaching the real values of life (Odeleye, 2012).

Table 6 shows a significant difference between participants treated with assertive training and the control group. This means that assertive training is effective in managing the self concept level of exhibitionism behaviour among adolescents. Asuzu (1998) emphasized that assertive training technique has been used in managing adolescent with sexual behavioural problems, thereby enhancing their self confidence which will help them to stand up for their right and take decisions appropriately upon their basis of knowledge gained. It has also been used successfully in managing various behavioural problems such as Shyness, (Akinade, 1988) and stress inoculation programs for adolescent, (Kaya, 2001).

## **CONCLUSION AND RECOMMENDATIONS**

From this study, it was discovered that assertive training technique was proved effective over the control groups. This implies that the therapeutic technique could be used for the effective management of exhibitionism behaviour among adolescents.

Also, the study has proved that self concept in most cases has an interaction effect on adolescents. Adolescents with high self concept, tend to be always assertive, they believe in themselves more than the adolescents with low self concepts, who are always looking for acceptance within their peer groups and are easily influenced.

Based on the findings, the following are considered by the researchers as catalysts to further enhance the practicability of these findings.

1. Parents and guidance need to be enlightened on the implications of exhibitionism, which can lead to rape, abortion and even death.
2. Counsellors on the field are encouraged to replicate or adopt this work to situation in their various locations in order to help adolescents under them overcome their sexual problems or have their negative attitudes to exhibitionism changed.
3. Counselling Association of Nigeria should organize enlightenment campaigns, and seminars for parents and the public on the need and value of sex education on moral and sexual transformation of the adolescent.
4. Designing posters that define exhibitionism in clear terms for placements at the strategic points in the school and the counsellor's office.
5. As a matter of urgency, the propose bill on an act to prohibit and punish public nude, sexual intimidation and other related offences in Nigerian needs to be passed into law.
6. Lastly, religious leaders should preach against exhibitionism in order to help uphold morals and values of society.

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