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MANUSCRIPT GUIDE FOR AUTHORS

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The International Journal of Family and Consumer Sciences (IJFACS) aims to publish high quality research on all aspects of Consumer Sciences/Home Economics and related fields. As an international academic journal, provides a global and multidisciplinary forum to understand consumers from psychology, sociology, anthropology, marketing and consumption economics perspectives. All submissions will go through a strict double-blind peer-reviewed procedure based on strong theoretical conceptualization and rigours research methods. Short research notes and commentary, with innovative approach and insightful ideas are also welcome.

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ELDER ABUSE IN THE CONTEXT OF FAMILY CARE GIVING
IN AKWA IBOM STATE, NIGERIA

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ABSTRACT

The study aimed at establishing the extent of elder abuse in the context of family care giving in Akwa Ibom State. The population comprised all elderly people aged 70 and above. Multi-stage sampling method was used to select a sample size of 5,600 elderly for the study. Structured questionnaire was the instrument used for data collection. Data collected were analysed using frequency counts and simple percentages. Findings revealed the dimensions of all abuse types suffered by the elderly in Akwa Ibom State, with emotional/psychological abuse sub-types being the most common followed by financial/material abuse, neglect/abandonment and physical, while sexual abuse types were the least experienced. It was also revealed that perpetrators of abuse differed by abuse types but, overall perpetrators of all forms of abuse in the study were sons, closely followed by grand children, extended family members, house helps /paid caregivers, nephews and nieces, spouses, daughters' in-law, all children, daughters, neighbours/acquaintances, and sons' in-law being the least. Based on the findings, recommendations were made to reduce the rate of abuse in the context of family care giving in Akwa Ibom State, such as the need for public awareness and education campaigns on care of the elderly; and the ills inherent in elder abuse, establishment of Old people's home, and formulation of policies and programmes to improve the welfare of the elderly.

Keywords: Elderly, abuse, caregivers, family, perpetrators, neglect

INTRODUCTION

Elder abuse is increasingly being acknowledged as a social problem globally. Elder abuse is any voluntary – i.e. non-accidental acts that harm or may harm an elderly person or any omission that deprives an elderly person of the care needed for their well-being, as well as any violation of their right (Iborra, 2009). It encompasses any act of commission or omission that may result in harm or threatened harm to the health and welfare of an older adult (Sellas and Krouse, 2009).

Demographic reports around the world indicate that the global population is ageing. Population ageing implies an increase in the proportion of older people aged sixty-five and above. This is due to improved nutrition, declining infections, better standard of living, prospects in education, health care and biomedical technology (Nwabueze, 2001). Shaefer (2005) reveals that around the world, there are more than 442 million people aged 65 and above, representing about 7% of the world's population.

With increased longevity and with the health deterioration that comes with ageing there may be greater demand for long-term care and greater burden on the part of the caregiver. Walsh, Ploeg, Lohfeld, Horne, Macmillan and Lai (2007) confirmed that the present ageing trend implies that care giving for older adults will become an increasing demanding responsibility for adult children and other family members. Hurme (2002) also opines that the changed and changing demographics around the world also point to an increased potential for abuse.

Care giving consists of informal and unpaid care provided to a dependent person by family members, other relatives, or friends (Maiconis, 2003). Family members hold the responsibility of fulfilling filial obligations to the elderly by providing food, shelter, clothing, drugs, love and other necessities. Frail elderly in particular need assistance in carrying out activities of daily living. In many ways, the elderly becomes as dependent as a child does on their caregivers, financially, emotionally or physically. This leaves a broad window for possible abuse (Jones, Kramar and Peterson, 2010).

