

ATTITUDE OF POLYTECHNIC STUDENTS TOWARDS CURBING INDECENT DRESSING IN SOUTHWEST NIGERIA: IMPLICATIONS FOR GUIDANCE AND COUNSELLING

BY

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Abstract

Indecent dressing among polytechnic students poses a serious challenge to institutional efforts to enforce acceptable dress codes, particularly where students' attitudes influence compliance. This study, therefore, investigated the attitudes of polytechnic students towards curbing indecent dressing in Southwest Nigeria. The study adopted a cross-sectional descriptive survey design. The population comprised 55,801 students from three polytechnics in Southwest Nigeria. A simple random sampling technique was used to select 422 respondents for the study. Data were analysed using mean and rank order to answer the research question, while four null hypotheses were tested using the independent-samples t-test and one-way analysis of variance (ANOVA) at the .05 level of significance. Data were collected using a structured 15-item instrument titled Attitude Towards Curbing Indecent Dressing Questionnaire (ATCIDQ). The instrument was validated by five experts, while its reliability was established using the test-retest method, which yielded a reliability coefficient of 0.87. The findings revealed that polytechnic students had positive attitudes towards curbing indecent dressing. The students indicated that curbing indecent dressing improves the reputation of the school, promotes discipline among students, and helps to reduce sexual harassment. The study concluded that polytechnic students generally support efforts aimed at promoting decent dressing and maintaining acceptable standards of appearance within the school environment. Based on the findings, it was recommended that guidance counsellors should sustain students' positive attitudes towards curbing indecent dressing through regular seminars, workshops, orientation programmes, group counselling, and awareness campaigns that promote discipline, self-respect, moral values, and acceptable dressing practices.

Keywords: Attitude, Indecent dressing, Polytechnics, Students and Southwest Nigeria

Introduction

Africa has a rich cultural heritage that should be valued and preserved for the benefit of future generations. Clothing serves important biological and social functions, particularly by protecting the body from changing weather conditions and promoting socially acceptable appearance. Olowolabi and Okiti (2023) asserted that contemporary dressing practices represent a significant departure from traditional norms that emphasise modesty and appropriate coverage of the body. Departures from these expectations may create discomfort within the social environment and weaken adherence to established Nigerian cultural values. Factors associated with such dressing practices include inadequate parental guidance, peer influence, materialism, declining attention to religious and moral education, and the desire to maintain a lavish lifestyle. Ubelejit-Nte (2023) further identified the influence of the media and prevailing societal norms as important factors that may shape the values and dressing choices of young individuals. The increasing adoption of inappropriate dressing practices among students has become an administrative concern in tertiary institutions, as some students increasingly deviate from expected standards of appearance. Oluwadare et al. (2023) explained that indecent dressing involves a manner of dressing by male or female individuals that exposes sensitive body parts, such as the breasts, buttocks, or underwear. Many students, irrespective of gender or age, have adopted dressing styles that emphasise bodily exposure rather than modesty. This development has generated concerns within tertiary

institutions in Southwest Nigeria, where students' dressing patterns have attracted the attention of school authorities and other education stakeholders. Yohanna et al. (2020) reported that some students demonstrate unfavourable attitudes towards prescribed standards of appearance, which may contribute to non-compliance with institutional expectations. Such dressing practices may be influenced by the media, peer pressure, religion, and popular culture (Alade & Olarewaju, 2023).

Yahaya (2020) identified common forms of inappropriate campus attire, including cropped tops that expose the midriff, extremely tight trousers, distressed or "crazy" jeans, and spaghetti-strap blouses. Some male students may also engage in practices such as wearing sagging trousers, ripped jeans, earrings, or maintaining unkempt hairstyles. These practices underscore the importance of institutional dress codes in promoting appropriate appearance, personal dignity, discipline, and professional conduct among students. In the area of Information and Communication Technology (ICT), Nwonye et al. (2024) noted that the widespread use of digital platforms has increased students' exposure to non-traditional dressing styles and contributed to changes in established standards of modesty. Such exposure may influence students' perceptions of acceptable dressing, particularly when emerging fashion trends are viewed as expressions of personal freedom and self-expression. Adebayo and Opute (2022) suggested that guidance and counselling, awareness programmes, and value-based education can help students develop favourable attitudes towards appropriate dressing and make responsible choices regarding their appearance.

