

Influence of *Health File* Lead City 89.1FM Programme on Healthy Living among Lead City Undergraduates

Remilekun Mary Aderobagun and Waheed Bayonle Busari, PhD

Department of Mass Communication and Media Technology

Lead City University, Ibadan, Nigeria

aderobagunremilekunmary@gmail.com, 07032434274

waheed.busari@lcu.edu.ng, 08023720078

Abstract

The study investigated the influence of “health file” on Lead City 89.1 FM on healthy living among Lead City University undergraduates. Four (4) research questions were answered by the study. The descriptive survey design was adopted for the study. The population of this study consisted of all undergraduate students of the Department of Mass Communication at Lead City University, Ibadan, Oyo State, Nigeria. A self-designed structured questionnaire was used for data collection. Data obtained were analysed using frequency distribution tables, simple percentages, and charts while One Way Analysis of Variance (ANOVA) was used to test the instrument. The finding of the study revealed that most of the undergraduates preferred personal hygiene programmes as well as health files on food and nutrition, endemic and epidemic communicable diseases like hepatitis, cholera, and dengue. The programme, health file, was found to be of great benefit to the student populace as it greatly influenced their healthy living. The study recommends that Lead City 89.1FM should promote its programme schedule on social media platforms accessible to the station and the general student populace. The study also recommends that Lead City 89.1FM should conduct audience research at the end of every programme quarter to know the kinds of health file programmes the audience would like to have in the programme schedule thereby producing acceptable programmes laden with educational and health-related subjects.

Keywords: Health file, Healthy, Living, University, Undergraduates
Word Count: 283

Introduction

Health File is a programme on Lead City 89.1FM radio aired between 11:00-11:30 a.m. The radio programme is designed for the university community and features medical practitioners and community health workers to sensitize and educate the entire student populace of the university about issues that relate to their health. *Health File* as a programme is recommended to be about 30 minutes long and given in a common area of health-related and topical issues around the nation, state, and the university community. Hence, such programme is always aired within a higher institution of learning (such as the case of Lead City University) in order to support the work of various medical officers on campus, groups, and as well as nurses to foster the general well-being of the students (Onabajo, Raufu, and Opawole 2019).

Health File encompasses a series of programmes that focus on the general well-being of the people and as well as the Lead City University Community irrespective of academic level, religious background, as well as social status of both the students, academic and non-academic staff of the University. Over the years, the programme has fostered and promoted the total well-being of students and also helped them keep up with the latest information and news that relate to the health and medical well-being of the students (Fullan 2016).

The programme has been found to promote healthy living among Lead City University students as it is now seen as one of the best radio programmes that have encouraged good personal hygiene, and health talks that cut across various topical issues in society. It has also, in a lot of ways assisted a lot of students on different grounds when it comes to health issues.

The flexibility of Lead City 89.1FM *Health File* places it at an advantage over every other radio programmes that is aired on some other radio stations by providing medical practitioners the avenue to reach out to students faster and efficiently especially during and after an outbreak of any disease. The programme therefore keeps students abreast and updates them on various information that relates to health in the university community. According to Izuora (2020), students who are separated by distance in various classrooms, hostels, and as well as other academic gatherings such as the library, and laboratory among others are brought together as a unit during different episodes of health programme on radio. He also sees it as a tool to keep the university community aware and informed about various diseases that are prevalent today as well as the preventive measures to be taken. The author further stressed that through the health file programme, students are also educated on the need to live healthy life.

According to Ross and Sennyey (2017), a health file, as the name indicates, generally focuses on and addresses the health issues of students and the university community in general. It is based on the philosophy of “good health promotion fosters good health and wellness” and this has promoted and enhanced the effectiveness of health education. According to Mohammed (2018), health programmes imparted in schools have a multiplying and lasting effect on students in their later lives. In schools, it embraces teaching and learning about knowledge, beliefs, attitudes, values, skills, and competencies of and about health. It mainly concerns the health, particularly of students, and usually focuses on hygiene, food, and nutrition; endemic and epidemic communicable diseases like hepatitis, cholera, dengue, and HIV/AIDs, water-borne diseases, sexually transmitted diseases (STDs), diarrhea, dysentery as well as other topical issues related to health.

Statement of the Problem

Health file on Lead City 89.1FM which focuses on healthy living among Lead City University undergraduates over the years has fostered effective health-related information, and up-to-date information on health talks, as well as fostering regular sensitization of students to participate in various health development processes. Students are taught, through the programme, how to live a healthy life in their various hostels and lodges. However, it seems that undergraduate students of Lead City University, Ibadan seem not to be listening to the programme over the campus radio. This perhaps might be a result of the time allocated for the broadcast of the programme as it falls within lecture periods, poor network coverage, power outage, and lack of topical issues. Therefore, this paper investigated the influence of the *Health file* on Lead City 89.1FM on healthy living among Lead City University, Ibadan undergraduates.

