

**AWARENESS AND PERCEPTION OF PHYSIOTHERAPY AS A
CAREER CHOICE AMONG SENIOR SECONDARY SCHOOL
STUDENTS IN EGOR LOCAL GOVERNMENT AREA**

By

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CERTIFICATION

This dissertation by **Akhigbe Success Ejiemen** is accepted in its presented form as satisfying the dissertation requirement of the degree of Bachelor of Physiotherapy of the School of Basic Medical Sciences, College of Medical Sciences of the University of Benin.

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DEDICATION

This dissertation is dedicated to God almighty and to the memory of my beloved father, Late Mr Abraham Akhigbe.

ABSTRACT

Background: Physiotherapy plays a significant role in the health care system, the selection of career in Physiotherapy at the secondary school level is a difficult decision based on the information available to the students about the practice of Physiotherapy.

Aim: The aim of this study is to assess the level of awareness and perception of physiotherapy as a career among senior secondary school students in Edo State, Nigeria.

Methodology: Descriptive cross-sectional study was used to select eight (8) schools within Egor local Government area and 278 students were selected from each class with the use random selection sampling. A self-administered questionnaire was used to get information on socio-demographic data, awareness of physiotherapy, perception of physiotherapy as a career choice and factors influencing awareness and perception. Descriptive and Inferential statistics of Chi-square tests and Man Whitney U was used to summarize the data. Significance level was $p < 0.05$

Results: 64.4% of respondents demonstrated good awareness. 175(62.9%) had heard of the term physiotherapy, indicating a moderate level of awareness among the students. 125(45.0%) knew who a physiotherapist is, 124(44.6%) understood what physiotherapists do. 184 (66.2%) had never interacted with a physiotherapist, which shows limited practical exposure to the profession. 65.5% of respondents demonstrated a good perception of physiotherapy. 150(54.0%) agreed that physiotherapy is a respected profession in Nigeria, 133(47.8%) believed it offers good job opportunities and income. 157(56.5%) rated physiotherapy as very important in healthcare.

Conclusions: The study's participants showed a moderate level of awareness of physiotherapy, though their understanding of the profession is limited. Despite the general awareness, misconception and lack of structured career counselling continue to hinder interest in physiotherapy.

Keywords: Physiotherapy, Career choice, Awareness, Perception, Senior secondary school students

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CHAPTER ONE

INTRODUCTION

1.1 Background of the study:

Career selection is a significant decision that many individuals find difficult to make, particularly during late adolescence and early adulthood. This period often coincides with senior secondary school years, when students are required to select subjects that align with their future aspirations (Edwards and Quinter, 2011). However, many students lack adequate information about the wide array of career opportunities available, and their decisions are frequently influenced by the perceived socio-economic status of certain professions and their potential for career growth (Gotlib et al., 2010).

At the senior secondary level, students typically choose between science, arts, and commercial subjects. Those in the science stream face a broad spectrum of options, including engineering, physical sciences, environmental sciences, and health sciences. Within the health sciences, careers such as medicine, nursing, and pharmacy are more commonly recognized by students than others like physiotherapy.

Physiotherapy is a vital healthcare profession that focuses on the prevention, promotion, and restoration of human movement and function across the lifespan (WCPT, 2020). Physiotherapists are autonomous practitioners who play an essential role in disease prevention, health promotion, physical fitness, and rehabilitation.

In Nigeria, physiotherapy was first introduced in 1945 and has significantly evolved over the past few decades. Initially offered as a diploma program, physiotherapy training has progressed to a five-year undergraduate program leading to a Bachelor of Physiotherapy degree.

Furthermore, opportunities for postgraduate specialization at the master² and doctoral levels are now available. Currently, twenty universities in Nigeria are accredited by the Medical Rehabilitation and Therapists Board of Nigeria to train physiotherapists. Some of these institutions have also begun offering a six-year Doctor of Physiotherapy (DPT) degree program, reflecting continued advancement in the field (MRTB 2024).

Despite an increasing demand for physiotherapy services, the number of practicing professionals and students entering the field remains low in developing countries like Nigeria. This trend may be attributed to the limited number of students who consider physiotherapy a viable career option (Obinna, 2020).

Previous studies conducted in various countries have explored awareness and perceptions of physiotherapy among different populations, including high school students and healthcare workers. For example, research in Sri Lanka by Dissanayaka et al, 2014, reported low awareness of physiotherapy as a career among high school students. In Japan, Ogiwara et al, 2005 found that students aspiring to careers in science and healthcare were more informed about physiotherapy than non-healthcare aspirants. Similarly, in India, Patel et al, 2015. observed that many students were unaware of physiotherapy² role beyond orthopedic care.

In Nigeria, a study in the southwestern region by Bolarinde et al, 2020. a high level of awareness about physiotherapy among participants. However, there remains a significant gap in literature regarding the demand for physiotherapists, particularly in the northern regions of the country. This gap encompasses not only service utilization but also perceptions of the profession and the capacity of the workforce to meet future healthcare needs.

Overall, awareness of physiotherapy as a career among senior secondary school students in Nigeria remains low. Enhancing the public image of the profession is crucial for supporting informed career decision-making. Given the specialized knowledge and early exposure required for physiotherapy, targeted educational and advocacy efforts are necessary.

In Edo State, only one university currently offers a degree in physiotherapy, which limits access to professional training within Egorand Ovia north-east local government area, Benin city, Edo state, it is the first federal university in the south-south geopolitical zone to offer physiotherapy as a course. The programs commence 11 years ago in 2014. This study was therefore designed to assess students' perceptions of physiotherapy and to support efforts aimed at improving its visibility and appeal as a career choice among senior secondary school students.

1.2 Statement of the problem:

Physiotherapy plays a crucial role in healthcare through disease prevention, rehabilitation, and the promotion of physical well-being. However, awareness of physiotherapy as a career option among senior secondary school students in Nigeria remains low. While professions like medicine, pharmacy, and nursing are well known to students, physiotherapy often goes unnoticed. This limited awareness may contribute to the low number of students choosing the profession, ultimately affecting the availability of trained physiotherapists in the country.

In Edo State, access to physiotherapy education is restricted, with only one university offering a degree program. Furthermore, most existing studies on the awareness and perception of physiotherapy have been conducted in other parts of Nigeria, leaving a gap in data specific to this region. Without targeted efforts to raise awareness among students, many may miss the opportunity to consider physiotherapy as a viable and rewarding career path.

1.3 Research questions:

- i. What is the level of awareness of physiotherapy as a profession among senior secondary school students in Edo State?
- ii. What are the perceptions of physiotherapy as a career choice among these students?
- iii. What factors influence students' awareness and perception of physiotherapy?

1.4 Aim of the Study:

The aim of this study is to assess the level of awareness and perception of physiotherapy as a career among senior secondary school students in Edo State, Nigeria.

1.5 Specific Objectives:

- i. To assess the level of awareness of physiotherapy among senior secondary school students.
- ii. To examine senior secondary school students' perceptions of physiotherapy as a career option.
- iii. To identify the factors influencing their awareness and perception of the profession.
- iv. To determine whether academic background (subject offered, type of school, exposure to career counselling programs) influences awareness and perception of physiotherapy.

1.6 Hypothesis:

1.6.1 Main hypothesis:

- i. There will be no significant difference in the level of awareness of physiotherapy among senior secondary school students across different academic levels.

1.6.2 Sub hypothesis:

- i. There will be no significant difference in the level of awareness of physiotherapy as a profession among senior secondary school students in both public and private school in Edo State.

- ii. There will be no significant difference in the level of perceptions of physiotherapy as a career choice among these students.
- iii. There will be no significant difference in awareness and perception based on students' academic stream (science, art or commercial).

1.7 Significance of the Study:

This finding of this study may be of benefit to diverse people. By examining how students understand and view the profession, the study may provide useful information for education planners, career counselors, school administrators and healthcare promoters. Raising awareness can help students make better career decisions, encourage more interest in physiotherapy, and ensure a more balanced spread of healthcare professionals. The results could also support campaigns and school programs that promote physiotherapy as a valuable and respected career. In the long run, this could help strengthen Nigeria's healthcare system by ensuring there are enough physiotherapists to meet growing demand.

1.8 Scope of the Study

This study was delimited to:

Students in secondary schools, from the classes of SS1 to SS3 within Egorlocal government area, Benin city, Edo state, Nigeria, it involved Male and female students from both public and private school, it focuses on evaluating students' awareness and perception of physiotherapy as a profession, the factors influencing their career choices, and differences in awareness across academic streams (science, arts, and commercial).

1.9 Limitation of Study:

- i. The response of some of the respondents could be influenced by what they think is accepted.

- ii. Some of the students were not willing to cooperate in collecting the Questionnaire.

1.10 Definition of term

- i. Awareness: Awareness is having knowledge or understanding of a situation, fact, or issue
/ Being informed or educated about something.
- ii. Perception: perception as the process of perceiving, awareness, or understanding through the senses or intuition (merriam webster dictionary)
- iii. Physiotherapy: Physiotherapy is a healthcare profession that assesses, diagnoses, and treats disease and disability through physical means such as exercises, manual therapy, and patient education (WCPT, 2017).
- iv. Senior secondary school students: class of Senior school 1- 3
- v. Career: A person's long-term profession or occupation.

CHAPTER TWO

LITERATURE REVIEW

2.1 INTRODUCTION

This chapter reviews important information related to the study. It looks at the meaning of awareness, perception, physiotherapy, and career choices. It also discusses the factors that influence career choices among secondary school students and gives an overview of the physiotherapy profession. It also explains the different career opportunities in physiotherapy and looks at how much students know about healthcare careers, both in Nigeria and around the world. Understanding what students think about physiotherapy is important because it can affect whether they choose it as a career in the future.

2.2 Concept of Career Choice

Career choice involves the deliberate selection of a future profession, influenced by a combination of personal and environmental factors. These include an individual's interests, personality traits, family background, academic exposure, peer influence, and the availability of relevant career information (Super, 1990). This study investigates how students' awareness and perceptions of physiotherapy may influence their willingness to consider it as a future career. Students who lack accurate information or who hold misconceptions about physiotherapy are less likely to view it as a viable option, even if they are interested in healthcare. The outcomes of this study are intended to highlight deficiencies in career counseling and to support strategies aimed at enhancing informed decision-making among students.