Dressing is a fundamental aspect of human existence that serves functional, cultural, and symbolic purposes by providing protection and expressing identity, values, and social belonging. In tertiary institutions, dress codes are established to promote discipline, preserve cultural values, maintain a professional academic environment, and minimise concerns associated with inappropriate dressing, including sexual harassment and other forms of sexual misconduct (Adenigbagbe, 2026). Students' positive attitudes towards curbing indecent dressing can enhance their acceptance of institutional regulations and encourage adherence to prescribed standards of appearance. Okengbe and Popoola (2023) reported that several Nigerian tertiary institutions have adopted dress-code regulations and disciplinary measures to address violations. Institutions such as The Polytechnic, Ibadan; Osun State College of Technology, Ede; Federal Polytechnic, Ado-Ekiti; Yaba College of Technology; and Rufus Giwa Polytechnic, Owo, have implemented institutional policies and awareness strategies to promote appropriate dressing and foster a safer and more respectful campus environment. The Theory of Planned Behaviour developed by Ajzen (1991) provides a relevant framework for understanding students' attitudes towards curbing indecent dressing. The theory explains that attitudes are shaped by behavioural beliefs, subjective norms, and perceived behavioural control. Students who perceive decent dressing as important for promoting discipline, self-respect, moral values, and a positive institutional image may develop favourable attitudes towards measures aimed at curbing indecent dressing. However, demographic characteristics, such as gender, age, religion, and place of residence, may influence students' behavioural beliefs and exposure to social norms, thereby contributing to variations in attitudes.

Gender may influence students' attitudes towards curbing indecent dressing because male and female students may experience different social expectations regarding appearance and acceptable dressing. Similarly, age may shape attitudes because students at different stages of development may differ in maturity, social experiences, and awareness of the academic, social, and professional implications of dressing. Empirical findings remain mixed, as Ansari et al. (2022) reported that gender and age did not significantly influence students' attitudes towards dress-code regulations, whereas Aweni (2023) found significant differences in students' perceptions of acceptable dressing based on gender and age. Religion may also influence students' attitudes because religious teachings often emphasise modesty, moral conduct, and socially acceptable appearance. Place of residence may shape students' attitudes because students residing on campus and off campus may experience different levels of institutional supervision, peer influence, family guidance, and exposure to community values. Aweni (2023) and Ayesu et al. (2025) found no significant differences in students' attitudes based on religion and place of residence, while Yahaya (2020) reported that religious affiliation and residential location significantly

influenced perceptions of appropriate dressing. These inconsistent findings necessitate examining the influence of gender, age, religion, and place of residence on polytechnic students' attitudes towards curbing indecent dressing in Southwest Nigeria.

Essentially, a number of empirical studies have been carried out on indecent dressing in and outside Southwest Nigeria. For instance, Sanni and Akinola (2026) investigated dress-code enforcement as a strategy for curbing indecent dressing among undergraduates at Adekunle Ajasin University, Ondo State. The study found that male and female students held similar perceptions regarding the necessity of dress codes, although significant differences were observed in compliance across faculties. In contrast, Sowemimo, Sanu and Adedeji (2025) investigated students' perceptions of indecent dressing and female sexual harassment at the Federal University of Agriculture, Abeokuta. The findings revealed that students demonstrated a high level of knowledge about indecent dressing, while peer pressure, internet exposure, and foreign cultural influence were identified as major factors contributing to the practice. The studies differed in focus, with the former examining enforcement and compliance and the latter examining knowledge and perceived causes. Thus, the studies provide different perspectives on dress-code enforcement and the causes of indecent dressing. However, both studies were limited to university students in specific institutions and did not examine polytechnic students across Southwest Nigeria. The institutional and population differences therefore limit the extent to which their findings can be applied to polytechnic students in the region.

