

## Hindrances to Optimum Utilization of Health Care Services for Students of Adeyemi Federal University of Education, Ondo, Nigeria

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### Abstract

Proper and adequate health care service is fundamental to healthy living, the need for good health cannot be overemphasized. Hence this study focused on hindrances to optimum utilization of health care services for students of Adeyemi College of Education. In view of the above objective, the study determined to ascertain the extent to which health care services are utilized optimally by students of Adeyemi College of Education. Descriptive survey research design was adopted. The research data was collected through a self-developed structured and validated questionnaire. Four hundred and eighty (480) sampled participants were used in describing the population on the relevant variables of interest. Multistage sampling technique was used to select the respondents. The simple frequency count, mean and standard deviation were used to describe the findings while inferential statistics One-sample Kolmogorov-Smirnov test was used to test the significance of each hypothesis at 0.05 alpha level. Five hypotheses were formulated, of which none was significant ( $p < 0.05$ ). In conclusion, the variables of insufficient health equipment, insufficient bed space, inadequate qualified health personnel, preference for self-medication and preference for herbal medicine revealed a statistically significant difference with a p-value of 0.00. Based on the findings, recommendations that could check mate hindrances to optimum utilization of health care services for students of Adeyemi College of Education are recommended.

**Keywords:** Hindrances, Optimum Utilization, Health Care, Self-Medication, Herbal Medicine.

### Introduction

The fact that health is wealth cannot be overemphasized; it is an integral and essential need of every human being. Bedworth (2014) posited that a healthy person is considered an individual who is void of ills, diseases, injuries and infirmities, which is always desired to be in an optimal level. The World Health Organization (WHO, 2009), states that the health status of an individual is not determined by mere absence of disease or infirmity but a complete state of physical, mental, and social well being. From the findings of Adebambo (2019), the health status of an individual determines to a large extent the type of activity he or she will engage in. The health of an individual is the greatest asset of that individual. It is asserted that Health status of an individual is the total health of that individual at a specific time.

Health care utilization has been defined by Adeyemi, Obayelu & Opaluwa (2011), as the use of healthcare services by the people. The choice of healthcare facility among people may vary from person to person and from place to place depending on various factors pre-disposed to the end users. Although good utilization of health care services in any society serves to improve the quality of health of the people. They further explained that healthcare utilization by people depends on availability of health equipment, accessibility to health care service, qualified health personnel, quality of service and socio-economic status of the people and personal characteristics of the users.

In Nigeria, the healthcare delivery system is a blend of both public and private healthcare providers. It is the responsibility of the three tiers of government with the private sector also playing along. The Federal Government plays the role of controlling the affairs of the tertiary healthcare system for instance the Federal Medical Centers across the Federation with the popular Federal Medical Centers in Owo and Ado-Ekiti both in Ondo and Ekiti state respectively while the state government manages the various secondary healthcare delivery systems such as the services of the renowned Trauma center in Ondo town, general hospitals across towns and villages in the states etc and the local government focuses on supervision of primary healthcare services such as the Basic Primary Health centers across each towns and villages. In the private sector, healthcare delivery is broadly categorized into those that provide primary care (general practitioners), those that provide secondary care, and those that provide both primary and specialist care (Ugbdea and Olumide, 2013). As an important element of national security, public health not only functions to provide adequate and timely medical care but also track, monitor, and control disease outbreak. The Nigerian health care had suffered several infectious disease outbreaks year after year. Hence, there is need to tackle the problem. Healthcare system in Nigeria is expected to provide possible solutions to the worsening state of health care in the country and to give up-to-date recommendations for the Nigerian health care system (Journal of Pharmaceutical Bio-allied Science, 2011).