Research Questions

The study answered four questions which included:

- i. What are the forms of *the Health file* programme on Lead City 89.1FM?
- ii. What are the benefits of the use of Lead City 89.1FM *Health file* to Lead City University undergraduates?
- iii. What is the impact of *the Health file* program on undergraduates' healthy living?
- iv. What are the challenges faced by undergraduates in the use of *Health files* on Lead City 89.1FM contents?

Methodology

The study adopted the descriptive survey design. The population was made up of all undergraduate students of the Department of Mass Communication and Media Technology in the Faculty of Communication and Information Science, Lead City University, Ibadan, Oyo State, Nigeria. The simple random sampling technique was employed to select 200 undergraduates. Data was collected through a self-designed

structured questionnaire. The reliability of the instrument was done using the Cronbach Alpha reliability method after the instrument had been administered to 20 students in the Department of Information Science in the same faculty. The researchers personally administered the questionnaire to the sample population by visiting them during classes. The researchers sought the permission of each of the lecturers during the administration for the respondents to fill out the questionnaire and return it immediately. In all, 200 copies of the questionnaire were administered while 140 copies (70%) were found to be valid for analysis.

Results

Findings revealed that most of the respondents (73%) fell between 18 -19 years of age. This is expected because the minimum age for university admission in Nigeria is 17 years. Findings also showed more females among the respondents, an indication that more female students listened to the *Health file* on Lead City 89.1FM than their male counterparts. The result further revealed that most of the respondents were in the 200 level; closely followed by the 300 level. This then means that students in the 200 and 300 levels in the Department of Mass Communication and Media Technology in the university listened to the *Health file* on Lead City 89.1FM more than students in other levels in the department.

Discussion of Findings

On the forms of *Health file* programmes that students listened to on Lead City 89.1FM. Findings revealed that most respondents (35.9%) preferred personal hygiene programmes as well as those on food and nutrition, endemic and epidemic communicable diseases like hepatitis, cholera, and dengue among others.

Equally, 31.8% of the respondents benefited from the use of Lead City 89.1FM *Health file* contents for the health information need. Also, the result further revealed that 30.2% of the respondents agreed that the

Health file programme on Lead City 89.1FM impacted greatly the students. Further findings revealed that most respondents (81.7%) agreed that part of the challenges faced by students in the use of Lead City 89.1FM *Health file* revolved around the scheduled time for the broadcast, which clashes with their lecture schedule, poor network coverage, power outage, and lack of topical issues.

Conclusion

This study sought to find out the influence of *the Health file* on Lead City 89.1FM on healthy living among Lead City University, Ibadan undergraduates. This study found that the majority of the respondents preferred *Health file* programme contents on personal hygiene, food and nutrition, and endemic and epidemic communicable diseases like hepatitis, cholera, etc. This study also found out that even though the majority of the respondents believed that the *Health file* was rich in content since radio is for keeping the students informed, more current content and topical issues should be brought on board.

Recommendations

The following recommendations are made based on the findings of the study:

- i. Since the study found out that the majority of the respondents were not familiar with the line-up of programmes on Lead City 89.1FM and the time for the audio live broadcast clashes with the student's lecture time, the paper recommends that Lead City 89.1FM should publish its programme schedule on social media platforms accessible to the students and the general student's populace.
- ii. Lead City 89.1FM should also conduct audience research at the end of every programme quarter to know the kind of health information programmes the audience would like to have in the programme schedule for the next quarter thereby producing

- acceptable programmes laden with educational and health-related ideas and subjects.
- iii. Lead City 89.1FM should also work with medical practitioners in the institution and liaise with them to enhance the smooth flow of the programmes
 - iv. The Federal Government through the Oyo State government should ensure that all challenges such as power outages, denial of access, poor radio signal, network fluctuations, and system breakdowns are minimized to ensure the flow of the programme for the audience to enjoy more listenership.

References

- Creswell, J. W., Plano-Clark, V. L. (2011). *Designing and conducting mixed methods research*. (2 Ed). Thousand Oaks, CA: Sage.
- Fullan, M. (2016). School health programme: a strategic approach for improving health and education in Pakistan. Islamabad: Curriculum Wing, Ministry of Education.
- Izuora, J. (2020). Introduction to health file programmes in rural community information system: Lagos: Letterman Publishers.
- Mohammed, M. M, (2018). Worldwide burden of health talk in 2008. *Ann Oncol*. 2016; 22(12):2675- 86.
- Onabajo, T.A., Raufu, G. & Opawole, O.A. (2019). Health file programmes as a correlate of use of school medical centres in a Nigerian university.
- Ross, L., & Sennyey, P. (2017). The practice of health talk with today's digital revolution. 34(2)145-152.