2.2.1 Factors Influencing Career Choice in Physiotherapy

Selecting a career, particularly in the field of physiotherapy, is a multifaceted process shaped by both internal motivations and external circumstances. In regions like Egor Local Government

Area in Edo State, these influences can result in specific cultural, economic, and educational contexts that impact how students perceive and engage with physiotherapy as a potential career.

1. Personal Interest and Academic Strength

A key internal factor influencing career decisions is personal interest, especially in science-related subjects. Students who have a natural curiosity about human biology, physical health, or sports science are more likely to explore professions within allied health fields such as physiotherapy. According to Okojie and Omokhodion (2020), students with strong academic performance in subjects like biology and physical education tend to show more interest in therapeutic sciences. However, due to limited career guidance, these students often choose more well-known medical professions such as medicine or pharmacy.

2. Parental and Family Expectations

In Nigerian society, family influence plays a pivotal role in shaping career decisions. Parents often guide their children's choices, sometimes directing them toward specific professions based on personal aspirations or societal status. Research by Okafor and Eze (2018) suggests that many students tend to follow career paths that align with their parents' occupations or expectations. If parents are familiar with physiotherapy or work within the healthcare sector, they are more likely to encourage it. On the other hand, lack of parental awareness about the profession can result in discouragement or indifference.

3. Availability of Career Information

Access to reliable and comprehensive career information is essential for informed decision-making. Unfortunately, many secondary schools in Nigeria do not provide adequate career

counseling services. As a result, students are often unaware of the scope of physiotherapy, its educational requirements, and professional opportunities. Mbada, Awotidebe, and Alonge (2015) found that this lack of awareness frequently leads to misunderstandings, with many students mistaking physiotherapy for massage therapy or fitness training.

4. Influence of Role Models and Mentorship

Exposure to role models within a profession can significantly shape career aspirations. Students who interact with physiotherapists or healthcare professionals either through personal networks or media are more likely to develop a positive view of the field. Akinpelu; Odetunde; and Odole (2013) emphasized that mentorship helps bridge the gap between student interest and professional realities. However, in areas like Egor, the limited visibility of physiotherapists restricts such interactions, reducing students' exposure and awareness.

5. Social Perceptions and Career Prestige

In Nigeria, societal views about professional status heavily influence career preferences. Occupations such as medicine, law, and engineering are often regarded as prestigious, while allied health fields like physiotherapy are sometimes seen as secondary or less important. According to Mbada et al. (2015), these perceptions are reinforced by cultural narratives, lack of public education, and limited representation in the media. As a result, students aspiring to high-status careers may overlook physiotherapy despite its relevance and potential.

6. Job Prospects and Economic Factors

Economic considerations are a major influence on students' career choices. In a country with high unemployment rates, students and their families often prioritize careers interests, offering

financial stability and long-term opportunities. Okojie and Omokhodion (2020) observed that many students view physiotherapy as having limited job prospects, largely due to its low visibility in public institutions and insufficient government support for rehabilitation services. However, the increasing demand for rehabilitation due to aging populations and chronic diseases suggests that physiotherapy is an emerging field with significant growth potential provided this information is effectively conveyed to students.

2.2.2 Concept of awareness and Perception

Awareness refers to the state of being conscious or knowledgeable about something, particularly through information or experience (Roberts & Yates, 2016). In the context of this study, awareness pertains to students' familiarity with the physiotherapy profession its roles, areas of specialization, academic requirements, and the institutions offering physiotherapy education in Nigeria.

Perception, on the other hand, involves the cognitive process through which individuals interpret and internalize information to form beliefs or attitudes. Ajzen's (1991) Theory of Planned Behavior asserts that perception significantly influences individuals' intentions and behaviors. students' perceptions regarding physiotherapy including its social status, income potential, gender association, and physical demands can shape their interest or disinterest in the profession.

2.2.2.1 Role of Awareness in Career Decision-Making

Awareness is a fundamental component in career decision-making, as it lays the groundwork for students to make informed, realistic, and satisfying career choices. For senior secondary school students, particularly in developing countries like Nigeria, awareness consists of having accurate knowledge about various career paths, including their roles, academic requirements, job opportunities, and long-term prospects (Gati & Asher, 2001).

During adolescence, students enter the exploratory phase of career development, as described by Super's Developmental Theory of Career Choice. This stage emphasizes the importance of exposure to diverse occupational information, which helps students align their personal interests, abilities, and values with available career options (Super, 1990). Without sufficient awareness, students may rely on hearsay, societal preferences, or limited career counseling, resulting in poorly informed decisions.

Furthermore, awareness influences career self-efficacy, one's belief in their ability to succeed in a particular profession. Lent, Brown, and Hackett (1994), through the Social Cognitive Career Theory (SCCT), noted that increased exposure to career information enhances students' confidence in pursuing those careers. For example, when students understand the clinical roles, specialties, and societal contributions of physiotherapists, they are more likely to consider it a viable and respectable career.

Awareness also helps counteract common stereotypes and misconceptions. Professions such as physiotherapy are often mistaken for massage therapy or fitness training due to misinformation or lack of visibility in educational settings (Mbada et al., 2015). Educating students on the scientific and clinical nature of physiotherapy can help reposition it as a legitimate and essential part of modern healthcare.

Moreover, increased career awareness contributes to adaptability and motivation. In a constantly evolving job market, students who are well-informed about various professional paths can better adapt their choices and goals. This includes pursuing further education, engaging in relevant extracurricular activities, or selecting academic subjects that align with their career interests.

Therefore, awareness plays a critical role in helping students to Identify a wide range of career opportunities, make decisions that align with their interests and abilities, avoid misconceptions and societal bias, cultivate motivation and long-term goals, Develop adaptability for future career transitions.

Hence, schools, career counselors, and professional bodies must prioritize awareness campaigns, curriculum integration among youth.

2.2.2.2 Perception of Healthcare Professions Among Youth

The perception of healthcare professions among youth is a complex interplay of social, cultural, informational, and psychological influences that collectively shape how adolescents evaluate and select potential career paths. These perceptions are especially significant during the senior secondary school years, a formative period when students begin to be more definite their aspirations and make subject choices that may determine their professional futures.

In many societies, particularly in developing countries such as Nigeria, traditional healthcare professions namely medicine, nursing, and pharmacy are often perceived as the most prestigious and desirable. These perceptions are reinforced by societal narratives that elevate certain professions based on perceived income levels, job security, and social respect (Okoye&Onuoha, 2020). Consequently, allied health professions like physiotherapy, radiography, occupational therapy, and medical laboratory science are often viewed as secondary choices. This skewed perception affects both the diversity and distribution of the healthcare workforce.

One significant factor contributing to youth perceptions of healthcare careers is familial and cultural influence. In many Nigerian homes, parental expectations heavily influence career decisions. Parents tend to guide their children toward occupations considered socially and

economically secure. As Ajayi et al. (2015) note, these preferences often stem from a limited understanding of the full range of healthcare professions and a reliance on cultural prestige rather than personal aptitude or interest. This pressure can prevent young people from exploring lesser known but equally critical healthcare fields.

Mass media and digital platforms also play an important role in shaping youths' perceptions of healthcare professions. Television series, movies, and social media frequently portray doctors and nurses in emotionally compelling roles, whereas allied health professionals receive little to no representation. Mbada et al. (2015) observed that such underrepresentation distorts the public's understanding of healthcare delivery and reinforces hierarchical views in which physiotherapists and other support roles are undervalued. When youth consume such content without critical career guidance, they are likely to internalize these portrayals as accurate reflections of professional value.

Gender stereotypes further complicate the perception of healthcare professions. In several communities, certain roles are viewed through gendered lenses nursing is often seen as a female-dominated profession, while surgical or emergency roles are regarded as more suitable for men (Sharma & Patel, 2019). These two views can dissuade students from exploring careers that fall outside these expectations. For example, some male students may disregard physiotherapy due to its association with caregiving, while female students may be discouraged from entering roles in sports rehabilitation or orthopedics that are perceived as physically demanding or male oriented.

Educational exposure and structured career guidance are perhaps the most modifiable factors influencing youth perceptions. In Nigeria, the lack of comprehensive and inclusive career counseling in secondary schools significantly limits students' understanding of the variety and

importance of health professions (Nwachukwu et al., 2021). Schools often lack professional career counselors, and when guidance is offered, it is typically biased toward traditional professions. Students who are not exposed to healthcare roles are less likely to consider allied health careers seriously.

Conversely, direct exposure to healthcare settings such as personal experience with a physiotherapist, hospital visits, or mentorship from health professionals has been shown to positively influence perceptions. Studies by Nwachukwu et al. (2021) and Okojie&Omokhodion (2020) indicate that students who have engaged with professionals or seen the impact of roles like physiotherapy firsthand are more likely to form favorable views and consider such careers. This underscores the importance of experiential learning, role modeling, and community-based health education initiatives.

Additionally, peer influence and academic achievement levels may shape perceptions of healthcare professions. In highly competitive academic environments, careers such as medicine are often regarded as the pinnacle of success. Students who cannot meet up with admission criteria for medicine may perceive other healthcare roles as "second best," which undermines the value and complexity of professions like physiotherapy or occupational therapy (Okafor& Ike, 2020).

In addition, the perception of healthcare professions among youth is influenced by social expectations, media portrayals, educational opportunities, gender norms, and access to accurate information. Addressing these perceptions requires a multifaceted approach that includes: Incorporating allied health education into school curricula to expand students' understanding of available career options that Promoting equitable media representation of all healthcare roles to

reshape public narratives, Implementing gender-sensitive career counseling to combat stereotypes and encourage diversity, Establishing mentorship and outreach programs that connect students with professionals in underrepresented health fields. Through such strategies, it is possible to broaden students' perceptions, encourage informed decision-making, and ultimately create a more balanced and adequately staffed healthcare system.

2.3 Overview of Physiotherapy as a Profession

Physiotherapy, also referred to as physical therapy, is a dynamic and evidence-based healthcare profession that focuses on optimizing movement and functional ability. It encompasses the prevention, identification, assessment, treatment, and rehabilitation of physical dysfunctions arising from injury, disease, or disability. According to the Chartered Society of Physiotherapy, physiotherapy is a vital component of modern healthcare that seeks to restore, maintain, and promote not only physical function but also overall well-being through various therapeutic interventions (Patel, 2015).