In Nigeria, majority of the elderly are solely cared for within the family since it is the traditional role of children to support their parents in old age. A good percentage of the elderly in Nigeria live with their children, grand children and other family members, while others reside in their own homes with paid caregivers or house helps, grand children, etc. Sijuwade (2008) maintains that both in developing and developed countries, the elderly as well as their caregivers prefer that they be taken care within the family. Walker (2002) also confirms that in most industrial and pre-industrial societies, the family has been the main providers of care to their elderly relatives. Since the elderly in Nigeria are not institutionalized but typically live with their families, it is often assumed that they are well taken care of and therefore not subjected to any form of abuse by family members. Elder abuse is most often viewed as a family problem as such perpetrators may not even be aware of what constitute abuse, while the abused elderly may equally be ignorant that the issue boards on the violation of Fundamental Human Rights, and may be unwilling to report (Ajomale, 2007; Ekot, 2012). Cripps (2001) maintains that although the vast majority of families provide their aging parents or relatives with a safe haven, it is also true that family members perpetrate the majority of reported incidents of abuse of elderly individuals. In Nigeria the study on the prevalence of elder abuse in Enugu state by Igbokwe and Asogwa (2010) revealed a moderate rate of psychological and financial abuse, and low rate of physical abuse.

Sijuwade (2008) explains that to abuse, neglect and abandon the elderly are all typologies of poor quality care for the elderly. In the case of abuse, the caregiver actively harms the elderly, in the case of neglect; the caregiver is passive, insensitive, lacks empathy and ignores the care of the elderly; while totally abdicating the responsibilities of taking care of the elderly which constitute abandonment. Thus, elder abuse most often arises and is entrenched in the context of care. Bonnie and Wallace (2003) maintain that failure by a caregiver to satisfy elders' basic needs or to protect the elder from harm constitute mistreatment. This implies that a lack of care of the elderly or any decline in quality care of the elderly may constitute abuse.

Elder abuse could take many forms, including physical, financial, psychological, sexual abuse and neglect (WHO, 2010). Other forms of abuse are violation of basic human rights and medication abuse; and in Nigeria abuse may include witchcraft accusations, lack of respect, etc. Physical abuse is the use of physical force to cause discomfort, which may or may not result in body injury, physical pain, or impairment (Peri, Fanslow, Hand, and Parsons, 2008). The American psychological Association (2010) asserts that when a caregiver or other person uses enough force to cause unnecessary pain or injury, even if the reason is to help the older persons, the behaviour can be regarded as abuse.

Financial abuse is the misuse of an older person's funds or property through fraud, trickery, theft or force, including frauds, swindles, misuse of money or property, convincing an older person to buy a product or give away money, stealing money or possessions, misusing bank or credit cards, misusing joint banking accounts, forging a signature on pension cheques or legal documents and misusing a power of attorney amongst others (Alberta Elder Abuse Awareness Network, 2007). In Nigeria, financial/material abuse may include dispossessing elderly persons of their properties, lands, and even driving them away from their houses.

Emotional or Psychological abuse involves verbal assaults (such as name calling like old school, witch, etc; humiliation (being treated as a child), and intimidation (threats of isolation or placement in a nursing home) (Berk, 2001). In all cases, abuse diminishes the identity and self worth of elderly people, and can cause fear, anxiety, distress, depression and self neglect. Sexual abuse include inappropriate touching, photographing the person in suggestive poses, forcing the person to look at pornography, forcing sexual contact with a third party, or any unwanted sexual behaviour, such as rape, sodomy, or coerced nudity (American Psychological Association, 2010). In Nigeria, many widows are usually abuse sexually in the guise of widow inheritance.

Neglect is intentional or unintentional failure to fulfill care giving obligations, which results in lack of food, medication, or health services or in the elderly person being left alone or isolated (Berk, 2001). Sijuwade (2008) asserts that when caregiver is neglectful, it means there are lapses in the quality of care and in carrying out the responsibility, while totally abdicating the responsibilities of taking care of the elderly constitute abandonment. Violation of Basic Human Rights is the denial of an older person's fundamental right according to legislation, while medication abuse involves the misuse of an older person's medications and prescriptions such as withholding medication, overmedicating, sedation, and not complying with prescriptions refills (Alberta Elder Abuse Awareness Network, 2007).

