INFLUENCE OF PATHOLOGICAL NARCISSISM, INDECENT DRESSING AND LEARNED HELPLESSNESS ON SEXUAL HARASSMENT EXPERIENCE AMONG UNDERGRADUATE STUDENTS IN FEDERAL UNIVERSITY, OYE-EKITI, NIGERIA

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ABSTRACT

Sexual harassment (SH) has been a major concern to academic progress in university environment and has to a large extent labelled tertiary institutions an unsafe environment in terms of sexual assault. This study examined the interconnectedness of pathological narcissism, indecent dressing, and learned helplessness on the experience of sexual harassment among undergraduates. The study adopted the correlational research design. It involved 284 undergraduate students selected through stratified random sampling. Pathological Narcissism Inventory (α=.94), The Learned Helplessness Scale (α=.91) Indecent Dressing Measure (α=.90) and Sexual Harassment Scale (α=.88) were used as measuring instruments. The data were analysed using the Pearson Product Moment Correlation and multiple regression. The three main predictor variables together accounted for 31% of the total variance in sexual harassment ($F_{(4,283)}$ = 32.858; R= .566; R^2= .320; Adj. R^2=.310; P<.01). In addition, each of the three independent variables contributed significantly to prediction of sexual harassment. Therefore, the study concluded that sexual harassment among undergraduates can be reduced when behaviour change agents take into account the variables considered in this study while diagnosing and proffering solutions to vulnerability to sexual harassment on campuses.

Keywords: *Indecent Dressing, Learned helplessness, Narcissism, Sexual harassment experience*

PENGARUH NARCISSME PATOLOGIS, PAKAIAN TIDAK SENONOH DAN BELAJAR TERHADAP PENGALAMAN PELECEHAN SEKSUAL PADA MAHASISWA S1 DI FEDERAL UNIVERSITY, OYE-EKITI, NIGERIA

ABSTRAK

Pelecehan Seksual (PS) telah menjadi perhatian utama terhadap kemajuan akademis di lingkungan universitas dan sebagian besar telah memberi label pada perguruan tinggi sebagai lingkungan yang tidak aman dalam hal kekerasan seksual. Penelitian ini menguji keterkaitan antara narsisme patologis, cara berpakaian tidak senonoh, dan ketidakberdayaan yang dipelajari dalam pengalaman pelecehan seksual pada mahasiswa. Penelitian ini menggunakan desain penelitian korelasional. Ini melibatkan 284 mahasiswa sarjana yang dipilih melalui stratified random sampling. Inventarisasi Narsisme Patologis (α=.94), Skala Ketidakberdayaan yang Dipelajari (α=.91), Ukuran Pakaian Tidak Senonoh (α=.90) dan Skala Pelecehan Seksual (α=.88) digunakan sebagai alat ukur. Data dianalisis menggunakan Korelasi *Pearson Product Moment* dan regresi berganda. Ketiga variabel prediktor utama bersama-sama menyumbang 31% dari total varian pelecehan seksual (F(4,283) = 32.858; R= .566; R2= .320; Adj. R2=.310; P<.01). Selain itu, masing-masing dari tiga variabel independen berkontribusi signifikan terhadap prediksi pelecehan seksual. Oleh karena itu, penelitian ini menyimpulkan bahwa pelecehan seksual di kalangan mahasiswa dapat dikurangi ketika agen

perubahan perilaku mempertimbangkan variabel-variabel yang dipertimbangkan dalam penelitian ini sambil mendiagnosis dan memilih solusi terhadap kerentanan terhadap pelecehan seksual di kampus.