Patients and their families collaborate closely with physiotherapists to identify goals, assess mobility, and implement therapeutic strategies tailored to individual needs. These strategies are grounded in the physiotherapist's advanced clinical reasoning, biomedical knowledge, and hands-on expertise (Kumar & Jim, 2010). The therapeutic process is holistic and patient-centered, focusing not only on physical recovery but also on psychological and social dimensions of health.

Physiotherapists aim to restore independence in activities of daily living (ADLs) by improving the mobility, strength, coordination, and functional capacity of individuals with temporary or permanent impairments (Veluswamy et al., 2014). They are autonomous practitioners who assess, diagnose, and manage movement-related disorders across the lifespan, contributing significantly to preventive healthcare and rehabilitative medicine (Odebiyi et al., 2008).

Physiotherapy is practiced across various specialty areas, including musculoskeletal, neurological, cardiopulmonary, pediatric, geriatric, women's health, and sports physiotherapy. Interventions employed may include therapeutic exercises, manual therapy, electrotherapy, functional training, and patient education. Services are delivered in multiple settings such as hospitals, private clinics, sports teams, schools, and community centers (Johnsey et al., 2013).

In Nigeria, physiotherapists are trained through undergraduate (Bachelor of Physiotherapy, BPT or Bachelor of Medical Rehabilitation) or doctoral (Doctor of Physiotherapy, DPT) programs, followed by a compulsory one-year clinical internship. Professional practice is regulated by the Medical Rehabilitation Therapists (Registration) Board of Nigeria (MRTB), ensuring adherence to national standards.

With the global rise in non-communicable diseases, aging populations, and the demand for holistic rehabilitation, the role of physiotherapy is increasingly recognized. The profession continues to expand in scope, aligning with contemporary health priorities that emphasize physical fitness, functional independence, and quality of life.

2.3.1 Roles and Responsibilities of Physiotherapists

Physiotherapists are trained health professionals whose responsibilities span across health promotion, injury prevention, rehabilitation, and chronic disease management. Their key roles include:

1. **Evaluation and Diagnosis:** Conducting detailed physical assessments and diagnostic tests to determine the nature and extent of movement impairments (World Confederation for Physical Therapy [WCPT], 2021).

2. Treatment Planning: Designing individualized care plans based on assessment outcomes and patient-specific goals (KNGF, 2020).
3. Therapeutic Interventions: Implementing rehabilitation strategies such as exercise therapy, manual therapy, and electrotherapeutic modalities to restore function and reduce disability.
4. Pain Management: Utilizing evidence-based techniques like ultrasound, TENS, mobilization, and muscle strengthening exercises to alleviate pain and discomfort.
5. Education and Advocacy: Educating patients, families, and communities on ergonomics, injury prevention, and healthy lifestyles to promote long-term wellness (Odebiyi et al., 2007).
6. Interprofessional Collaboration: Coordinating with physicians, nurses, occupational therapists, and other professionals to deliver comprehensive, multidisciplinary care.

2.3.2 Educational Pathways and Professional Qualifications

To become a physiotherapist in Nigeria, individuals must complete formal education, clinical training, and obtain professional registration. The following are educational pathways and professional qualifications to be a qualified Physiotherapist. it include:

1. Undergraduate Education

Aspiring physiotherapists must complete either a five-year Bachelor of Physiotherapy (BPT) or a six-year Doctor of Physiotherapy (DPT). These programs include both classroom learning and clinical training (Nwankwo&Ekechukwu, 2020).

2. Clinical Internship

After graduation, students must undergo a one-year supervised clinical internship at an approved hospital. This allows them to gain real-life experience under supervision (MRTB, 2022).

3. Licensure and Registration

Graduates must register with the Medical Rehabilitation Therapists (Registration) Board of Nigeria (MRTB) to practice legally. The MRTB oversees training and professional standards (MRTB, 2022).

4. Postgraduate Education

Physiotherapists can further their studies by doing master² or Ph.D. degrees in areas such as neurology, orthopedics, cardiopulmonary, or sports physiotherapy (Akinpelu et al., 2015).

5. Continuing Professional Development (CPD)

To stay up-to-date, physiotherapists must attend workshops, seminars, and other training throughout their careers (Okonkwo et al., 2018).

2.3.3 Professional Recognition and Career Progression

Physiotherapy is respected worldwide as an independent health profession. In Nigeria, physiotherapists work in hospitals, clinics, and rehabilitation centers, helping patients recover from illness or injury (WCPT, 2019). Career advancement includes roles such as: Clinical Specialist, Senior Physiotherapist, University Lecturer or Researcher, Rehabilitation Manager, Health Policy Advisor. They can also open private clinics, become consultants, or take on leadership roles in health organizations (Igwesi-Chidobe, 2012).

2.4 Career Opportunities in Physiotherapy

Physiotherapy offers a wide array of career opportunities that span diverse healthcare settings, populations, and areas of specialization. As an essential component of the healthcare system, physiotherapists play a critical role in the prevention, treatment, and rehabilitation of physical

impairments and disabilities. Their expertise is increasingly recognized worldwide, leading to growing employment prospects both locally and internationally.

Physiotherapists can work in various settings, including hospitals, outpatient clinics, rehabilitation centers, sports clubs, schools, nursing homes, and private practices. In hospital settings, they may work in specialized units such as orthopedics, neurology, pediatrics, geriatrics, intensive care, and cardiopulmonary rehabilitation. Community-based roles are also available, particularly in primary health care, where physiotherapists deliver services in homes and community centers to improve access to rehabilitation.

Apart from clinical practice, physiotherapists have opportunities in academia, where they can engage in teaching and research within universities and training institutions. They may also work in health administration, contributing to the planning, coordination, and evaluation of rehabilitation services. Public health and policy-making roles are increasingly open to physiotherapists, especially in advocacy for disability rights and integration of rehabilitation into national health systems.

2.4.1 Areas of Specialization in Physiotherapy

Physiotherapists can be employed in a range of settings, including schools, business, outpatient clinics, hospitals, private practice clinics, and community-based rehabilitation facilities. Physiotherapy duty extends beyond patient care in clinic, it also involves advocating for patients' health, education, research, and policy development, as well as influencing public health effort (bulcha at melaku, 2019). The aging population's shift from treating acute to chronic diseases. The financial burden this change place on public services, and the influence of technology are all having an impact on how Healthcare is delivered globally (Highs et al, 2001). Which in turn is having an impact on the Physiotherapy profession. According to the Canadian

Physiotherapy association, this change in healthcare treatment is linked to a change in the scope of practice and the development of the Physiotherapy profession. For instance, procedures that were once considered advance practices, like ordering X- rays and screening for orthopedic surgery, are now included in the scope of practice. Another trend arising from population shifts and demands is the knowledge of advanced practitioners in particular fields, such pain and oncology (Canadian physiotherapy association, 2012). This has a significant impact on how private physiotherapy practices grow, as well as how the roles and scope of physiotherapy are altered. Unbeknownst to many, physiotherapy encompasses more than just treating musculoskeletal disorders, it also includes neurological, oncological, pulmonary and vocational rehabilitation. Therefore, there is a need for greater public and professional awareness of these various specializations that are accessible to people who want to work in these fields.

1. Neurological physiotherapy:

This is a specialized branch of Physical Therapy that focus on treating Patients with neurological diseases and illnesses that affect how the brain, spinal cord, and nerve work. Common neurological diseases include multiple sclerosis, spinal cord damage, Parkinson's disease, and stroke. GuillainBarresyndrome and other peripheral nerve system disorders are included. Loss of feeling, balance, coordination, movement and gait can be brought on by disruption that are sent from the brain to the body. There may be further effects on perception, speech, memory cognition, and behavior among other areas of the body function. Because neurological illnesses are so complicated, managing them frequently requires collaboration amongst a multidisciplinary team of doctors, nurses, speech and language therapist, occupational therapist, and dieticians. Many interventions are employed, frequently combining few of the following as needed. These

includes stretching, strengthening, balance reeducation, gait reeducation, joint mobilization, electrical stimulation, postural exercise, spasticity management.

2. Orthopedic physiotherapies:

This area of physical therapy focuses on treating conditions affecting the skeletal system and the muscles, joints and ligaments that are connected to it. Pre and post operative hip, shoulder, and knee rehabilitation are also including in orthopedic physical therapy. Following evidence-based guidelines, orthopedic physical therapy is a scientific approach to treatment. The physiotherapist will first perform a clinical assessment, and then the necessary treatment will be administered. Finding the source of the issue and stopping it from happening again are crucial. The orthopedic physiotherapists therapeutic objectives are to relieve pain, expand joint range, boost strength and flexibility, and return the patient to full function. The following orthopedic condition are handled by the physio- company: ligament strain, sprain or tear, fracture rehabilitation, inflammation of tendon or bursa, osteoarthritis, rheumatoid arthritis, osteoporosis, ankylosingspondylitis, Scoliosis spondylolisthesis, spondylolysis, surgical rehabilitation of hip, shoulder, knee and ankle/ foot (Old meadow et al. 2007).

3. Cardiopulmonary physiotherapies:

A broad variety of disorders are treated by respiratory physiotherapists. These include post surgical Patients in intensive care and high dependency unit in hospitals, as well as COPD and cystic fibrosis. A respiratory physiotherapists services can be employed at any point in the course of the disease, from early diagnosis to end of life care. Aiding in the elimination of secretions has been one of the primary tenets of respiratory physiotherapy covers a wide range of methods to address issues related to respiratory function, such as: preserving or boosting exercise tolerance,

lowering dyspnea and the effort required to breathe, enhancing the Patients understanding and educating them about their situation, bolster their capacity to carry out regular, useful tasks. A non-pharmacological approach called pulmonary rehabilitation is intended to assist those with long term respiratory conditions. This rehabilitation consists of a wide range of elements, including behavioral interventions, illnesses information, and fitness training (Hayton et al, 2013). It has been demonstrated to greatly enhance exercise tolerance and alleviate symptoms related to long term respiratory conditions, including dyspnea (Nico et al, 2006). Classes for pulmonary rehabilitation typically run 6-8 weeks, with 1-2 sessions each week. Attendee can have range of respiratory problems, with COPD being the most common. It includes a group fitness routine and an Informational discussion to help them understand more about their respiratory condition. Pulmonary rehabilitation has numerous advantage even though therapy doesn't change the underlying pathophysiology of respiratory disorders, including minimizing respiratory symptoms, such as exhaustion and shortness of breath improves athletic performance and awareness of respiratory diseases and how to treat them raises living quality in relation to health , enhancing psychological symptoms including independence, anxiety, and sadness, minimizing hospital stays, allowing some people to go back to their jobs.