Primary healthcare according to Yolanda (2019) is the first point of contact with health services and provides a point of entry for the entire health system, the main port of entry into the healthcare system is through the primary healthcare providers who are available to help individuals to understand and discuss health issues and any particular problems that they may be experiencing. Access to primary health services is linked to better health outcomes, including improvements in self-rated health and a reduction in all-cause mortality. Some of the benefits of Primary healthcare includes; increased access to health services, improved quality of care, and focus on prevention, if possible, early management of health conditions among others. Primary healthcare is known to place a greater emphasis on the health of the whole person rather than a specific organ or system, which may contribute to positive effects such as reduced mortality rates due to the accumulated contribution of the care. The close and ongoing relationship between patients and their primary care providers helps health professionals to understand their situation more completely and make the relevant recommendations. Primary care is known to place a

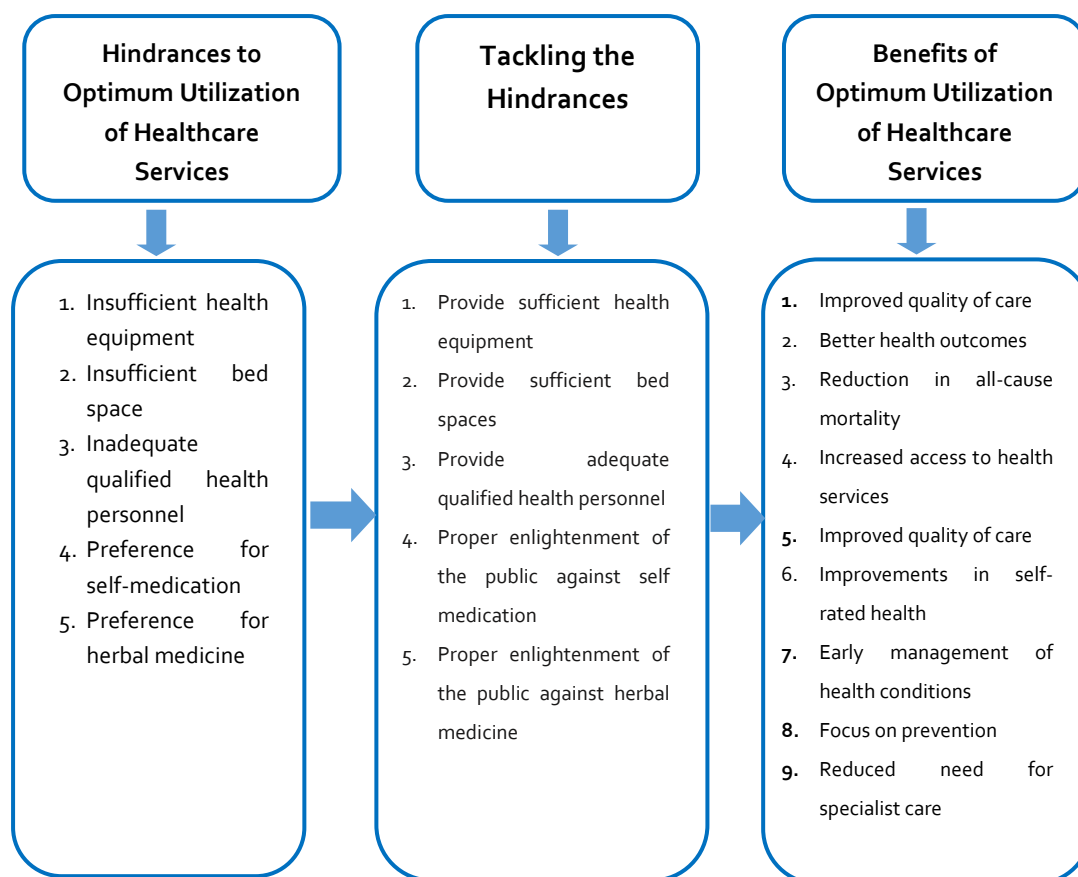
greater emphasis on the health of the whole person rather than a specific organ or system, which may contribute to positive effects such as reduced mortality rates due to the accumulated contribution of the care. The close and ongoing relationship between patients and primary healthcare providers helps health professionals to understand the situation more completely and make the relevant recommendations. Primary health care implemented in a timely and helpful manner can also reduce the need for specialist care, which may be unnecessary and have the potential to harm patients. When primary health practitioners are able to encourage preventative measures or make early interventions, referral to a specialist for disease-specific care can often be avoided, thus reducing the risks associated with treatment. In case of need, a referral can be made for more specialized care. Some research has found that patients admitted to hospitals with complications related to a manageable health condition, such as hypertension, were four times more likely to lack access to a primary health care provider (Yolanda, 2019).