Kata Kunci: *Pakaian Tidak Senonoh, Ketidakberdayaan yang Dipelajari, Narsisme, Pengalaman Pelecehan Seksual*

Introduction

The alarming rate of Sexual Harassment (SH) among university undergraduates poses a significant and concerning challenge, necessitating in-depth studies to comprehensively understand the scope, dynamics and factors contributing to these incidences. Although there is dearth of reliable data on its prevalence in African setting, especially in Nigeria, perhaps because of its sociocultural implication and stigmatisation effect, studies carried out show that SH is widespread across universities. For instance, investigations by Aina-Pelemo, Oke and Alade (2021), Okondu et al (2020) and Mapayi et al (2023) attested to the prevalence of the harassment among university undergraduates. This prevalence is unsettling, with many students experiencing unwelcome advances, verbal abuse or more forms of misconducts both from staff and fellow students. Therefore, research efforts have been geared toward unravelling the antecedents and widespreadness of SH among young adults in university environment as well as investigating its impact on victims with the aim of designing effective preventive measures against the behaviour.

The word sexual harassment has been conceptualised in different forms by different researchers and agencies but with similar focus. According to Burn (2019), SH occurs when people are the target of unwanted sexual comments, gestures, or acts. Also, Vyas (2018) defined SH as any unwelcome sexual attention such as touching, vulgar comments, looks, gestures or asking for sexual favours towards subordinates. Ganu and Boateng (2013) identified two major types of SH namely Quid Pro Quo and hostile environment SH. Quid Pro Quo is a derivative word from Latin meaning "something for something". By this, it connotes a SH where an individual is asked to offer sexual favour as condition for advancement or obtaining something in return such as offering sex for admission, good grade or to escape a necessary punishment. The hostile environment type of SH on the other hand involves sex related behaviour that obstructs a person's job performance or forms unpleasant environment. It includes behaviours like exhibition of erotic materials, salacious or undignified jests, offensive names or appellations, physical advances, constant demands for dates, repetitive comments on appearances, and sexually-driven gestures or facial countenances.

Previous studies have identified various antecedents of SH. For instance, Beninger (2013) identified economic difficulty and struggles to afford college fees as a factor. In addition, Omorogiuwa (2018) pinpointed factors such as financial inadequacy, moral deficit, lust, and a weak reparation

system as causations in their own study, Taiwo, et al. (2014) also identified poverty and revealing clothing as the main reasons for SH in tertiary institutions. Mapayi et al. (2023) found the risk factors of SH to include female gender and gender disparity, poverty, poorly trained, poorly paid, and undermanned educators. While researchers have been able to exhume some of the risk factors associated with SH and its prevalence, most of these factors are traceable to perpetrators and less is focused on the victims. Particularly, some psychological variables believed to have potential of making university students vulnerable are less focused. This lacuna might explain why university environments are still much liable to SH. It is in light of this that this study investigates relationship of pathological narcissistic behaviour, indecent dressing and learned helplessness SH

Narcissism is defined by the American Psychiatric Association (2000) as a personality portrayed by predispositions towards exploiting others, a general lack of empathy for others, a pervasive pattern of grandiosity, and an excessive need for admiration. Holtzman and Donnellan (2015) defined narcissism an inclination for individuals to be entitled, egotistical, self-centred, and vain, using their considerable social potency and predisposition towards exploitative behaviour to force themselves into positions of authority or social eminence. While narcissism has been conceptualised in negative form, some other researchers suggested that some narcissistic behaviour could be healthy (Malkin, 2016) at least some measure of it is needed to boost positive self-admiration and advance assertiveness (Akanbi, 2021).

This multi-conceptualisation gives rise to two types of narcissism which include adaptive and pathological narcissism. Distinguishing between the two concepts, Pincus and Lukowitsky (2010) stressed that adaptive narcissists appear to be satisfied, aspiring, and moderately successful, although they experience unfriendly interactive relationship. In contrast, pathological narcissism is connected with maladaptive response to threats to positive self-perception. Pathological narcissism is further grouped into two which include grandiosity and vulnerability. Grandiosity is generally portrayed by social dominance, extreme self-possession, aggressiveness, entitlement, subjective wellbeing, overblown self-worth, supercilious mental state and intense desire for people's approbation. On the other hand, vulnerability is marked by withdrawal, shame, weak self-worth, emotional insecurity, timidity, negative affect, aggression, need for respect, entitlement, self-absorption, and obsession with grandiose illusions, alternation between feelings of supremacy and inferiority and hypersensitivity to rejection or criticism (Malesza & Kaczmarek 2018; Koepernik, et al., 2021).