Alade and Olarewaju (2023) investigated the influence of social media on the mode of dressing of female undergraduates in Nigerian universities and found that social media had negative effects on students' dressing, linked to limited action from societal stakeholders, colonial influences, and technological advancement. Similarly, Olowolabi and Okiti (2023) examined indecent dressing among students of Adekunle Ajasin University, Ondo State, and found a high level of indecent dressing, which negatively affected academic performance. While Alade and Olarewaju focused on influences on students' dressing, Olowolabi and Okiti examined the occurrence and academic implications of indecent dressing. However, both studies focused on university students, limiting the applicability of their findings to polytechnic students. To the best of the researchers' knowledge, none have examined the attitudes of polytechnic students towards curbing indecent dressing in Southwest Nigeria. Existing studies have reported varying findings on social media influence, perceptions of indecent dressing, and dress-code compliance across different student groups. These inconsistencies leave a clear gap regarding polytechnic students in Southwest Nigeria, which this study seeks to address by examining their attitudes towards curbing indecent dressing and contributing insights to research and counselling intervention practices.

Objective of the Study

The main objective of the study was to investigate the attitude of polytechnic students towards curbing indecent dressing in Southwest Nigeria. The study also examine whether gender, age, place of residence and religion would significantly influence the attitude of polytechnic students towards curbing indecent dressing in Southwest Nigeria.

Research Question

1. What is the attitude of polytechnic students towards curbing indecent dressing in Southwest Nigeria?

Research Hypotheses

1. There is no significant difference in the attitude of polytechnic students towards curbing indecent dressing in Southwest Nigeria based on gender.
2. There is no significant difference in the attitude of polytechnic students towards curbing indecent dressing in Southwest Nigeria based on age.
3. There is no significant difference in the attitude of polytechnic students towards curbing indecent dressing in Southwest Nigeria based on religion.

4. There is no significant difference in the attitude of polytechnic students towards curbing indecent dressing in Southwest Nigeria based on place of residence.

Methodology

A cross-sectional survey design was adopted because the study investigated the attitude of polytechnic students towards curbing indecent dressing in Southwest Nigeria. The study population comprised 55,801 students from selected polytechnics in Southwest Nigeria. According to the Research Advisor Sample Size Determination Table (2006), a minimum sample size of 384 was considered appropriate for a population of this size at a 95% confidence level. To improve the adequacy of the sample and account for possible non-response, an additional 10% (38 respondents) was added, resulting in a final sample size of 422 respondents. Thereafter, a multistage sampling procedure was employed to select the respondents for the study. A purposive sampling technique was used in the first stage to select three polytechnics in Southwest Nigeria based on their student population. The selected institutions were The Polytechnic, Ibadan; Federal Polytechnic, Ado-Ekiti; and Yaba College of Technology. In the second stage, proportional sampling was used to determine the number of respondents selected from each institution. The population of The Polytechnic, Ibadan was 19,796, Federal Polytechnic Ado-Ekiti was 11,350, and Yaba College of Technology was 24,655. Hence, The Polytechnic, Ibadan $19,796/55,801 \times 422 = 150$, Yaba College of Technology $24,655/55,801 \times 422 = 186$, Federal Polytechnic Ado-Ekiti $11,350/55,801 \times 422 = 86$. In the third stage, a simple random sampling technique was used to select 86 respondents from the Federal Polytechnic, Ado-Ekiti; 150 respondents from The Polytechnic, Ibadan; and 186 respondents from Yaba College of Technology during General Studies classes using a fishbowl method. Thus, a total of 422 respondents were selected for the study.