Despite the emergence of modern medical practice in Nigeria, there seem to persist some challenges in the availability and accessibility of the modern healthcare services by the people. A health survey conducted in Nigeria in 2008 by Nigerian Population Commission (NPC) revealed that the majority of the people in the country have no health insurance coverage to cater for health bills (NPC, 2009), which suggests that a large number of the people in the country pay for health bills personally. This, however, connotes that utilization of healthcare facilities by the people in the country would depend largely on socio-economic status, thereby largely informing their choice of healthcare facility utilization. The term health services cover a wide range of services in health promotion, illnesses prevention, and early detection of diseases and management of health problems within the community. Health services are designed to meet the health needs of the community through the use of available health facilities with health manpower carrying out their professional duties. Globally, universities and colleges do have health centers, which are expected to provide adequate health care for the community. The need for school health care services is based on the fact that no one can get rid of an already existing infection or chronic illness merely by knowing and practicing the rules of healthful living (Kerry, 2015). A school is progressive when the students are physically fit and healthy. Despite the availability of medical centers in universities and colleges, there are still some hindrances to the optimal utilization of these health care services available to students in school and colleges. It has been observed that most students would prefer self-medication when taken ill than to go to health centre or clinic for medical care. For instance, Kenneth, (2015), posited that the health care service in Nigerian universities is that which maintains that its duty is to provide the students access to affordable and superior health services yet underutilized by students due to several reasons. In some advanced countries, evaluation of health services utilization among students revealed that most students benefited and utilized modern health services and the improvement of modern health system is likely to benefit students' population, this is not so with Nigeria students. It has been noted that religion, lack of adequate health equipment, cost of health services, distance of health

facilities, waiting time, inadequate qualified health personnel and quality of care were found to be contributory to the non-utilization of health facilities in Nigeria (Adekunle, and Oyeade, 2015).

Adeyemi College of Education is a foremost teachers' training institute in Africa since 1964, it is a pacesetter in academic excellence in Africa. It is a federal government higher education institution located in Ondo City, Ondo State, Nigeria. It is affiliated to Obafemi Awolowo University for its degree programmes. It was established to produce qualified teachers to teach in secondary schools and teachers' training colleges and to conduct research and experiments on methods of teaching at all levels of education in Nigeria (Wikipedia, 2018).

### Conceptual Framework



**Figure 1:** Flow diagram of hindrances to optimum utilization of healthcare services

**Source:** Bronte, Bodhi and Darcy (Model) 2019.

The conceptual frame work above explains the hindrances to optimum utilization of healthcare services, strategies on how to tackle the hindrances and the benefits of healthcare services. Among other factors, insufficient health equipment, insufficient bed space, inadequate qualified health personnel, inadequate qualified health personnel, preference for self-medication and preference for herbal medicine has been identified as

hindrances to optimum utilization of healthcare services. In tackling the hindrances, the following factors can be carefully considered and put in place; provision of sufficient health equipment, provision of sufficient bed space, employment of adequate qualified health personnel, proper enlightenment of the public against self medication and proper enlightenment of the public against herbal medicine. The benefits of a good functional health care service are improved quality of care, better health outcomes, reduction in all-cause mortality, increased access to health services, improved quality of care, improvements in self-rated health, early management of health conditions, focus on prevention and reduced need for specialist care.

## Statement of the Problem

Differences in health status, based on indices such as infant mortality, young and child mortality and maternal mortality in developing countries have witnessed historical documentation. Unfortunately, the causes of this disturbing reality are illnesses that can be treated and deaths that can be prevented by simple interventions but for which inappropriate structures have constituted a stumbling block. It has been discovered that some of the challenges facing the optimum utilization of healthcare services are lack of funding to build and maintain infrastructure, insufficient bed space, uninformed patients, high cost of health care services, lack of properly trained and compensated staff, insufficient health equipment, preference for self-medication and preference for herbal medicine.

## Research Objectives

The specific objectives are to:

1. Investigate hindrances to optimum utilization of health care services for students of Adeyemi Federal University of Education, Ondo.
2. Ascertain the extent to which health care services are utilized by students of Adeyemi Federal University of Education, Ondo.