Research on association between narcissism and SH is scarce. In addition, most of the available ones centred on perpetrators. For example, Mouilso and Calhoun (2016) and Mowle (2019) found that participants who scored high on pathological narcissism measure were likely to frequently perpetrate

sexual assault in colleges. The study of Zeigler-Hill, et al. (2016) also found that narcissism has positive connection with SH regardless of whether the target is perpetrator or victim. Lamarche and Seery (2019) also established a link between narcissism and advocacy for sexual assault. In addition, Jone and Olderbak, (2014) found direct relationship between narcissism and sexual coercion. Higher amounts of narcissistic grandiosity and vulnerability traits amplified the chances of sexual assault perpetration. The study of Zeigler-Hill and Andrews (2021) equally found that both pathological narcissism types positively related with subjective arousal in response to sexual aggression. Also, Wallace, et al., (2016) found that grandiose narcissism predicted willingness to misbehave without proportional tolerance for the bad behaviour of others .Specific to females, Zeigler-Hill, et al. (2016) found that women with high narcissism traits have the tendency to commit SH. Blinkhorn, et al. (2015) found narcissistic grandiosity to be more influential in SH. However, Zeigler-Hill et al. (2013) explained that the association of narcissism to SH is a function of different aspects of narcissism. For example, while feelings of entitlement and a willingness to exploit others were found to directly predict sexual aggression, the result was negative for grandiosity aspect of narcissism.

Another variable in this study is indecent dressing. What constitutes indecent dressing across rays and culture has been a point of concern in research as different authors define the concept in different ways. Although, there is no global standard manner of dressing, there seems to be a universally acceptable purpose of dressing which includes cultural personality, decoration and beauty, safeguarding the body parts against austere weather condition and coverage of private part of the body (Omede, 2011). Consequently, any dressing that contravenes these purposes could be regarded as indecent. Based on this, Oluwadare et al. (2020) defined it as any type of dressing that is not in agreement with the socially acceptable manner of dressing in the specific society of reference. Also, Anadi et al. (2011) viewed indecent clothing as the type of dress or demeanour that is disruptive and distracting. In the opinion of Egwim (2010), indecent dressing is described as the attitude of an individual, regardless of the gender, that dresses to show-off parts of the body like the breasts, buttocks or even the underclothes especially, those that females supposed to cover.

Some research outcomes available demonstrated that there is positive association between indecent dressing and SH among university students. Ibrahim and Haruna (2014) found that students who dressed immodestly and wore both attractive and unattractive dressing tended to be highly vulnerable to SH. Maciver's (2017) study showed a strong association between indecent dress and SH. Akpan (2018) substantiated the link between indecent clothing and SH, noting that indecent clothing is associated with SH and rape. It was also found that girls who wore indecent clothing were more likely to be subjected to SH than others (Birhan, 2019). In explanation of the links between indecent dressing

and SH, Burnett (2018) stressed that when females dress seductively, their male counterparts may get sexually enthused beyond the borders of their self-restrain, although their brain at the same time has many means of countering the sexual arousal response which gives them no excuse of perpetration of sexual assault. Nwikpo, et al. (2022) also explained that males are biologically wired to be aroused just by sighting the object of provocation.

The relationship between Learned Helplessness (LH) and SH is also considered in this study. It is described by Hockenbury and Hockenbury (2010), as an occurrence in which experience of unavoidable and overpowering aversive events yielded passivity and helplessness. Christensen (2018) explained that LH is characterised by individuals who have learned through repeated failure that they cannot control their fate. Filippello et al.(2020) conceptualised it as a mental disorder characterised by an internal, stable, and international style of attribution for failures; an outward, unstable, and particular attribution style for success; lack of self-confidence in a person's skills and intellect; interpretation prejudice of happenings; and deconstructive prediction of achievements.