In Nigeria in general and Akwa Ibom State in particular, elder abuse include all shabby treatment of the elderly by young people and family members, such as verbal abuse, name calling, locking up in a room, giving child treatment, and not maintaining or supporting with money to eat. It may also include outright beatings, indecent touching, extortion of money, non visiting, denying access to grand children, declaring the parents witches, etc (Nkan, 2011; Ikpe, 2011). It is possible that some elderly people may suffer more than one type of abuse at the same time

Most of the studies on elder abuse generally are conducted in advanced countries, and some African countries, while studies on elder abuse in Nigeria are generally scanty. The few research studies conducted have considered the prevalence on elder abuse in different parts of the country such as Sijuwade (2008) in a Lagos study, Igbokwe and Asogwa (2010) in a study of the prevalence of abuse of the elderly in domestic setting in Enugu State. Moreover what constitutes abuse in advanced countries may be different from what is considered abuse in Nigeria. Perpetrators of abuse in Nigeria may also differ across cultures. There is therefore a need to provide empirical data on the specific actions that constitute the different forms and perpetrators of elder abuse in Akwa Ibom state.

Purpose of the study

The main purpose of the study was to investigate the extent of elder abuse in the context of family care giving in Akwa Ibom State, Nigeria. Specifically the study sought to:

1. identify forms of abuse common among the elderly in Akwa Ibom State.
2. identify the specific actions that constitute each form of abuse of the elderly in Akwa

- lbon State.
3. identify the perpetrators of elder abuse in Akwa lbon State.

Research questions

1. What are the forms of abuse common among the elderly in Akwa lbon State?
2. What are the specific actions that constitute each form of abuse suffered by the elderly in Akwa lbon State?
3. Who are the perpetrators of elder abuse in Akwa lbon State?

METHODOLOGY

Population for the study

The population for the study consisted of all male and female elderly persons in Akwa lbon State aged 70 and above based on the scope for the study.

Sample and sampling technique

Information for this paper was extracted from a field survey carried out between March and June 2011 in Akwa lbon State which is one of the states in the Federal Republic of Nigeria; located geographically in the south-eastern zone of the country as a part of a larger project on the condition of the elderly including abuse. Multi-stage sampling technique was adopted to select a sample size of 5,600 elderly. In the first stage, two senatorial zones out of the three in Akwa lbon State were randomly selected, and used for the study. The second stage involved proportionate distribution of the sample size into all the 21 local government areas that make up the selected senatorial zones. Twenty (20) villages including the local government headquarters were thereafter purposively selected from each of the local government areas. The last stage involved accessible and snowball sampling of respondents from each of the selected villages to give the total of 5,600 respondents.

Research instrument

Structured questionnaire was used for the study. The structured questionnaire contained three sections: Section A: was multiple choice questions designed to obtain socio demographic data from the elderly. Section B; which was adapted and reviewed from Acierno, Hernandez-Tejada, Wendy – Muzzy & Kenneth – Steve (2009) elicited information from the elderly with respect to the forms of abuse; while section C; was designed to identify perpetrators of elder abuse. The instrument was validated by two lecturers in the Department of Home Economics/Hotel Management and Tourism, Michael Okpara University of Agriculture, Umudike. The reliability of the instrument was ascertained *using Cronbach's alpha co-efficient, and a reliability index, α =*

.86 was obtained showing that the instrument was highly reliable.

Data collection

Elderly persons aged 70 years and above were administered the questionnaire with the help of 12 Primary Health Officers who served as research assistants. The respondents were guided to complete and return the instrument on the spot, and questions on the questionnaire were interpreted into local dialect to non – literate respondents, and their responses were marked in the appropriate columns in the instrument. A Focused Discussion Group (FDG) consisting of 36 adult primary, secondary or supposed caregivers of the elderly was also organized; during which semi structured questions were asked, followed by general discussions.

Data analysis

Data collected from the questionnaire for this study were analysed using frequency counts and simple percentages, while issues discussed in the FDG were analysed qualitatively and used for the discussion of findings.