The instrument, titled Attitude Towards Curbing Indecent Dressing Questionnaire (ATCIDQ), was developed by the researchers based on a review of relevant literature, expert guidance, and the Theory of Planned Behaviour, which provided the theoretical foundation for generating the questionnaire items. The instrument was divided into two sections. Section A contained the demographic characteristics of the respondents, including place of residence, age, gender, and religion. Section B comprised 15 items measuring attitudes towards curbing indecent dressing among polytechnic students. The instrument was structured on a four-point Likert-type scale, with responses ranging from Strongly Agree (4) to Strongly Disagree (1). The criterion mean for the instrument was established by summing the four response points and dividing by four, resulting in a mean score of 2.50 (i.e., $4 + 3 + 2 + 1 = 10 \div 4 = 2.50$). Mean scores of 2.50 and above were interpreted as positive attitudes towards curbing indecent dressing, while mean scores below 2.50 were interpreted as negative attitudes.

The instrument was presented to five lecturers in the Department of Strategic Communication and Media Studies, Kwara State Polytechnic, Ilorin, for face and content validation. The feedback and suggestions provided by the experts were used to refine and modify some items in the instrument. To establish the reliability of the instrument, the researchers employed the test-retest method using 20 students from the Department of Strategic Communication and Media Studies, Kwara State Polytechnic. The questionnaire was administered to the respondents on two separate occasions with a two-week interval between the administrations. The scores obtained from the two administrations were analysed using the Pearson Product Moment Correlation Coefficient, which yielded a reliability coefficient of 0.87. The null hypotheses were tested using the independent-samples t-test and one-way analysis of variance (ANOVA) at the 0.05 level of significance. Ethical approval was obtained from the relevant authorities of the selected polytechnics before the commencement of the study. The respondents were informed about the purpose of the study, and their participation was voluntary, with the assurance that they could withdraw at any stage without penalty. Confidentiality and anonymity of the information provided were maintained, and the data collected were used strictly for academic purposes. The researchers also ensured that the respondents' privacy, dignity, and rights were protected throughout the research process.

Results

A total of 422 copies of questionnaire were distributed to the respondents, but 420 were filled properly and analysed.

Research Question: What is the attitude of polytechnic students towards curbing indecent dressing in Southwest Nigeria?

Table 1: Mean and Rank Order of Attitude of Polytechnic Students towards Curbing Indecent Dressing in Southwest Nigeria

N	As far as my attitude is concerned, curbing indecent dressing:	Mean	Rank
15	improves the reputation of school	3.88	1 st
2	promotes discipline of students	3.85	2 nd
9	helps to reduce sexual harassment among students	3.83	3 rd
10	encourages students to uphold good moral values	3.80	4 th
12	promotes guidance and counselling on decent dressing	3.79	5 th
6	builds self-respect and dignity in students	3.77	6 th
4	is necessary for maintaining acceptable standards of dressing in school	3.75	7 th
14	is important for ensuring compliance with school dress codes	3.73	8 th
5	promotes a conducive learning environment	3.71	9 th
7	helps students concentrate better on their academic activities	3.69	10 th
8	helps students resist negative dressing influences from social media	3.66	11 th
13	protects students from negative peer influence on campus.	3.63	12 th
11	encourages students to make appropriate dressing choices.	3.63	12 th
3	enables students to gain more respect from lecturers and peers	3.57	14 th
1	reduces distractions associated with inappropriate dressing	3.54	15 th
Grand Mean		3.72	

Source: Field Data, 2026

Table 1 presents the mean and rank order of polytechnic students' attitudes towards curbing indecent dressing in Southwest Nigeria. The findings showed that the students had a positive attitude towards curbing indecent dressing, as all the items had mean scores above the criterion mean of 2.50. The highest-ranked item indicated that curbing indecent dressing improves the reputation of the school (Mean = 3.88), followed by promoting students' discipline (Mean = 3.85) and reducing the rate of sexual harassment (Mean = 3.83). The findings also showed that students believed that curbing indecent dressing promotes good moral values, promotes a conducive learning environment, and builds self-respect and dignity. The results suggest that polytechnic students perceive the curbing of indecent dressing as important for promoting discipline, moral values, institutional reputation, and positive academic and social outcomes.