From these definitions, it could be seen that individuals with LH, formed the basis of their helplessness from their previous experience of repeated failure and consequently developed the notion that there is no amount of efforts they put on a task that can result in the desired outcome (Nuvvula, 2016). Within the academic context, Pasta et al. (2013) stressed that learners are liable to developing LH when they recurrently experience academic failure and they are not conscious of their abilities. Students with LH view achievement as regulated by factors like luck which are not within the perimeter of their control. They commonly perceive success at school as unattainable owing to different reasons comprising their apparent incompetence and the difficulty of the tasks (Yates, 2009). Based on this negative perception of their ability to succeed in difficult challenges and their lack of control over academic progression and attainment, they attribute no importance to their commitment to success (Dickhäuser et al., 2011). Wu and Tu (2019) assert that individuals with the mentality of LH are vulnerable to experiencing behavioural problems such as self-abandonment and confusion; feeling lost, mentally desolate, depression, and eventually acquiring fictitious positions on values and life.

Studies that investigated LH as an antecedent of SH are very rare. Instead there are some that found sexual and psychological abuse as causation of LH among individuals. For example, Finn (2021) found that psychological abuse and learned helplessness were closely related, with survivors of intimate partner violence, victims of childhood neglect, and victims of workplace abuse exhibiting high levels of learned helplessness. Also, children with a history of abuse and neglect during childhood and adolescence were discovered to have potential of developing a state of LH (Nuvvula, 2016). However, some other studies have linked LH to risky sexual behaviours (Pittiglio, 2017) and

high risky behaviours (Abimbola & Ugbede, 2018). Cotney (1997) found that women who suffered sexual abuse in their childhood and subsequently developed LH were vulnerable to revictimazation. Bearing in mind the fact that individuals with LH lack assertiveness and that university students who suffer LH may want to adopt another options to substitute reading in order to obtain academic success, it is rational to presuppose that students with LH may be liable to unsolicited sexual advances and be the focus of SH perpetrators in academic environment. This study will further explore the link between LH and SH.

Rationale for the Study

Sexual harassment is commonly experienced in diverse areas of live such as workplace, sport teams, military, healthcare setting, online spaces and educational institutions among others. The experience is also generic to individuals notwithstanding their gender, race, age or sexual orientation. In spite of this, cases of SH seemed to be more widely pronounced among young adults in the university setting with the attached consequences on their mental health, academic life, physical and social health as well as their proneness to depression and suicide. Previous research attempts to discover preventive measures against the behaviour has been toward unavailing the factors predisposing the perpetrators towards the act and punitive measures have been designed in many countries against SH offenders. Regardless of these, cases of SH looks unabated in the university milieu. It is however obvious that despite the commonality of SH, it is not all the university students that experience the sexual misdemeanour. Some students are more vulnerable than others. An understanding of predisposing factors to vulnerability to sexual harassment will help counselling and clinical psychologists to design safeguarding devices against the behaviour. This lacuna has not been adequately filled in the literature.

The current study explores the interconnected dynamics of indecent dressing, narcissistic behaviour and feeling of helplessness aiming to unknot their roles in propagating or aggravating instances of sexual harassment. By investigating these elements, understanding of the complex interplay between personal behaviour, external perception and power dynamics, ultimately contributing valuable insights to the discussion on sexual harassment prevention and intervention in university environment.

Hypotheses
The following hypotheses were tested at .05 alpha level.

1. There is no significant relationship between predictor variables (pathological narcissism, indecent dressing and learned helplessness) and SH among university undergraduates

2. There is significant joint effect of pathological narcissism, indecent dressing and learned helplessness on SH among university undergraduates.

3. There is significant linear contribution of each independent variable (pathological narcissism, indecent dressing and learned helplessness) to the prediction of SH among university undergraduates.

Method and Measures

Method: This study adopted a descriptive research design of correlational type to determine the predictive potency and direction of relationship between the predictor and the criterion variables. The sample for the study consists of undergraduates of Federal University, Oye-Ekiti. The study adopted a disproportionate stratified random sampling approach to select the participants for the study adopting the stratum of faculties. The designated sample size for this study comprised 300 university undergraduates. Six faculties were selected out of the fifteen (15) faculties through a process of simple random sampling technique. Thereafter, fifty (50) participants were randomly selected from each faculty and the total number of three hundred designated sample size was arrived at. However, out of 300 copies of questionnaire administered, 284 copies were retrieved, giving the attrition rate of 5.3%. The other copies were either not properly filled or not returned. Therefore, a final sample size of 284 (94.7%) was accomplished. The summary of biodata information received from the participants, showed that 122 (43%) were male while 162 (57.0%) were female. A further breakdown showed that 3 (1.1%), 235 (82.7%) and 46 (16.2%) of the respondents were between the age range of below 16, 16-20 and above 21 years respectively. Their mean age was 19.1.