## Research Questions

The following research question was raised to guide the study:

1. What will be the effect of hindrances to optimum utilization of health care services among students of Adeyemi Federal University of Education, Ondo?

## Research Hypothesis

The following research hypothesis were formulated and tested at  $p < 0.05$  level of significance:

1. There will be no significant difference between insufficient health equipment at the health centre and optimum utilization of Health care services for students of Adeyemi Federal University of Education, Ondo.

2. There will be no significant difference between insufficient bed space at the health centre and optimum utilization of health care services for students of Adeyemi Federal University of Education, Ondo.
3. There will be no significant difference between inadequate qualified health personnel at the health centre and optimum utilization of health care services for students of Adeyemi Federal University of Education, Ondo.
4. There will be no significant difference between preference for self-medication by students of Adeyemi Federal University of Education, Ondo and optimum utilization of health care services.
5. There will be no significant difference between preference for herbal medicine by students of Adeyemi Federal University of Education, Ondo and optimum utilization of health care services.

### Methodology

The study adopted a descriptive survey research design because it was an investigation in which self-reported data were collected from sampled participants in describing the population on the relevant variables of interest. Simple random sampling technique with replacement was used in selecting ten (10) departments out of eighteen (18). Stratified random sampling technique was used in stratifying the students into male and female. Simple random sampling technique used in selecting twelve (24) female and twelve (24) male students from each of the ten departments. This implies that twenty-four (48) students of both genders were selected using simple random sampling technique from each of the departments thus a total of two hundred and forty (480) students were selected as respondents for the study.

### Research Instrument

A self-designed questionnaire on hindrances to optimum utilization of health care services among students of Adeyemi Federal University of Education, Ondo. (HOUHCSAFUED) was used to elicit information from the respondents. The instrument consisted of two sections identified as sections A and B.

Section A contained information on demographic characteristics of the respondents such as sex, age, and department. The respondents are expected to tick from the options as applicable to them. In section B, the items were designed to ask specific questions directed towards the views of respondents with respect to hindrances to optimum utilization of health care services among students of Adeyemi Federal University of Education, Ondo. The ten-item questionnaire in this section were assessed on a four point likert scale technique of 'strongly agree' SA, 'Agree' A, 'Disagree' D, and 'strongly disagree' SD. Four, points to one, was allotted to positively worded items and the reverse for negatively worded items respectively as indicated below

SA	Strongly Agree	4 points
A	Agree	3 points

D	Disagree	2 points
SD	Strongly Disagree	1 point
SA	Strongly Agree	1 point
A	Agree	2 points
D	Disagree	3 points
SD	Strongly Disagree	4 points

The validity of the instrument was ascertained by experts in the field of Physical and Health Education and Medicine. A reliable coefficient of 0.76 was obtained through the use of Pearson Product Moment Correlation (PPMC) analysis. Therefore, the instrument is considered adequate and appropriate enough to be used for data collection for the study.

#### Administration of Research Instrument:

Copies of the questionnaire were administered through the corporation of each department student president. The respondents independently spent not more than ten minutes on the average to carefully and accurately complete the questionnaire as it decreases the possibilities of sharing opinion and discussing the questionnaire items before submission was done individually.

#### Data Analysis

Descriptive and inferential statistics were used to process the data collected. The general questions were analyzed using the descriptive statistics of frequency counts, percentages and standard deviation, while the hypotheses formulated were tested using One-sample kolmogorov-smirnov test at 0.05 level of significance.

### Results

#### Research Hypothesis 1

There will be no significant difference between insufficient health equipment at the health centre and optimum utilization of Health care services for students of Adeyemi Federal University of Education, Ondo.