RESULTS

Table I: Frequency and percentage distribution on the forms of abuse common among the elderly and the different actions that constitute each form of abuse suffered by the elderly in Akwa Ibom State

Forms of Abuse	Frequency(N=5600)		Percent (%) **
Emotional/Psychological abuse	3164		56.5
<i>Actions constituting abuse</i>			
Verbal attacks (scolding and yelling at)	3164	56.5	
Humiliation/name calling	3164	56.5	
Being ignored			37.0
Harassment/coercion	1008		18.0
Witchcraft accusation or suspicion	2156	38.5	
Physical Abuse	1055		18.8
<i>Actions constituting abuse</i>			
Physical assault (hitting, slapping, etc).	1055	18.8	
Restraining or locking up in the house	859	15.3	
Injury (cuts, bruises or other marks)	817	14.6	
Sexual Abuse	532		9.5
<i>Actions constituting abuse</i>			
Sexual Molestation (Kissing, fondling, etc)	420	7.5	
Touching in a sexual way	532	9.5	
Financial Abuse	2927		52.3
<i>Actions constituting abuse</i>			
Taking money or possessions	2320		41.4
Not making good decisions about elderly finances	2927	52.3	
Being forced or tricked to bring out money	228	40.8	
Dispossession of land or other properties	714	12.8	
Theft of food and foodstuff	1899	33.9	
Neglect/ Abandonment	2268		40.5
<i>Actions constituting abuse</i>			
Non regular visits	1788		31.9
Non provision of money for upkeep	2268	40.5	
Lack of help with activities of daily living	1696	30.3	
Non provision of medical needs	1788	31.9	
Denial of access to grand children	2012	35.9	
Lack of help in house care/ washing clothes	1704	30.4	
** Multiple responses			

Table I shows the forms of abuse and the specific actions that constitute the different forms of abuse suffered by the elderly in Akwa Ibom State, with emotional abuse and actions constituting emotional abuse coming topmost, closely followed by financial/material abuse, and neglect/abandonment, while physical and sexual abuse are not very common.

Table II: Distribution on overall mean percentage of the perpetrators of all forms of elder Abuse in Akwa Ibom State

S/N		Perpetrators of Abuse	Emotional/Psychological abuse	Physical AbuseSexual Abuse	Financial /Material Abuse	Neglect/ Abandonment	Overall Percentage of perpetrators of all forms of abuse	Overall mean percentage of perpetrators of Abuse
1.	Spouse	8.3	3.1	-	1.5	1.1	14.9	2.98
2.	Son	9.8	8.3	-	9.0	16.1	43.2	8.64
3.	Daughter	5.8	-	-	.3	5.8	11.98	2.38
4.	House help/paid caregiver	5.0	.2	-	11.4	2.1	18.7	3.74
5.	Grand Child	.8	-	-	10.7	8.1	19.6	3.92
6.	Neighbour/Acquaintance	1.8	.7	5.8	3.0	-	11.3	2.26
7.	Daughters-in-law	10.8	-	-	1.3	2.2	14.3	2.86
8.	Sons-in-law	.7	-	-	-	.7	0.14	
9.	Nephews/Nieces	3.6	-	-	10.9	3.6	18.1	3.62
10	Extended family members	3.6	6.5	3.7	4.2	1.3	19.3	3.86
11.	All their children	6.3	-	-	-	6.5	12.8	2.56

Table II shows the overall mean percentage of perpetrators of all forms of abuse in the study with the highest perpetrators of all abuse forms being sons, with a mean percentage of (8.64%). This is closely followed in order of importance by grand children (3.92%), extended family members (3.86%), house helps /paid caregivers (3.74%), nephews and nieces (3.62%), spouses (2.98%), daughters' in-law (2.86%), all children (2.56%), daughters (2.38%), neighbours/acquaintances (2.26%), and sons' in-law (0.14%). The table also reveals that perpetrators of abuse differ by abuse types