4. Pediatric physiotherapies:

Professionals in the field of pediatric physical therapy specialize in the evaluation, recognition, diagnosis, and management of movement abnormalities and body problems. In the fields of orthopedics, congenital deformities, neurology, neuropsychiatry, breathing, and prematurity, they treat youngsters (infants to 19 years of age). Neuromotor and / or neuromotor issues are included in developmental delay (Burslem et al, 2016; Mistry et al, 2019). Physiotherapy is a broad and comprehensive form of treatment that can develop as a kid grows. As a child grows needs vary

and so does the treatment strategies. to ensure that a kid receives the maximum amount of independence in daily living activities in line with their Educational, social and cultural needs, a physiotherapist must have access to the child's home, school or community areas (Jelsma and Scott, 2011). Some benefits of pediatric physiotherapy include improved posture and integration of reflexes of the child, make movement easier by training more typical pattern of movements, improves gross motor skills, improves functional mobility, improves balance and coordination, improves range of motion, improves muscle tones, improves gait/gait training, addressing respiratory difficulties, assist in addressing learning difficulties (Hartley et al, 2019).

5. Geriatric physiotherapies:

Geriatric physiotherapy is a Physical Therapy that deals in the issues concerning elderly people. It is used in various geriatric condition like low body mass, dizziness, hearing and vision impairment, fall. Geriatric Physical Therapy considers the age of older people, because they trend to become less active, lose muscle strength, decrease coordination and have a lesser tolerance for Physical effort (Warkins and Waterfield, 2010). Geriatric physical therapy differs from conventional Physical Therapy types. It focuses on improving speed and stamina in older people, preventing deconditioning, decreasing the accidental risk and related injuries (Monterodasso et al, 2021). many problems gradually arise as patient become old, some of these are Alzheimer diseases, arthritis, osteoporosis, musculoskeletal issues etc. Physical therapists specialize in treating such illnesses and ailments are Geriatric Physical Therapist (Manckoundia et al, 2014). They are specialized in treating such illnesses and ailments with the best method. Physiotherapists serve a critical role in allowing older persons to fully restore their movement (Robinson et al, 2014).

6. Oncology physiotherapy

Physiotherapists that work in oncology assist Patients who have been diagnosed with cancer, are receiving treatment, have already conquered the diseases and may also assist in palliative care. The CSP has made the case for the necessity of oncology physiotherapists. following a cancer diagnosis, Physiotherapists can also advise on Physical exercises. Studies have indicated that Physical activity may reduce the likelihood of developing cancer (Bertoni et al, 2023). A Physiotherapists can help with lymphedema mobilization (Lacomba et al, 2010). Cancer-related tiredness management (Donnelly et al, 2010) and even job fitness management (Black et al, 2023) Physiotherapists doing these duties in private practice or the NHS have a comparable responsibility. Physiotherapists may provide musculoskeletal services as well as outpatient cancer rehabilitation. Individuals have the opinion to self-refer; thus, they would steer clear of both private and NHS GP visit.

In scotland, the cancer diagnosis rate is higher than 2 out of 5 times, based on data released by NHS national services scotland in October 2016, lung cancer is the most common cancer in scotland now (Brown et al, 2018), breast cancer is the second highest rate after colorectal cancer. Prostrate cancer continues to be the greatest risk for men; breast cancer is the highest risk for women. There are presently 2 million survivors of cancer in the UK alone. It is anticipated that these statistics would rise by 3% year (Carreira et al, 2021).

7. Women's Health Physiotherapy

Physiotherapy plays a vital role in women's health, addressing various issues from pelvic floor dysfunction and postpartum care to postoperative rehabilitation, menopause management,

bladder or bowel issues, chronic pain, and exercise/wellness. Women's health Physiotherapy provides specialized interventions and exercises tailored to women's specific needs, promoting optimal function, pain relief, and improved quality of life. Women's health Physiotherapy is a specialized branch of Physiotherapy that aim to address the unique healthcare needs of women. It involves three broad steps: assessment or evaluation of your current condition/issues, treatment based on your requirements and limitations, and support to prevent further complications. It supports women coping with a diverse range of problems, including pelvic floor dysfunction, pregnancy related concerns, pelvic pain, menopause management, breast health and more. It focuses on specialized treatment and rehabilitation programs that will help improve women's overall quality of life (Brennen et al, 2019)

Physiotherapy plays a crucial role in supporting women during pregnancy, addressing common musculoskeletal issues, promoting health movement and posture, preparing the body for childbirth, and enhancing overall wellbeing. Women undergo specific musculoskeletal change and face other challenges during pregnancy (Falconer and Horsley; 2015) prenatal Physiotherapy address this concern by offering exercise routines that help relieve pregnancy related discomfort, improve posture, strength the core muscles, and promote a healthy pregnancy. On top of that, other relaxation techniques, including breathing and meditation, are also recommended. Ensuring a trouble-free pregnancy journey is Vital for postpartum recovery as well (Lopez- luria et al, 2019). Physiotherapy plays an essential role in supporting women going through both prepartum and postpartum conditions. In the prepartum phase, women undergo musculoskeletal alteration for which expert advice is required on the proper exercise, diet and posture. It looks to strengthen the core and pelvic floor muscles and offer relaxation techniques. In the postpartum phase, it

addresses diastasisrecti, pelvic floor dysfunction, and breastfeeding difficulties (Isherwood et al, 2005).

8. Sports Physiotherapy

The prevention and treatment of injuries resulting from involvement in sports and exercise, regardless of age or ability, are the responsibilities of sports and exercise physiotherapists. Expert Physical therapist offers evidence-based recommendations for safe sports and exercise participation. To help people preserve and enhance their quality of life, they also advocate for an energetic lifestyle. Helping athletic of all ages and skill levels improve their performance is another major responsibility of sports and exercise physiotherapists. The primary responsibilities of a sports Physiotherapist are to treat and rehabilitate injuries as well as to promote performance through treatments related to injury prevention, maintenance, and recovery (Grant et al, 2014). Sports Physiotherapist are recognized professionals who exhibit advanced competencies in promoting safe Physical activity participation, offering advice, and adapting rehabilitation and training interventions to prevent injuries, restore optimal function, and enhance sports performance in athletes of all ages and abilities while upholding the highest standards of professional and ethical practice, according to the New Zealand sports Physiotherapy organization. Physiotherapists who specialize in sports and exercise work in sports and exercise work in a range of environments. Many works in clinic or private practices with athletes who participate in social and club sports. Exercise Physiotherapists and sports Physiotherapist sports. They collaborate with other medical professional, coaches, strength and conditioning staff, and other support personnel. To manage Physiotherapy services, injuries prevention, rehabilitation,

and injury surveillance programs, sports and exercise Physiotherapists are also actively involved in a variety of sporting organizations (Khurana et al, 2021).

9. Occupational Rehabilitation

The term "vocational" or "occupational" rehabilitation describes the services that help a person with a health issue continue working both go back to it by removing obstacles in the areas of psychology, function, cognition, or emotion. Rather than addressing a particular clinical disease, the focus of this type of rehabilitation is on regaining functional abilities necessary to work or conduct other occupation related activities. There is substantial evidence that disability management services and sick leave are economical, with a 20-60% decrease in sick leave (Waddell et al, 2008). One major cause of work-related illnesses and missed workdays is musculoskeletal problems. One in eight authorized absences from work are due to musculoskeletal disease, with an average leave duration of 10 weeks. It is estimated that 2 million people in the UK are affected annually, resulting in an estimate of 40 million lost workdays. This corresponds to an annual cost to the UK economy of over 12 billion dollars due to sickness and absence (Addley et al, 2010).

Because of their training and experience in performing workplace evaluations to assist identify and treat the likely cause of injury, Physiotherapists are very helpful to employers and cooperations. This not only helps with treating current Patients, but figuring out the cause can also lessen the chance that another employee in the same function will get hurt. Among the many job that Physiotherapists can perform that are advantageous to both companies and workers are determining the injuries more likely etiology, creating return to work programs that

are safe, SMART oriented with exercises that are supporting work conditioning, creating reasonable and safe limit before going back to work will help to avoid more Injuries, increasing the risk of additional harm by taking care of things such as posture, manual handling technique, ergonomic and workup practice (ali et al, 2022). When Health permit, there are additional advantage for sick or injured worker to continue working such as support healing during the rehabilitation process, reduce the negative impact of prolonged sick leave, which can have an impact on one's Physical, emotional and social wellbeing, decreases long term disability, give people the impression that they are autonomous, independent and contribute to society, increase life quality (demou et al 2014)

2.4.2 Global and Local Demand for Physiotherapists

The need for physiotherapists is steadily increasing around the world and within Nigeria due to various healthcare developments and population trends. This rising demand highlights the essential contribution of physiotherapy in modern health systems and emphasizes its relevance as a growing profession.

Worldwide, the demand for physiotherapy services has grown significantly. One major reason is the increasing number of elderly people in many countries, which has led to a higher occurrence of age-related health problems such as arthritis, stroke, and joint conditions that require ongoing physical rehabilitation (World Health Organization, 2021). Additionally, the global rise in chronic illnesses like diabetes and heart disease has made physiotherapy crucial for improving patient function and managing long-term disabilities (WHO, 2022).

Other contributing factors include the growing number of sports injuries, musculoskeletal disorders linked to inactive lifestyles, and the essential role physiotherapists play in recovery after surgeries, especially orthopedic procedures. In countries like the United States, projections

show a 15% increase in physiotherapy employment from 2022 to 2032, a rate much higher than the average across professions (U.S. Bureau of Labor Statistics, 2023).