Two research assistants who were tutored in research instrument administration were recruited for instrument administration. The purpose of the instrument administration was made known to the participants and their consent was sought. The process was explained to be risk free and participants were made to be aware that the participation is voluntary and that they can opt out of the exercise whenever they observed that the survey poses a sign of distress or upset. It took an individual an average of 15 minutes to complete the instrument and the whole exercise took a period of two weeks.

Measures

This study utilised four instruments for data collection and are briefly described as follows:

Pathological Narcissism: Narcissism was measured by Pathological Narcissism Inventory developed by Pincus et al. (2009). The PNI is a 52-item self-report scale which weigh two major types of

pathological narcissism namely: Narcissistic Grandiosity (18 items involving three major subtypes: Exploitativeness, Self-sacrificing self-enhancement and Grandiose Fantancy) and Narcissistic Vulnerability (34 items with four categories: Contingent Self-esteem, Hiding the Self, Devaluing, and Entitlement range) The scale has response format of 6-point scale ranging from 0 (not at all like me) to 5 (very much like me) to rate each item. Higher score shows higher pathological narcissism regardless of the type. This study established a Cronbach alpha of α=.83 for narcissistic grandiosity and α=.91 for narcissistic vulnerability. The whole scale yielded an internal consistency reliability of α=.94

Learned Helplessness Scale: Learned Helplessness in this study was measured by The Learned Helplessness Scale (LHS) constructed by Quinless and Nelson (1988). It was a 20-item scale which accessed indications of learned helplessness in individuals. The response was designed in the form of 4-point Likert rating arrangement extending from strongly agree (1) to strongly disagree (4). It was also a self-report scale whereby participants were to indicate the degree of their agreement with each of the item the way they individually occur to them. The internal reliability coefficient of the study was determined and the produced α=. 91

Indecent Dressing MeasureThis is measured by the Indecent Dressing in the University Questionnaire (IDUQ) designed by Osagiobare et al (2015) which measured diverse forms of indecent dressing among university students. The scale contains 17 items on which the participants were to respond by agreeing or disagree. However, the items were restructured in this study to make it a self-report scale and elicit responses on how often the participants wear any of the forms of indecent dressing identified on a four-point response format ranging from Very Often (4), to Never (1). The reliability coefficient of α= .90 was established for this study.

Sexual Harassment Measure: SH was measured with Sexual Harassment Questionnaire adapted from the Computer Assisted Telephone Interview (CATI) survey questionnaire by Australian Human Rights Commission (2018). The scale consists sixteen (16) items originally made on a 4-point response format. However, in the current study a dichotomous response format of Yes (2) or No (1) was adapted to get specific response from respondent. Some forms of SH were highlighted and the respondents were to answer whether they have experienced them or not. Higher scores show higher level of SH. The reliability coefficient recorded from pilot study of this work was α=.88.

The collected data were exposed to statistical analysis using descriptive statistics, Pearson Product Moment Correlation and Multiple regression.