Hypothesis One: There is no significant difference in the attitude of polytechnic students towards curbing indecent dressing in Southwest Nigeria based on gender.

Table 2: Mean, Standard Deviation and t-value on Respondents' Attitude towards Curbing Indecent Dressing based on Gender

Gender	N	Mean	Std. Dev	df	Cal. t-value	Crit. t-value	p.-value
Male	209	79.32	17.86	418	0.53	1.96	.598
Female	211	80.19	15.99				

Table 2 presents the calculated t-value of 0.53, which was less than the critical t-value of 1.96, with a corresponding p-value of .598, which was greater than the 0.05 alpha level. This indicated that there was no significant difference; hence, the hypothesis was accepted. This implies that gender did not significantly influence the students' attitudes towards curbing indecent dressing, as the students expressed similar views regarding the importance and benefits of promoting decent dressing within polytechnic institutions.

Hypothesis Two: There is no significant difference in the attitude of polytechnic students towards curbing indecent dressing in Southwest Nigeria based on age.

Table 3: Analysis of Variance (ANOVA) on the Attitude of Polytechnic Students towards Curbing Indecent Dressing in Southwest Nigeria based on age.

Source of Variance	Sum of Squares	df	Mean Squares	Calc. F-ratio	Crit. F-ratio	p-value
Between Group	492.45	2	246.25	0.86	3.02	.425
Within Group	119703.3	417	287.06			
Total	120195.8	419				

Table 3 presents the calculated F-ratio of .86, which was less than the critical F-ratio of 3.02, with a corresponding p-value of .425, which was greater than the 0.05 alpha level. This showed that there was no significant difference; hence, the hypothesis was accepted. This implies that age did not significantly influence the students' attitudes towards curbing indecent dressing, as students across the different age groups expressed similar views in curbing indecent dressing in polytechnic institutions.

Hypothesis Three: There is no significant difference in the attitude of polytechnic students towards curbing indecent dressing in Southwest Nigeria based on religion

Table 4: Analysis of Variance (ANOVA) on the Attitude of Polytechnic Students towards Curbing Indecent Dressing in Southwest Nigeria based on religion

Source of Variance	Sum of Squares	df	Mean Squares	Calc. F-ratio	Crit. F-ratio	p-value
Between Group	492.45	2	246.2	0.86	3.02	.437
Within Group	119703.3	417	287.1			
Total	120195.8	419				

Table 4 presents the calculated F-ratio of .86, which was less than the critical F-ratio of 3.02, with a corresponding p-value of .437, which was greater than the 0.05 alpha level. This showed that there was no significant difference; hence, the hypothesis was accepted. There was no significant difference in the attitude of polytechnic students towards curbing indecent dressing in Southwest Nigeria based on religion. This implies that religion did not significantly influence the students' attitudes towards curbing indecent dressing, as students across the different religious groups expressed similar views in maintaining acceptable dressing standards in polytechnic institutions.

Hypothesis Four: There is no significant difference in the attitude of polytechnic students towards curbing indecent dressing in Southwest Nigeria based on place of residence.

Table 5: Mean, Standard Deviation and t-value on Respondents' Attitude towards Curbing Indecent Dressing based on Place of residence

Residence	N	Mean	Std. Dev	df	Cal. t-value	Crit. t-value	p.-value
On-campus	253	78..96	17.54	418	1.18	1.96	.237
Off-campus	167	80.96	15.96				

Table 5 presents the calculated t-value of 1.18, which was less than the critical t-value of 1.96, with a corresponding p-value of .237, which was greater than the 0.05 alpha level. This indicated that there was no significant difference; hence, the hypothesis was accepted. This implies that place of residence did not significantly influence the students' attitudes towards curbing indecent dressing, as students residing on-campus and off-campus expressed similar views in adopting decent dressing habits in polytechnic institutions.