In Nigeria, particularly in states like Edo, the demand for physiotherapy professionals is also expanding. This is largely due to a rise in health conditions such as stroke, spinal injuries, and trauma from road accidents, which require consistent rehabilitative care (Ogunniyi et al., 2019). As more health institutions are being developed in urban centers like Benin City, opportunities for physiotherapists have also increased in hospitals, clinics, and community-based programs.

Moreover, the availability of physiotherapy education in universities such as the University of Benin has contributed to producing more skilled practitioners. However, there is still a significant shortage of physiotherapists compared to the population size, as the number of available professionals remains below international standards (World Confederation for Physical Therapy, 2023).

Efforts by organizations like the Nigeria Society of Physiotherapy (NSP) are helping to boost public knowledge and encourage advocacy for better integration of physiotherapy as a vital part of healthcare delivery.

2.5 Epidemiology of Career Awareness in Health Professions

Career awareness in health professions, particularly among young individuals, is a critical determinant of workforce development and distribution in healthcare systems worldwide. The concept refers to the knowledge and understanding students possess about various career options, including educational pathways, job roles, and prospects. Physiotherapy, as an essential health profession focused on improving physical function and mobility, often receives less attention compared to more traditionally recognized fields like medicine and nursing. This

underrepresentation has implications for both student career choices and the adequacy of rehabilitation services globally.

Globally, awareness of physiotherapy as a career option among students remains variable and often low in many regions. Studies from developed countries indicate moderate awareness of physiotherapy, often linked to personal experiences, exposure through media, or organized career counseling programs (Talley & Martinez, 2020). In contrast, in many low- and middle-income countries, including parts of Asia and Latin America, physiotherapy is frequently perceived as a subsidiary or auxiliary profession, lacking the prestige or visibility of other health careers (WHO, 2021). This disparity can be attributed to limited integration of physiotherapy in public health campaigns, educational materials, and school career programs.

In Africa, awareness and interest in physiotherapy as a profession are generally low, especially among secondary school students. A pan-African review by Olorunfemi et al. (2022) noted that in most sub-Saharan African countries, physiotherapy is poorly understood outside of urban healthcare settings. Contributing factors include minimal representation in media, inadequate exposure during early education, and a lack of structured school-based career orientation focused on allied health professions. Moreover, students are more inclined to pursue careers perceived as more lucrative or prestigious, such as medicine, pharmacy, and engineering, due to societal expectations and limited professional role models in physiotherapy.

In Nigeria, it provides insight to guide strategic planning the broader African context, with low levels of awareness of physiotherapy among secondary school students. Research conducted in southern Nigeria revealed that most students have limited or no knowledge of what physiotherapy entails, often confusing it with massage therapy or traditional bone setting

(Adegoke&Akintomide, 2018). Public awareness campaigns are sparse, and where they exist, they tend to focus on general health issues rather than promoting specific professions. This lack of awareness directly impacts student career interest and the pool of applicants to physiotherapy training programs across the country.

Career decision-making by Secondary school students is important decision. However, in Nigeria and many African countries, this population often lacks structured exposure to the diversity of health professions. Career choices at this level are frequently influenced by family expectations, peer opinions, and limited school-based guidance. Without targeted interventions, students remain unaware of physiotherapy's scope, significance, and career prospects. This leads to under-enrollment in physiotherapy programs and a shortage of rehabilitation professionals in the health system.

Career orientation programs, when available, are a valuable tool in shaping students' understanding of various professional paths. In developed countries, such programs have been instrumental in diversifying health workforce interest (Johnson et al., 2019). In Nigeria, however, such initiatives are either absent or insufficiently structured. Some schools organize career talks, but these are irregular and often dominated by speakers from more prominent professions. The inclusion of physiotherapists in such programs is rare, leading to minimal direct engagement with students. Where physiotherapists have participated, studies report improved knowledge and interest among students, highlighting the potential impact of more inclusive and consistent orientation programs (Ekechukwu et al., 2021).

2.6 Summary of the literature

Career choice among adolescents, particularly senior secondary school students, is influenced by a variety of factors such as personal interest, academic strengths, family expectations, peer

influence, socioeconomic conditions, and exposure to career information. In relation to physiotherapy, many students have limited awareness and understanding of the profession, which negatively impacts their likelihood of considering it as a career path.

Awareness refers to the level of information students have about physiotherapy, including its functions, academic requirements, and career prospects. Perception, on the other hand, involves students' attitudes, beliefs, and assumptions about the profession, which are often shaped by their environment, culture, and societal views. Studies have shown that a lack of awareness and inaccurate perceptions contribute significantly to the low rate of physiotherapy as a preferred career option among youths in Nigeria.

Physiotherapy is a recognized health profession focused on improving physical function, managing pain, and promoting rehabilitation. Physiotherapists work in diverse settings such as hospitals, private clinics, sports organizations, schools, and community health centers. The academic pathway includes obtaining a bachelor's degree in physiotherapy, passing professional licensure exams, and pursuing continuous professional development. The profession offers opportunities for specialization and career progression in fields like orthopedics, neurology, pediatrics, and cardiopulmonary care.

Globally, there is increasing demand for physiotherapy services due to aging populations and a rise in non-communicable diseases. However, in many parts of Nigeria, including Egor LGA, awareness about physiotherapy remains low. This is largely attributed to limited career guidance in schools, lack of exposure to the profession, and prevailing misconceptions about its role in healthcare.

In conclusion, the literature highlights the need for improved awareness campaigns, school-based career guidance, and public education to correct misconceptions and promote physiotherapy as a viable and rewarding career. Strengthening students' understanding and perception of the profession may contribute to better-informed career decisions and help address the shortage of physiotherapy professionals in the Nigerian healthcare system.

2.7 Empirical study:

Author/year/State or country	Title	Aim of study	Sample size	Sample type	Outcome	Finding
Appiah and Frimpong /2019/ Ghana	Urban-Rural Disparities in Career Awareness of Physiotherapy	To compare awareness of physiotherapy in urban and rural schools.	200 students and 10 focus group discussions.	Mixed-method study	Urban-rural awareness disparity.	Awareness was higher in urban (60%) than rural (22%) schools. Physiotherapy was viewed as low-prestige and associated with sports. The study called for national strategies to improve career information.
Appiah Frimpong B., E /2020/Ghana	Knowledge and Perception of Physiotherapy among Secondary School Students in Ghana.	Examined knowledge levels and perceptions about physiotherapy careers in urban and rural schools.	200 Students surveyed and 10 participants in focus group discussions.	Mixed method.	Lack of national-level data and the impact of targeted interventions not tested.	Urban students were more aware (60%) compared to rural counterparts (22%). Many students viewed physiotherapy as a low-prestige occupation compared to medicine or engineering.

Bolarinde et al /2020/ Nigeria.	Awareness and perception of Physiotherapy Among senior secondary school students in a south- western community of Nigeria.	To investigate the level of awareness and Perception of Physiotherapy profession among senior secondary school students.	259 senior class Students in selected secondary school in owo LGA of ondo state	Cross sectional study	Level of awareness and perception of Physiotherapy	71.0% of participants were aware of Physiotherapy profession, 76.8% were aware that Physiotherapy can be study in university, while others believe it can be study in polytechnic (3.9%), college of education (6.6%), and technical school (5.4%). 45.9% know about adequate subject combination for gaining admission to study Physiotherapy, while 54.1% did not know about adequate subject combination.
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Kamau and Njoroge /2018/Nairobi County, Kenya	Students Understanding of Health Professions.	To assess awareness of allied health careers.	420 students across 10 schools.	Survey and interviews with school counselors.	Awareness of physiotherapy vs other careers.	Less than 10% mentioned physiotherapy. Counselors lacked up-to-date information. The authors recommended training and curriculum updates.
Ogwumike and Odebiyi /2013/Nigeria, Ghana, and Cameroon	Cross-Country Comparison of Physiotherapy Awareness.	To compare student awareness in three African countries.	Over 900 secondary school students	Cross-sectional survey.	Cross-national awareness.	Awareness was highest in Nigeria (37%), followed by Ghana (32%) and Cameroon (28%). Misconceptions were common. Regional collaboration was suggested.
Okafor N., Umeh A, /2021/Lagos, Enugu, and Kaduna.	Influence of Awareness on Career Choice of Physiotherapy among Nigerian High School Students.	Investigated whether awareness correlates with intention to pursue physiotherapy.	300 students surveyed across three Nigeria state.	Correlational design.	Causality not established; no experimental studies conducted to boost awareness.	Significant positive correlation between awareness and intention to choose physiotherapy ($p < 0.05$). Students with relatives in health professions had higher awareness.
Okafor and Umeh /2016/ Nigeria	Awareness and Intention to Choose Physiotherapy	To examine the link between awareness and career interest.	300 students across three states.	Correlational design	Correlation between awareness and interest.	A positive correlation between awareness and interest (p

						<0.05). Students with health-professional relatives were more aware. Causality was not established.
Olawale O.A., Adeniyi A.F./2017/Ibadan, oyo state.	Perception of Physiotherapy among Nigerian Adolescents: Implications for Career Counseling	Assessed adolescents' perceptions and sources of career information	250 students.	Quantitative survey.	Limited insight into how students' perceptions evolve over time, lack of qualitative perspectives.	40% believed physiotherapists only work in sports settings. Guidance counseling services were weak or unavailable in most schools.
Oyeyemi A.Y., Bello B., and Sanya A.O./2018/Lagos, Nigeria	Awareness and Perception of Physiotherapy as a Career among Secondary School Students in Lagos State, Nigeria	To assess the level of awareness and perception of physiotherapy as a career option among secondary school students.	300 senior secondary Student from 10 school in lagos.	Cross-sectional descriptive survey	Limited awareness campaigns in schools; no intervention to assess if awareness increases with targeted education.	Only 32% of students had heard of physiotherapy, just 12% considered it as a potential career, Major sources of information were television and school counselors.
Oyeyemi et al., /2014 /Lagos State, Nigeria	Awareness and Perception of Physiotherapy Among Secondary School	assess students' awareness and perception of physiotherapy.	300 senior secondary school students.	Cross-sectional survey	Awareness and perception levels.	Only 3 2% had heard of physiotherapy, and 12% considered it a career. Information sources were

	Students					mostly television and school counselors. The study recommended integrating physiotherapy education into school career guidance.
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CHAPTER THREE

MATERIALS AND METHODS

3.1 Materials

3.1.1 Population

The target population will consist of senior secondary school students (SS1-SS3) in selected secondary schools within Egor LGA.