**Table 1: One-sample kolmogorov-smirnov test showing difference between insufficient health equipment and optimum utilization of health care services**

Variable Description	Test	Sig.	$\bar{X} \pm SD$	Decision
Insufficient health equipment	One-sample Kolmogorov-Smirnov test	0.00 <sup>1</sup>	2.46 ± 0.906	Reject null hypothesis

Asymptotic Significance: Significance level is 0.05 <sup>1</sup>Lilliefors corrected One-sample

Kolmogorov-Smirnov test was run to determine the effect of insufficient health equipment and optimum utilization of health care services on students of Adeyemi Federal University

of Education, Ondo. The distribution of health care service is normal with a mean of 2.46 and standard deviation of 0.906. The result revealed a statistically significant difference with a p-value of 0.00, therefore the null hypothesis which states that there will be no significant difference between insufficient health equipment at the health centre and optimum utilization of Health care services for students of Adeyemi Federal University of Education, Ondo. was rejected.

### Hypothesis 2

There will be no significant difference between insufficient bed space at the health centre and optimum utilization of health care services for students of Adeyemi Federal University of Education, Ondo.

**Table 2: One-Sample Kolmogorov-Smirnov test showing insufficient bed space and optimum utilization of health care services.**

Variable Description	Test	Sig.	$\bar{X} \pm SD$	Decision
Insufficient bed space	One-sample Kolmogorov-Smirnov test	0.00 <sup>1</sup>	2.41±1.24	Reject null hypothesis

Asymptotic Significance: Significance level is 0.05. <sup>1</sup>Lilliefors corrected

One-Sample Kolmogorov-Smirnov test was run to determine the effect of insufficient bed spaces at the health centre and optimum utilization of health care services on students of Adeyemi Federal University of Education, Ondo. The result of the analysis revealed that there is a strong significant effect ( $p=0.00$ , mean  $\pm$  SD = 2.41±1.24). Hence, the hypothesis that stated that there will be no significant difference between insufficient bed space at the health centre and optimum utilization of health care services for students of Adeyemi Federal University of Education, Ondo was rejected.

### Hypothesis 3

There will be no significant difference between inadequate qualified health personnel at the health centre and optimum utilization of health care services for students of Adeyemi Federal University of Education, Ondo.

**Table 3: One-Sample Kolmogorov-Smirnov test showing inadequate qualified health personnel and optimum utilization of health care services.**

Variable Description	Test	Sig.	$\bar{X} \pm SD$	Decision
Inadequate qualified health personnel	One-sample Kolmogorov-Smirnov test	0.00 <sup>1</sup>	2.64±0.81	Reject null hypothesis

Asymptotic Significance: Significance level is 0.05. <sup>1</sup>Lilliefors corrected

One-Sample Kolmogorov-Smirnov test was used to analyze the variable described and the result revealed that there is a strong statistical relationship between inadequate qualified personnel and optimum utilization of health care services ( $p = 0.00$ , mean  $\pm$  SD =  $2.64 \pm 0.81$ ). Hence, the null hypothesis that stated that there will be no significant difference between inadequate qualified health personnel at the health centre and optimum utilization of health care services for students of Adeyemi Federal University of Education, Ondo was rejected.

#### Hypothesis 4

There will be no significant difference between preference for self-medication by students of Adeyemi Federal University of Education, Ondo and optimum utilization of health care services.

**Table 4: One-Sample Kolmogorov-Smirnov test showing preference for self medication and optimum utilization of health care services.**

Variable Description	Test	Sig.	$\bar{X}$ SD	Decision
Preference for self-medication	One-sample Kolmogorov-Smirnov test	0.00 <sup>1</sup>	$2.49 \pm 0.99$	Reject null hypothesis

Asymptotic Significance: Significance level is 0.05. <sup>1</sup>Lillietors corrected

One-Sample Kolmogorov-Smirnov test was run to ascertain if students preference for self-medication was a significant factor hindering the optimum utilization of health care services, the result showed that there is a statistically significant effect of students preference for self-medication and optimum utilization of health care services with statistically values of ( $p = 0.00$ , mean  $\pm$  SD =  $2.49 \pm 0.99$ ). This depicts however that the null hypothesis which stated that there will be no significant difference between preference for self-medication by students of Adeyemi Federal University of Education, Ondo and optimum utilization of health care services was rejected.

#### Hypothesis 5

There will be no significant difference between preference for herbal medicine by students of Adeyemi Federal University of Education, Ondo and optimum utilization of health care services.