Discussion of the Findings

Finding indicated that polytechnic students in Southwest Nigeria had a positive attitude towards curbing indecent dressing, as they perceived it as important for promoting discipline, moral values, self-respect, institutional reputation, and positive academic and social outcomes. This finding agrees with Sanni and Akinola (2026), who reported favourable students' perceptions of dress-code regulations, but contradicts Dairo (2023), who found that some students viewed dress-code regulations as an infringement on personal freedom and self-expression; the positive attitude may be attributed to increased awareness of the social, academic, moral, and professional implications of indecent dressing within Nigerian tertiary institutions. The finding is supported by the Theory of Planned Behaviour developed by Ajzen (1991), which explains that favourable attitudes can strengthen students' intentions to support and comply with measures aimed at promoting decent dressing; therefore, guidance counsellors, school management, parents, and other education stakeholders should sustain awareness programmes and supportive interventions that promote acceptable dressing practices.

The finding revealed that gender did not significantly influence polytechnic students' attitudes towards curbing indecent dressing in Southwest Nigeria, suggesting that male and female students similarly recognised the importance of appropriate dressing in promoting discipline, moral values, self-respect, and a positive institutional image. This finding is consistent with Ansari et al. (2022), who reported no significant gender difference in students' attitudes towards dress-code regulations. However, Yahaya (2020) found that gender significantly influenced students' perceptions of acceptable dressing in Adeyemi College of Education. The similarity in attitudes observed in the present study may be attributed to students' exposure to the same institutional dress codes, campus regulations, guidance and counselling services, and social expectations regarding appropriate dressing, irrespective of gender. This finding is supported by the Theory of Planned Behavior developed by Ajzen (1991), which posits that shared behavioural beliefs, subjective norms, and perceived behavioural expectations can contribute to similar attitudes and behavioural intentions towards a particular behaviour.

The finding showed that age did not significantly influence polytechnic students' attitudes towards curbing indecent dressing in Southwest Nigeria, suggesting that support for appropriate dressing was shared across the different age groups. This finding is consistent with Oluwadare, Otunaiya and Opeoluwa (2020), who reported that students' attitudes towards dress-code regulations did not differ significantly by age. In contrast, Adebayo and Opute (2022) reported that age significantly influenced students' perceptions of acceptable dressing. The similarity in attitudes observed in the present study may be attributed to students' interaction within the same campus environment and exposure to similar institutional expectations, cultural values, and information concerning appropriate dressing. This finding aligns with the Theory of Planned Behaviour developed by Ajzen (1991), which explains that shared social norms and behavioural beliefs can shape similar attitudes among individuals. Within Nigerian polytechnics, institutional regulations and societal expectations regarding appropriate appearance may exert a stronger influence on students' attitudes than differences in age. Therefore, Teacher Counsellors and school management should adopt age-inclusive approaches when promoting appropriate dressing among students.

The finding revealed that religion did not significantly influence polytechnic students' attitudes towards curbing indecent dressing in Southwest Nigeria, indicating that students across the different religious groups expressed similar views regarding the importance of promoting decent dressing. This finding agrees with Ayesu et al. (2025), who reported that religion did not significantly influence students' attitudes towards appropriate dressing, but contradicts Aweni (2023), who found that religious affiliation significantly influenced students' perceptions of acceptable dressing practices. The similarity in attitudes may be attributed to shared institutional dress-code regulations and common cultural values that encourage modest and socially acceptable dressing among students. The finding is supported by Social Learning Theory developed by Bandura (1977), which explains that students may develop similar attitudes by observing and imitating acceptable dressing behaviours reinforced by lecturers, peers, school authorities, and parents. In the Nigerian

context, common cultural expectations and institutional regulations may encourage students from different religious groups to hold similar attitudes towards curbing indecent dressing.