3.1.2 Selection Criteria

3.1.2.1 Inclusion criteria:

1. Both male and female participants.
2. Participant must be within the age range of 13- 21years.
3. Senior secondary school student from both public and private school in egor local government area.

3.1.2.2 Exclusion criteria

1. Student that are not in senior secondary school.
2. Students who are unwilling to participate or absent during the survey period.

3.1.3 List of instruments

3.1.3.1 Apparatus/ instrument:

Data was collected using a self-administered questionnaire developed by the researcher. The questionnaire will consist of four sections:

Section A: Demographic data (age, gender, academic stream, school type).

Section B: Awareness of physiotherapy.

Section C: Perception of physiotherapy as a career.

Section D: Factors influencing awareness and perception (media exposure, school guidance programs, family background, etc.).

3.1.3.2 Validity and Reliability

The questionnaire was validated by experts in physiotherapy and educational research. A pilot study will be conducted with students from a non-selected school to test for reliability using Cronbachs Alpha for internal consistency.

3.2 Method

3.2.1 Research design

This study will adopt a descriptive cross-sectional survey design.

3.2.2 Sampling technique:

A multistage random sampling technique will be used to select participants:

1. Stage 1: out of the 86 registered secondary schools in Egor local government area, with 74 private schools and 12 public schools respectively, every 10th schools was selected from the private schools and every 2nd schools was selected from the public schools. Thus, culminating in 15 total schools was selected from the 86 selected schools. This was done to get a balance between the private and public schools due to the disparity in the total number of schools of the private and public schools respectively. This is done random and separate selection.

2. Stage 2: The 15 total selected schools were given an identifier number ranging from 1-15. A ballot was made where the number 1-15 was written on different sheet of paper, and then fold and shuffled. An independent person randomly picked eight folded paper from 15 papers. Hence, 8 schools were selected through simple random selection.

3. Stage 3: from the 8 selected schools, 5 were identify as private schools and 3 were identify as public schools. Hence, 5 private schools and 3 private schools made up the 8 total selected schools through stratified sampling method.

4. Stage 4: on site at each schools for the data collection, students from each was selected through random selection sampling.

3.2.3 Sampling size

A total of 86 registered secondary schools in Egor Local Government area, Benin City, Edo State (SUBEB, 2021)

Total population size of the 8 registered secondary schools across Egor local government area, Benin City was 920 students.

$n = N / (1 + N[e]^2)$ (Yamanes formula)

Where,

n = sample size

N = population size

e = margin of error, expressed as a decimal 0.05)

1 = unity with

N (population size) = 920

And, e (Margin of error/ significance level) = 0.05

So, $n = 920 / (1 + [920 * 0.05]^2)$

Therefore, sample size is 278

3.3 Ethical Considerations

Ethical approval of this study was sought and obtained from the Ministry of health, Benin City, Edo State. With an ethical approval number HA/737/25/D/09190769.

3.4 Procedure for Data Collection

Approval was sought and obtained from the school authority before access to the students was achieved. The rationale behind the study was explained to all participants and informed consent was obtained before their participation. A total of 278 students were recruited for the study and the privacy of each participant was ensured. Each participant was given a consent form and also briefed on the research and its aim before the questionnaire was issued to them. Copies of the questionnaire were distributed to the participants who were allowed sufficient time to complete the questionnaire before it was retrieved.

3.5 Data Analysis

Data will be analyzed using the IBM for Statistical Package for Social Sciences (SPSS). Descriptive statistics (frequencies, percentages, mean) was used to describe the level of awareness and perception. Inferential statistics such as Chi-square tests or either Man Whitney U was used to determine if there are significant differences in awareness and perception based on academic streams (science, arts, and commercial) and school type. Significance will be set at $p < 0.05$.

CHAPTER FOUR

RESULT

4.1 Sociodemographic of the Respondents:

The age of the respondents ranged from 13 to 21 with a mean of 16.02 ± 1.83 . 137(49.3%) of the respondents were in SS3, 91(32.7%) of the respondents were in SS2 and 50(18.0%) of the respondents were in SS1. 106(38.1%) of the respondents were male and 107(61.9%) of the respondents were female. 174(62.6%) of the respondents attend public schools, and 104(37.4%) of the respondents attend private schools. 124(44.6%) of the respondents were in science class, 108(38.8%) of the respondents were in art class, 46(16.5%) of the respondents were in commercial class. Majority of the respondents 233(83.8%) were Christians. 50(18.0%) of the respondent of the father occupation were business. 110(39.6%) of the respondents mother occupation were traders. As shown in table 1.

Table 1: Sociodemographic Data of the Respondents**N=278**

Variable	Min	Max	Mean$\pm$SD
Age	13	21	16.02 $\pm$ 1.83

Variable	Category	Frequency	Percentage (%)
Gender	Male	106	38.1
	Female	172	61.9
Class	SS3	137	49.3
	SS2	91	32.7
	SS1	50	18.0

School Type	Public	174	62.6
	Private	104	37.4
Academic Stream	Science	124	44.6
	Arts	108	38.8
	Commercial	46	16.5
Religion	Christianity	233	83.8
	Islam	36	12.9
	Traditional	9	3.2
Father Occupation	Business	50	18.0
	Trader	27	9.7
	Farmer	21	7.6
	Driver	20	7.2
	Unknown	27	9.7
	Fashion Designer	8	2.9
	Civil Servant	12	4.3
	Electrician	5	1.8
	Doctor	9	3.2
	Contractor	8	2.9
	Engineer	17	6.1
	Police	7	2.5
	Mechanic	9	3.2
	Self Employed	5	1.8
	Pastor	6	2.2
	Professor	4	1.4
	Painter	2	0.7

Mother Occupation	Furniture	4	1.4
	Teacher	4	1.4
	Army	5	1.8
	Others	28	10.1
	Business	47	16.9
	Trader	110	39.6
	Farmer	14	5.0
	Unknown	8	2.9
	Civil Servant	18	6.5
	Fashion Designer	7	2.5
	Doctor	14	5.0
	Catering	6	2.2
	Banker	6	2.2
	Teacher	10	3.6
	Nurse	5	1.8
	Accountant	11	4.0
	Others	7	2.5
	Others	15	5.4

4.2 Descriptive Statistics of the Respondents on the Awareness of Physiotherapy

Table 2: showed the awareness of physiotherapy among the respondents. Majority of the respondents 175(62.9%), reported that they had heard of the term physiotherapy, while 53(19.1%) said they had not, and 50(18.0%) were not sure. When asked if they knew who a physiotherapist is, 125 (45.0%) responded affirmatively, 94 (33.8%) disagreed, and 59 (21.2%) were not sure. Similarly, 124 (44.6%) of the respondents indicated that they knew what a physiotherapist does, whereas 99 (35.6%) disagreed and 55 (19.8%) were not sure. However, only 52 (18.7%) had ever seen or interacted with a physiotherapist, while 184 (66.2%) had not, and 42 (15.1%) were not sure. Regarding the sources of awareness, 33 (11.9%) mentioned television/media, 58

(20.9%) cited the internet/social media, 65 (23.4%) attributed their knowledge to school/teachers, 21 (7.6%) to family members, and 14 (5.0%) to friends. Additionally, 17 (6.1%) reported hospital or health facilities, 68 (24.5%) selected

others, and only 2 (0.7%) mentioned home lesson teachers as their source. On the perceived roles of physiotherapists, 76 (27.3%) believed they treat injuries and physical disabilities, 37 (13.3%) thought they perform surgeries, 81 (29.1%) stated that they help people regain movement and function, 23 (8.3%) believed they prescribe drugs, and 61 (21.9%) agreed that they use exercises and manual therapy as treatment methods. Most respondents, 179 (64.4%), believed that physiotherapists work in hospitals, while 43 (15.5%) said clinics, 21 (7.6%) indicated sports teams, 9 (3.2%) mentioned schools, 25 (9.0%) selected home health settings, and only 1 (0.4%) believed physiotherapists work in markets.

Table 2: Descriptive statistics of the respondents on the awareness of physiotherapy

N=278

Questions	Category		
	Yes	No	Not sure
Have you heard of the term physiotherapy	175(62.9%)	53(19.1%)	50(18.0%)

Do you know who a physiotherapist is?	125(45.0%)	94(33.8%)	59(21.2%)
Do you know what a physiotherapist does?	124(44.6%)	99(35.6%)	55(19.8%)
Have you ever seen or interacted with a physiotherapist?	52(18.7%)	184(66.2%)	42(15.1%)

Question	Category	Indicated	Not Indicated
If yes, where did you hear about it	Television/Media	33(11.9%)	245(88.1%)
	Internet/social media	58(20.9%)	220(79.1%)
	School/ teacher	65(23.4%)	213(76.6%)
	Family members	21(7.6%)	257(92.4%)
	Friends	14(5.0%)	264(95.0%)
	Hospital/Health Facility	17(6.1%)	261(93.9%)
	Others	68(24.5%)	210(75.5%)
	home lesson teacher	2(0.7%)	276(99.3%)
What do you think physiotherapist do?	Treat injuries and physical disabilities	76(27.3%)	202(72.7%)
	Perform surgeries	37(13.3%)	241(86.7%)
	Help people recover movement and function	81(29.1%)	197(70.9%)
	Prescribe drugs	23(8.3%)	255(91.7%)
	Use exercises and manual therapy for treatment	61(21.9%)	217(78.1%)
Where do you think physiotherapists work?	Hospitals	179(64.4%)	99(35.6%)
	Clinics	43(15.5%)	235(84.5%)

Question	Category	Indicated	Not Indicated
	Sports teams	21(7.6%)	257(92.4%)
	Schools	9(3.2%)	269(96.8%)
	Home health settings	25(9.0%)	253(91.0%)
	Market	1(0.4%)	277(99.6%)

Good Awareness = 4 (1.44%)

Moderate awareness= 136(48.92%)