Result

The first research hypothesis predicted that there would be significant relationship between predictor variables (pathological narcissism, indecent dressing and learned helplessness) and SH among university undergraduates. The result is as stated in Table 1

Table 1

Descriptive statistics and the correlation matrix of the relationship between narcissism grandiosity, narcissism vulnerability, indecent dressing, learned helplessness and SH

Variables	X	SD	1	2	3	4	5
Narcissism grandiosity	60.04	5.76	1.00				
Narcissism vulnerability	112.60	8.62	.430**	1.00			
Indecent dressing	29.69	9.43	.132*	.129*	1.00		
Learned helplessness	63.99	9.32	.219**	.427*	.128*	1.00	
Sexual harassment	6.37	4.45	.372**	.339**	.408**	.314**	1.00

NB. Number= 284,   ** significant at .01   * significant at .05

Table 1 revealed the direction of the relationship between narcissism (grandiosity and vulnerability) indecent dressing, learned helplessness on SH. The result showed that there is significant and positive relationship between each independent variable and measure of SH. Specifically, narcissistic grandiosity ($r_{(284)}$=. 372; p<1), narcissistic vulnerability ($r_{(284)}$=. 339; p<1), indecent dressing($r_{(284)}$=. 408 p<1), and learned helplessness ($r_{(284)}$=. 314 p<1) respectively showed significant positive relationship with SH. The hypothesis is therefore confirmed

The second hypothesis also assumed that there would be joint effect of pathological narcissism, indecent dressing and learned helplessness on SH among university undergraduates. The result is also shown in Table 2.

Table 2

Multiple Regression of Joint Effect of Predictor Variables on Sexual Harassment

Model	R	R. Square	Adjusted R. square	Std.Error of the Estimate
1	.566	.320	.310	3.694

ANOVA

	Sum of Square	df	Mean Square	F	Sig.
Regression	1793.900	4	448.475	32.858	.000
Residual	3808.015	279	13.649		
Total	5601.915	283			

Table 2 showed that the composite contribution of the independent variables (narcissism grandiosity, narcissism vulnerability, indecent dressing, learned helplessness) to the prediction of SH is significant ($F_{(4,283)}$ = 32.858;.; P<0.01). The result yielded a coefficient of multiple regressions R of .566; multiple R-square = .320; and Adjusted R-square = .310. The result indicated that the variables

when pulled together have significant effect on SH experienced by the participants. The independent variables: narcissism grandiosity, narcissism vulnerability, indecent dressing, learned helplessness jointly accounted for about 31% of the variance while other variables outside the covering of the study accounted for the remaining 69%. Based on this result, the hypothesis is confirmed.

The study also predicted significant linear contribution of each independent variable (pathological narcissism, indecent dressing and learned helplessness) to the prediction of SH among university undergraduates. The result is in Table 3

Table 3

Relative Contribution of Predictor Variables to Sexual Harassment

Model	Unstandardized Coefficients		Standardized Coefficients		
	B	Std. Error	Beta	T	Sig.
Constant	-21.602	3.124		-6.916	.000
Learned helplessness	.079	.026	.166	3.036	.003
Indecent dressing	.160	.024	.339	6.767	.000
Narcissism grandiosity	.184	.042	.042	4.329	.000
Narcissism vulnerability	.063	.031	.122	2.068	.040

Table 3 revealed the independent contribution of each predictor variable to the prediction of SH and their level of significance. It showed that all the four predictor variables significantly contributed independently to the prediction of SH: learned helplessness (β=.079; t=3.036, P<0.01); indecent dressing (β=.160; t=6.767, P<0.01); narcissism grandiosity (β= .184; t= 4.329, P<0.01); narcissism vulnerability (β= .063; t= 2.068, P<0.05). In relation to the magnitude of contribution, the most potent factor was indecent dressing; narcissism grandiosity then contributes more than learned helplessness which also contributes more than narcissism vulnerability. The hypothesis is therefore established.

Discussion

This study investigated the combined and comparative contributions of pathological narcissism, indecent dressing and learned helplessness to the prediction of SH and the pattern of association between the predictor and the criterion variables. It could be clearly seen from the outcomes of the study that a combination of the predictor variables (narcissism, indecent dressing and learned helplessness) significantly influenced vulnerability to SH. A contribution of thirty-one per cent of the predictor variable on SH is high and could not have been traceable to event of fortuitousness. This affirms that there are some psychosocial variables resident in vulnerable students to SH which make them susceptible to harassment. This result suggests that when a combination of pathological

narcissism, indecent dressing and learned helplessness are inherent in university students, their liability to SH is high.