The finding indicated that place of residence did not significantly influence polytechnic students' attitudes towards curbing indecent dressing in Southwest Nigeria, indicating that students residing on-campus and off-campus expressed similar views regarding the importance of promoting appropriate dressing. This finding agrees with Aweni (2023), who reported no significant difference in students' attitudes towards dress-code regulations based on place of residence. Conversely, Nwonye (2024) found that students' residential locations significantly influenced their perceptions of acceptable dressing practices. The similarity observed in the present study may be attributed to students' exposure to the same institutional regulations, social values, and guidance and counselling programmes, irrespective of their place of residence. The finding is supported by the Ecological Systems Theory developed by Bronfenbrenner (1979), which explains that students' attitudes are shaped by interactions among the school, family, peer group, and wider society. In the Nigerian context, common cultural expectations and institutional standards regarding appropriate dressing may account for the similar attitudes expressed by students residing on campus and off campus.

Conclusion

The study concluded that polytechnic students in Southwest Nigeria had a positive attitude towards curbing indecent dressing, as students recognised its importance in promoting discipline, moral values, self-respect, institutional reputation, and positive academic and social outcomes. The findings showed that students' attitudes towards curbing indecent dressing did not differ significantly based on gender, age, religion, or place of residence. This indicates that students, irrespective of demographic characteristics, expressed similar views regarding the need to promote decent dressing within polytechnic institutions. Efforts aimed at curbing indecent dressing should therefore involve all students and should not be limited to specific demographic groups. Guidance counsellors, school management, parents, lecturers, and other education stakeholders should work collaboratively to sustain awareness programmes and promote compliance with acceptable dressing standards. The study was limited to selected polytechnic students in Southwest Nigeria; therefore, the findings should be interpreted within the context of the study population.

Implications of Findings for Counselling Practice

The positive attitude of polytechnic students towards curbing indecent dressing has important implications for counselling practice. Guidance counsellors should build on this favourable attitude by organising seminars, workshops, orientation programmes, and individual or group counselling sessions that promote self-respect, personal responsibility, moral values, and appropriate dressing practices. Counselling interventions should focus on helping students understand the academic, social, and professional implications of dressing choices without undermining personal dignity or self-expression. Guidance counsellors should also collaborate with school management, lecturers, parents, and other education stakeholders to provide consistent information and support regarding institutional dress-code expectations. The absence of significant differences in students' attitudes based on gender, age, religion, and place of residence indicates that counselling programmes on decent dressing can be designed to accommodate the general student population rather than being restricted to specific demographic groups. Guidance counsellors should adopt inclusive and culturally sensitive approaches that respect students' diverse backgrounds while promoting acceptable institutional standards. Group counselling, peer education, awareness campaigns, and value-based guidance programmes may be used to strengthen positive attitudes and encourage voluntary compliance with dress-code regulations. Regular counselling interventions may also assist students in resisting negative peer influence and social media pressures associated with inappropriate dressing practices.

Recommendations

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

1. Guidance counsellors should sustain students' positive attitudes towards curbing indecent dressing through regular seminars, workshops, orientation programmes, group counselling, and awareness campaigns that promote discipline, self-respect, moral values, and acceptable dressing practices.
2. The campus dressing committee, in collaboration with lecturers, student affairs personnel, and other education stakeholders, should implement inclusive counselling and awareness programmes on decent dressing that address the needs of both male and female students.
3. Guidance Counsellors should provide age-appropriate counselling interventions and organise targeted educational sessions on decent dressing to strengthen students' positive attitudes and encourage responsible dressing practices across different age groups.
4. School management and guidance counsellors should promote culturally and religiously sensitive approaches to decent dressing while respecting the beliefs and values of students from different religious backgrounds.
5. School management, in collaboration with education stakeholders, should extend counselling services and awareness programmes on decent dressing to students residing both on-campus and off-campus.

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