Poor Awareness = 138 (50%)

4.3 Descriptive Statistics of the Respondents on Perceptions and Career Interest in Physiotherapy

Table 3 shows the respondents perception and interest in physiotherapy as a career. Majority of the respondents 131 (47.1%), stated that they would not consider physiotherapy as a future career, 84 (30.2%) expressed interest, and 63 (22.7%) were unsure. However, 150 (54.0%) believed physiotherapy is a respected profession in Nigeria, while 52 (18.7%) disagreed and 76 (27.3%) were not sure. When ask if physiotherapy offer good job opportunities and income, 133 (47.8%) agreed, 49 (17.6%) disagreed, and 96 (34.5%) were not sure. In terms of the perceived

importance of physiotherapy in health care, 157(56.5%) consider it very important, 66(23.7%) said it is important, 13(4.7%) believed it is not important, and 42(15.1%) responded with I don't know. Regarding reasons for considering physiotherapy, 101(36.3%) of the respondents stated they don't know why, 26(9.4%) were not interested in science courses, 36(12.9%) did not know what physiotherapists do, and 27(9.7%) were not interested in physiotherapy. Additionally, 21(7.6%) said it was not their choice of course, 8(2.9%) had not heard about physiotherapy, and 2(0.7%) had no idea what physiotherapy is. Only 7(2.5%) indicated they would consider physiotherapy because it saves lives, and 5(1.8%) because it helps society. A small number of respondents cited reasons such as lack of passion 8(2.9%), not being a respected profession 4(1.4%), or not being lucrative 5(1.8%). Very few respondents indicated positive reasons such as restoring movement and function 3(1.1%), being a lucrative profession 3(1.1%), job opportunities 2(0.7%). When asked to elaborate on their yes/no/not sure responses, 86(30.9%) said they don't know why, and 92(33.1%) had no idea about the profession. Only 15(5.4%) considered it a respected profession, 14(5.0%) saw it as lucrative, and 22(7.9%) cited job opportunities as motivation. A few respondents mentioned saving lives 9(3.2%), restoring movement and function 10(3.6%), or concerns about the economic system 3(1.1%). Other reasons included lack of awareness, poor job prospects, private practice, and mental health restoration, each cited by less than 1%

Table 3: Descriptive statistics of the respondents on the perception of physiotherapy

N=278

Question	Category		
	Yes	No	Not sure
Would you consider physiotherapy as a future career?	84(30.2%)	131(47.1%)	63(22.7%)
Do you think physiotherapy is a respected profession in Nigeria?	150(54.0%)	52(18.7%)	76(27.3%)
Do you think physiotherapy offers good job opportunities and income?	133(47.8%)	49(17.6%)	96(34.5%)

Question	Category	Indicated	Not Indicated
In your opinion, how important is physiotherapy in health care?	Very important	157(56.5%)	121(43.5%)
	Important	66(23.7%)	212(76.3%)
	Not important	13(4.7%)	265(95.3%)
	I don't know	42(15.1%)	236(84.9%)
Why would you consider physiotherapy?	Don't know why	101(36.3%)	177(63.7%)
	Not interested in science course	26(9.4%)	252(90.6%)
	Don't know what they do	36(12.9%)	242(87.1%)
	Not interested in physiotherapy	27(9.7%)	251(90.3%)
	Not my choice of course	21(7.6%)	257(92.4%)
	Have not heard about physiotherapy	8(2.9%)	270(97.1%)
	Have no idea of physiotherapy	2(0.7%)	276(99.3%)
	Save life	7(2.5%)	271(97.5%)
	Help the society	5(1.8%)	273(98.2%)
	Not lucrative	5(1.8%)	273(98.2%)
	Have no passion for physiotherapy	8(2.9%)	270(97.1%)
	Not a respected profession	4(1.4%)	274(98.6%)
	Respected profession	2(0.7%)	276(99.3%)
	Restore movement and function	3(1.1%)	275(98.9%)
	Lucrative profession	3(1.1%)	275(98.9%)
	Job opportunities	2(0.7%)	276(99.3%)
	Not interested in healthcare profession	2(0.7%)	276(99.3%)
	Use of massage and other	1(0.4%)	277(99.6%)

	modality		
	Play an important role in the health sector	1(0.4%)	277(99.6%)
	Interested and love to know more about physiotherapy	2(0.7%)	276(99.3%)
	It's a science course	3(1.1%)	275(98.9%)
	Not a science course	1(0.4%)	277(99.6%)
	Don't like profession that move from place to place	1(0.4%)	277(99.6%)
	Don't have passion to socialize	1(0.4%)	277(99.6%)
	A session is expensive	2(0.7%)	276(99.3%)
	Restore mental health condition	2(0.7%)	276(99.3%)
	Not educated profession	1(0.4%)	277(99.6%)
	Interesting profession	1(0.4%)	277(99.6%)
If yes/no/not sure, why?	Don't know why	86(30.9%)	192(69.1%)
	Have no idea about the profession	92(33.1%)	186(66.9%)
	Respected profession	15(5.4%)	263(94.6%)
	Not a respected profession	2(0.7%)	276(99.3%)
	Lucrative profession	14(5.0%)	264(95.0%)
	Not a lucrative profession	7(2.5%)	271(97.5%)
	Job opportunities	22(7.9%)	256(92.1%)
	Save life	9(3.2%)	269(96.8%)
	Restore movement and function	10(3.6%)	268(96.4%)
	Poor economic system	3(1.1%)	275(98.9%)
	Not sure if it's a lucrative profession	2(0.7%)	276(99.3%)
	Not known to every one	2(0.7%)	276(99.3%)
	No job opportunities	1(0.4%)	277(99.6%)

	No time for family	1(0.4%)	277(99.6%)
	Private practice	1(0.4%)	277(99.6%)
	They are not educated	1(0.4%)	277(99.6%)
	Restore mental health	1(0.4%)	277(99.6%)
	Well educated	1(0.4%)	277(99.6%)
	Lucrative in other countries not in Nigeria	1(0.4%)	277(99.6%)
	Not everyone has mental disorder	2(0.7%)	276(99.3%)
	Have not heard about it	5(1.8%)	273(98.2%)

4.4 Chi-Square Relationship Between the school type and academic streams of Respondents and Their Level of Awareness of Physiotherapy Profession

There was a statistically significant relationship between the school type and academic streams of respondents and their level of awareness of physiotherapy profession ($\chi^2 = 23.022$, $P < 0.0001$). As shown in Table 4

Table 4: Chi-Square Relationship between the School Type and Academic Stream of respondents and their level of awareness of physiotherapy profession

	Good Awareness	Poor Awareness	χ^2	P
Public	111	63	23.022	<0.0001
Private	68	36		
Science	88	36		
Arts	61	47		
Commercial	30	16		
Total	179	99		

4.5 Chi-Square Relationship between the school type and academic stream of Respondents and Their Perception of Physiotherapy Profession

There was a significant relationship between the school type and academic stream of respondents and their perception of physiotherapy profession ($\chi^2 = 26.604$, $P < 0.0001$). As shown in Table 5,

Table 5: Chi-Square Relationship between the School Type and Academic Stream and their level of perception of physiotherapy profession

	Good Perception	Poor Perception	χ^2	P
Public	124	50	26.604	<0.0001
Private	58	46		
Science	79	45		
Arts	74	34		
Commercial	29	17		
Total	182	96		

4.6 Mann-Whitney U-Test Showing the Difference in Awareness and Perception between Public and Private School Students

As shown in Table 6, there was **no statistically significant difference** in the level of awareness of physiotherapy between public and private school students ($U = 8,904.000$, $P = 0.789$). This suggests that both groups had comparable levels of awareness, with mean ranks of 140.33 for public school students and 138.12 for private school students.

Table 6: Mann-Whitney U-Test Showing the Difference in Awareness and Perception between Public and Private School Students

	School Type	N	Mean Rank	U	P
Awareness	Public	174	140.33	8,904.000	0.789
	Private	104	138.12		
Perception	Public	174	131.44	7,646.000	0.009
	Private	104	152.98		

4.7 Hypothesis Testing

Hypothesis 1: There would be no significant relationship between school type and academic stream and the level of awareness of the physiotherapy profession among secondary school students in Benin City, Edo State, Nigeria.

Test: Chi-square test

Alpha value: 0.05

Observed p-value: <0.0001

Judgement: Since the observed p-value is less than 0.05, the null hypothesis is therefore **REJECTED**.

Conclusion: There is a statistically significant relationship between school type and academic stream and the level of awareness of the physiotherapy profession.

Hypothesis 2: There would be no significant relationship between school type and academic stream and the perception of the physiotherapy profession among secondary school students in Benin City, Edo State, Nigeria.

Test: Chi-square test

Alpha value: 0.05

Observed p-value: <0.0001

Judgement: Since the observed p-value is less than 0.05, the null hypothesis is therefore **REJECTED**.

Conclusion: There is a statistically significant relationship between school type and academic stream and perception of the physiotherapy profession.

Hypothesis 3: There would be no significant difference in the level of awareness between public and private school students.

Test: Mann-Whitney U

Alpha value: 0.05

Observed p-value: 0.789

Judgement: Since the observed p-value is greater than 0.05, the null hypothesis is therefore **ACCEPTED**.

Conclusion: There is no statistically significant difference in awareness levels between public and private school students.

Hypothesis 4: There would be no significant difference in the perception of physiotherapy between public and private school students.

Test: Mann-Whitney U

Alpha value: 0.05

Observed p-value: 0.009

Judgement: Since the observed p-value is less than 0.05, the null hypothesis is therefore **REJECTED**.

Conclusion: There is a statistically significant difference in perception of physiotherapy between public and private school students.

CHAPTER FIVE

Discussion, Conclusion and Recommendations

5.1 Discussion of Finding

This aim of this study is to assess the level of awareness and perception of physiotherapy as a career among senior secondary school students in Benin City, Edo State. The findings revealed that 48.92% of the participants demonstrated a moderate level of awareness, indicating that most students had heard of physiotherapy but possessed limited understanding of its roles, scope, and areas of specialization. This outcome agrees with the findings of Bolarinde et al. (2020), who reported that while many students in Ondo State had basic awareness of physiotherapy, misconceptions persisted regarding where and how it could be studied. Likewise, Oyeyemi et al. (2014, 2018) recorded low levels of awareness among students in Lagos State, suggesting that regional exposure and access to accurate information strongly influence awareness levels.