**Table 4: One-Sample Kolmogorov-Smirnov test showing preference for herbal medicine and optimum utilization of health care services.**

Variable Description	Test	Sig.	$\bar{X} \pm SD$	Decision
Preference for herbal medicine	One-sample Kolmogorov-Smirnov test	0.00 <sup>1</sup>	2.44 ± 0.77	Reject null hypothesis

Asymptotic Significance: Significance level is 0.05. <sup>1</sup>Lillietors corrected

One-Sample Kolmogorov-Smirnov test was used to analyze preference for herbal medicine and optimum utilization of health care services and the result revealed that there is a strong statistical significant effect of students preference for herbal medicine and optimum utilization of health care services ( $p = 0.00$ ,  $\text{mean} \pm SD = 2.44 \pm 0.77$ ). Hence, the null hypothesis which states that there will be no significant difference between preference for herbal medicine by students of Adeyemi Federal University of Education, Ondo and optimum utilization of health care services was rejected.

## Discussion

The study presented hindrances to optimum utilization of health care service for students of Adeyemi Federal University of Education, Ondo, Ondo state, Nigeria.

The result in hypothesis one table one revealed that insufficient health equipment has a strong significant hindrance to optimum utilization of health care services for students of Adeyemi Federal University of Education, Ondo. To buttress the finding of this result, Fapohunda and Ogedengbe (2014) highlighted that school health services are part of the whole school approach that is promoted by WHO through the global school health initiative launched in 1995. The initiative supports countries to implement the four pillars for health promoting schools which are health promoting school policies, Safe and healthy learning environment, Skills-based health education, and School-based health and nutrition services. If all these are put in place by all relevant stakeholders, there will be optimum availability and utilization of health care services. The result in hypothesis two, table two showed that insufficient bed space has a strong statistical significance as a hindrance to optimum utilization of health care services for students of Adeyemi Federal University of Education, Ondo. In support of this finding, Newton, Jerry and Adams (2016) stressed that the objectives of the health care services are to understand each child's health needs and develop high level health for each child, to prevent defects, disorders and continuously appraise a child's health, to develop in each child positive health awareness and reduction in the incidence of diseases by attending to patient individually. In some developing countries, it is observed that there are very scanty bed spaces for students at the health centre. Hence, the objectives of the health care service are hindered.

The result in hypothesis three, table three explained that inadequate qualified health personnel have a strong statistical significance as a hindrance to optimum utilization of health care services for students of Adeyemi Federal University of Education, Ondo. United Nations International Children Emergency Fund (UNICEF) and World Health Organization (WHO) (2015) highlighted that a comprehensive, quality health care services is important

for promoting and maintaining health, preventing and managing diseases, reducing unnecessary disability and premature death, and achieving health equity for and this must be made available and accessible through competent and qualified health for optimum utilization.

Furthermore, from the result in hypothesis four, table four, is observed that preference for self-medication has a strong statistical significance as hindrance to optimum utilization of health care services for students of Adeyemi Federal University of Education, Ondo. In agreement to this finding, Stones and Spare (2019), opined that some individuals have preference for natural healing, spiritual healing, self-medication than passing through the hectic process of seeing the doctor for health care services. In conclusion, the result in hypothesis five, table five revealed that preference for herbal medicine has a strong statistical significance as hindrance to optimum utilization of health care services for students of Adeyemi Federal University of Education, Ondo. In lieu of this finding, Anderson (2020) emphasized that herbal medicine is indeed another option for western medicine, there are solutions with herbal doctors for any ailment or disease as cared for by medical doctors.

### **Conclusion**

The findings of this study clearly showed that the variables of insufficient health equipment, insufficient bed space, inadequate qualified health personnel, preference for self-medication and preference for herbal medicine all have strong statistical significance as hindrance to optimum utilization of health care services for students of Adeyemi Federal University of Education, Ondo, Ondo state, Nigeria.

### **Recommendations**

On the basis of the findings of this study, it is therefore recommended that:

1. Qualified health education teachers should be employed in schools
2. Health Education should be taught in schools at all levels
3. The government should ensure that qualified health personnel are adequately employed to work at health centers.
4. The government should ensure that there are sufficient health equipment and sufficient bed space at health centers for optimum utilization.

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