The two types of pathological narcissism were found in the current study to be positively associated with and significantly predicted SH. This positive relationship is not amazing as previous studies have established the link between the two constructs. For instance, the findings from the studies of Lamarche and Seery (2019) and Zeigler-Hill and Andrews (2021) have already shown the probability of individuals with narcissistic tendency to perpetrate SH. What is however new is the possibility of narcissistic individuals to be victims of SH as it is found in this study. The explanation that could be offered to this outcome is that pathological narcissism has different components which can bring about different behavioural outcomes. While a sense of entitlement and a disposition to take advantage of others aspects of narcissism have been the explanation of tendency to perpetrate SH by narcissists (Zeiglar-Hill et al., 2013), it is equally accountable that narcissists also possess the characteristics of grandiosity (tendency to be exaggeratedly impressive and admiring in look and elegance) which could be suggestive of sexual demands to perpetrators. In addition, narcissistic students tend to dress appealingly (an element of grandiosity) and, in most cases, indecently in order to gain the approval of people around, a factor which is found in the current study to positively relate to SH.

Another finding in relation to predictive effect of the two types of pathological narcissism on SH is that narcissistic grandiosity is found to be more potent in predicting SH compared to narcissism vulnerability. This is understandable, as although the two pathological types are plagued with seeking admiration from people outside, the level of exhibitionism is very high among individuals with narcissistic grandiosity. On the other hand, people with narcissistic vulnerability are characteristically noted with a sense of shame, timidity and a switch between an impression of supremacy and inadequacy as well as detachment from people which are all capable of reducing the level of people with narcissistic vulnerability exposure to people outside and eventually experience of SH.

Indecent dressing was found to be the most powerful variables among the examined in this study. Positive but significant relationship was found between indecent dressing and SH.   The finding is in consonance with the earlier study of Maciver (2017), Akpan (2018) and Birhan (2019) who all established the positive links between indecent dressing and SH. The explanation for the association between indecent clothing and SH could be tracked to the fact that those who engage in indecent dressing have a mission which is to catch the attention of others in anticipations of accolades as well as desires and requests for gratification. Like narcissists, they are believed to have dysfunctional opinions about themselves which lead them to either exaggerated sense of self or sometimes a feeling

of inferiority which makes them wear seductive cloths to cover-up their perceived ugliness and be more attractive to their admirers. Therefore, it could be inferred that indecent clothing could lead to seduction, a lack of sexual control resulting in SH from perpetrators who have been found to be naturally wired to be aroused at the sight of provocative dressing (Nwikpo, et al., 2022).

Learned helplessness was found to positively associate with SH. This positive and significant association is explainable. From the previous studies, LH is noted to be developed from childhood arising from negative experience of abuse. Based on this, it logical to assume that students with LH may have earlier SH at younger age and are consequently liable to revictimisation because of their belief in lacking control over the recurrent experience as earlier found by Cotney (1997). Also in academic setting, students who suffer LH are always at the mercy of others who they believe are more intelligent or who can help them out of their academic challenges because of their self-belief in incapacity for personal success. This is capable of inducing Quid Pro Quo type of SH from perceived helpers who might see such assistance a give and take.

Conclusion

This study provides evidence of the predictability of SH through narcissism, indecent dress and learned helplessness. From this study, it was inferred that narcissism (both grandiosity and vulnerability), indecent dress, and learned helplessness make a significant composite and linear contribution to predicting SH. The study has expressed that, beyond the perpetrator factors, there are factors resident in victims which made them liable to harassment of which when attended to, SH can be reduced. Consequently, the Directorates of Counselling and Human Development in each tertiary institution should take into account the variables considered in this study while diagnosing and proffering solutions to vulnerability to SH on campuses. Also, stakeholders in higher institutions of learning should continue to look for ways of curbing indecent clothing and dressing to control the prevailing rate of SH in academic milieu. Counselling and clinical psychologists would also need to develop strategies and therapies to train students against negative past experiences that results into learned helplessness and the aftermath of susceptibility to SH. Manifestation of pathological narcissism among college students should be identified and therapeutic packages should be provided to help those vulnerable against liability to unwholesome behaviour such as SH.

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