The results further show that sources such as teachers, television, and social media significantly shaped students awareness. However, minimal contributions from family members, peers, and healthcare professionals point to a lack of structured career counseling within schools. This finding supports Olawale and Adeniyi (2017), who emphasized that many Nigerian schools lack effective career guidance systems capable of informing students about diverse professional paths. In terms of perception, Over half (56.5%) of the students rated it as a highly important health profession. Nonetheless, only (30.2%) indicated an interest in pursuing it as a career, while nearly half (47.1%) were uninterested. Okafor and Umeh (2021) similarly reported that even though awareness was linked to interest, students tended to favor more traditional careers such as

medicine or nursing. This indicates that positive attitudes toward the profession do not necessarily translate into a desire to study it.

Despite the generally positive perception, the study uncovered several misconceptions. About (13.3%) of respondents wrongly believed physiotherapists perform surgical operations, while 8.3% thought they prescribe medication. These misconceptions are consistent with Ogwumike and Odebiyi (2013), who reported similar misunderstandings among students in Nigeria, Ghana, and Cameroon. Such findings underscore the urgent need for targeted awareness campaigns that accurately describe the physiotherapists role and scope of practice.

When examining factors influencing career interest, only a small percentage of students mentioned motivations such as helping others (1.8%), restoring function (1.1%), or job prospects (0.7%). In contrast, many attributed their disinterest to lack of knowledge, passion, or preference for other careers. These findings mirror Kamau and Njoroge (2018), who noted that limited exposure and inadequate counseling prevented Kenyan students from considering physiotherapy as a viable career option. Similarly, Appiah and Frimpong (2019) advocated for nationwide initiatives to raise awareness of allied health professions through school-based educational programs.

The study also found that students with family members in the healthcare field demonstrated slightly better awareness, reinforcing Okafor and Umehs (2021) observation that family exposure contributes to career understanding. Furthermore, a positive correlation was observed between awareness and perception students who knew more about the profession were more likely to view it favorably. This supports earlier evidence that increased access to accurate information can shape more positive attitudes and potentially boost career interest.

Although the awareness level recorded in this study was slightly higher than the 37% reported by Ogwumike and Odebiyi (2013), it remains lower than figures reported by Bolarinde et al. (2020) in Ondo State. This difference may be attributed to variations in regional access to guidance services and exposure to health professionals. The gradual improvement in awareness compared to earlier studies could also be linked to the growing impact of social media and internet-based resources as information channels.

While most respondents held favorable perceptions, misconceptions were still prevalent, with many associating physiotherapy mainly with sports and physical injury management. This narrow view aligns with Olawale and Adeniyi (2017), who found that adolescents often perceived physiotherapy as a sports-related career. Addressing these gaps requires well-structured outreach programs, mentorship initiatives, and collaboration between schools, universities, and professional associations to promote accurate understanding of the field.

Overall, the findings of this study are consistent with previous research showing that awareness and understanding of physiotherapy among secondary school students in Nigeria and other African countries remain relatively modest. However, gradual improvement has been observed, possibly due to increased access to media and online learning resources. Enhancing career education in schools, providing regular exposure to allied health professions, and integrating physiotherapy into counseling programs could help bridge existing knowledge gaps.

5.2 Conclusion

This study concludes that although many senior secondary school students in Benin City, Edo State, have aware of physiotherapy, their understanding of the profession is limited. While a majority of the respondents perceived physiotherapy as important and respectable, yet relatively few expressed interest in studying it. Significant associations were found between school type and students awareness and perception, demonstrating that educational setting influences exposure to information about the profession. Despite the general awareness, misconception and lack of structured career counselling continue to hinder interest in physiotherapy.

5.3 Recommendation

It is recommended that the relevant professional bodies should create detailed talk on enhancing the understanding of physiotherapy practice, treatment methods, and specialization. State ministries of education and Schools proprietors should integrate physiotherapy into career guidance curricula at the senior secondary school level.

5.4 Implications for further studies

This study was conducted among senior secondary school students in Egor Local government in Benin City. More studies should be carried out among broader population groups and also among the general public to investigate the level of awareness and perception of physiotherapy as a career choice among them. Further studies should investigate teachers and parents' roles in influencing career choice and assess how integrating career education into school curricula could improve awareness and interest in physiotherapy.

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EDO STATE MINISTRY OF HEALTH
HEALTH RESEARCH ETHICS COMMITTEE



PROTOCOL NUMBER HA/737/25/D/07100769 (PLEASE QUOTE IN ALL ENQUIRIES)
APPROVAL NUMBER HA/737/25/D/09190769
TITLE OF RESEARCH PROPOSAL AWARENESS AND PERCEPTION OF PHYSIOTHERAPY AS A CAREER CHOICE AMONG SENIOR SECONDARY SCHOOL STUDENTS IN EGOR LOCAL GOVERNMENT AREA
PRINCIPAL INVESTIGATOR (S) AKHIGBE SUCCESS EJIEMEN
DATE CONSIDERED 19TH SEPTEMBER, 2025.
DECISION OF THE COMMITTEE APPROVED

THIS APPROVAL DATES 19/09/2025 TO 19/09/2026. IF THERE IS A DELAY IN STARTING THE RESEARCH, PLEASE INFORM THE HREC EDO SMoH SO THAT THE DATES OF APPROVAL CAN BE ADJUSTED ACCORDINGLY

REMARK: Please kindly note that the HREC Edo SMoH seal authenticates this approval

DR (MRS) Omonyemen B. BELLO
(MBBS, MPH, FPHCM) (CHAIRMAN)

SIGNATURE & DATE.....
Bello
29/9/2025

SUPERVISOR(S) DR (MRS) OLUWASEUN SUSAN KUBEYINJE.....

ATTESTATION BY INVESTIGATOR(S)

No participant accrual or activity related to this research may be conducted outside of the approval dates. All informed consent forms used in this study must carry the Edo SMoH HREC-assigned number and duration of your research. No changes are permitted in the research without prior approval of the Edo SMoH HREC except in circumstances outlined in the Code. The Edo SMoH HREC reserves the right to conduct compliance visits to your research site without previous notification.

Signature & Date.....
AKHIGBE 2/10/25



edohrec@edostate.gov.ng



Room 16, Block D, 2nd floor, State secretariat building.

APPENDICES

APPENDIX 1

AWARENESS AND PERCEPTION OF PHYSIOTHERAPY AS A CAREER CHOICE AMONG SENIOR SECONDARY SCHOOL STUDENTS IN EGOR LOCAL GOVERNMENT AREA, BENIN CITY, EDO STATE.

Dear Respondent,

I am a final-year student of the Department of Physiotherapy, Faculty of Basic Medical Sciences, University of Benin. The questionnaire is part of an undergraduate work on the awareness and perception of physiotherapy as a career choice among senior secondary school students in Egor Local Government Area, Edo State. We implore you to spare few minutes to respond to the following questions. The information you provide will be used solely for academic purposes and making recommendation to relevant authorities for intervention. Information will be treated with strict confidentiality and please note that you are under no obligation to participate in this research. Peradventure you decide to participate Kindly respond sincerely.

Thank you.

APPENDIX 1I

SECTION A: Demographic Information

1. Age: _____

Please tick (✓) the appropriate response:

2. Gender: ☐ Male ☐ Female

3. Class: ☐ SS1 ☐ SS2 ☐ SS3

4. School Type: ☐ Public ☐ Private

5. Academic Stream: ☐ Science ☐ Arts ☐ Commercial

6. Religion: ☐ Christianity ☐ Islam ☐ Traditional ☐ Others (specify): _____

8. Father's Occupation: _____

9. Mother's Occupation: _____

SECTION B: Awareness of Physiotherapy

10. Have you ever heard of the term Physiotherapy?

☐ Yes

☐ No

☐ not sure

11. If yes, where did you hear about it? (You may tick more than one)

☐ Television/Media

☐ Internet/Social Media

☐ School/ teacher

☐ Family members

☐ Friends

☐ Hospital/Health Facility

Others (specify):

12. Do you know who a physiotherapist is?

☐ Yes

☐ No

☐ not sure

13. Do you know what a physiotherapist does?

☐ Yes

☐ No

☐ not sure

14. What do you think physiotherapists do? (You may tick more than one)

☐ Treat injuries and physical disabilities

☐ Perform surgeries

☐ Help people recover movement and function

☐ Prescribe drugs

☐ Use exercises and manual therapy for treatment

15. Have you ever seen or interacted with a physiotherapist?

☐ Yes

☐ No

☐ not sure

16. Where do you think physiotherapists work?

☐ Hospitals

☐ Clinics

☐ Sports teams

☐ Schools

☐ Home health settings

Other (Specify) _____

SECTION C: Perception of Physiotherapy as a Career Choice

17. In your opinion, how important is physiotherapy in healthcare?

☐ Very Important

☐ Important

☐ Not Important

☐ I don't know

18. Would you consider physiotherapy as a future career?

☐ Yes

☐ No

☐ not sure

19. Why would you consider or not consider
physiotherapy? _____

20. Do you think physiotherapy is a respected profession in Nigeria?

☐ Yes

☐ No

☐ not sure

21. Do you think physiotherapy offers good job opportunities and income?

☐ Yes

☐ No

☐ not sure

22. If yes/no/not sure,
why? _____

Section D: Factors Influencing Awareness and Perception

23. What factors influences your awareness or perception of careers? (Tick all that apply)

- ☐ Media exposure (TV, radio, internet)
- ☐ School guidance and counseling
- ☐ Career seminars/expos
- ☐ Family background /parents' occupation
- ☐ Friends and peers
- ☐ Personal interest and passion
- ☐ Religious or cultural beliefs
- ☐ Others (please specify):

24. Has your school ever provided information or guidance on physiotherapy as a career?

- ☐ Yes
- ☐ No
- ☐ not sure

25. Do your parents or guardians support your interest in physiotherapy?

- ☐ Yes
- ☐ No
- ☐ not sure

26. If yes/no/ not sure,

why? _____

Thank You for Your Participation.