Discussion

Table I show that emotional/psychological abuse is the top-most form of abuse (56.5%) common among the elderly in Akwa Ibom State. This was closely followed by financial/material abuse (52.3%), neglect/abandonment (40.5) and physical abuse (18.8), while sexual abuse was the least (9.5). The finding is consistent with others which found emotional abuse to be the most commonly reported (Iborra, 2009; Acierno et al., 2009), but inconsistent with others which found financial abuse to be the most common form (Cripps, 2001). The findings are also at variance with the study by Dong, Simon, Gorbien, (2007) which found neglect to be the most common form of abuse. The finding that sexual abuse is the least common is in tandem with other studies which also revealed low rates of sexual abuse (Acierno et al., 2009; Mowlam et al., 2007). The revelation that physical abuse is less common in the study is not surprising as there is a general belief on the lethal curses attached to physical attack on the elderly persons in the area. Many young people fear that the elderly might invoke curses on them, and especially women who they fear would 'beat their breasts' for such a young person who would dare to inflict on them physical assaults, which is believed to result in calamity and untimely deaths. Ajomale (2007) also argues that due to the level of respect accorded the elderly in Nigeria, it is uncommon to have cases of beatings and deliberate infliction of injury on the elderly.

Members of the FDG initially contested the word abuse vehemently as they could not associate themselves with the idea of abuse of their elderly parents. When definitions of elder abuse by The American Psychological Association (2010) as the infliction of physical, emotional, or psychological harm on an older adult and Bonnie and Wallace (2003) as failure by a caregiver to satisfy elders' basic needs or to protect the elder from harm were discussed with them and the various forms of abuse highlighted, they finally agreed that such forms of abuses existed in different degrees, that they hitherto associated abuse with cursing and physical mistreatment such as beating. In addition, the discussants were of the view that apart from sexual abuse which the majority could not imagine, most times children do not willingly and wilfully commit elder abuse as explained but that general lack due to their own poverty sometimes resulted in such conditions which could be termed abusive. They also agreed that at times children abuse, neglect or abandon their elderly parents because of witchcraft suspicion or accusation, lamenting that the trend has recently increased in Akwa Ibom State.

The specific actions that constituted emotional or psychological abuse suffered by respondents in the study were in order of importance verbal attacks (scolding or yelling at the elderly), humiliation or name-calling, witchcraft accusation, being ignored for days, and harassment and coercion. This supports the findings by Mowlam et al. (2007) which revealed higher rate of verbal aggression in their studies. Name-calling, witchcraft accusation and suspicion identified as psychological abuse sub-types confirm World Health Organisation (WHO) (2010) assertion that in some traditional African societies some elderly persons are accused of witchcraft. Actions that constituted financial and material abuse identified in Table I include not making good decisions on the finances of the elderly, taking their monies or possessions without permission, forcing or tricking the elderly to bring out money, removal of cooked or raw food, and dispossessing the elderly of land or other properties in decreasing order. Many older persons are functionally impaired and may need help in finance management such as excursions to bank or in cashing cheques thus leaving a window for possible abuse. The inclusion of removal of cooked or raw food as sub-form of financial/material may also account for the high rate of financial/material abuse recorded in this study, because due to poverty, some children in the neighbourhood may enter the houses of elderly people to remove foodstuff without permission. The major areas of neglect identified in the study involved non - provision of money for upkeep, denial of access to grand children, non-regular visits, neglecting medical needs, lack of help in house care/ clothes washing; and lack of help in activities of daily living. The physical abuse sub - forms identified in order of importance were physical assault (hitting, slapping, shaking, kicking, and shoving), restraining or locking up the elderly in the house, and injury (cuts, bruises, etc). Table I also shows that the few identified cases of sexual abuse involved touching the elderly in a sexual way against their will and sexual molestation (kissing, fondling, etc.).

Results in Table II revealed that perpetrators of abuse differed by abuse types but, overall perpetrators of all forms of abuse in the study were sons, closely followed in order of importance by grand children, extended family members, house helps /paid caregivers, nephews and nieces, spouses, daughters' in-law, all children, daughters, neighbours/acquaintances, and sons' in-law. The findings revealed that the majority of the perpetrators are close family members which is in line with the assertion by Berk (2001) that the perpetrator is usually a person the older adult loves, trusts and depends on for care and assistance. This is also in tandem with Jamuna (2003), Oh et al. (2006) and others which consistently identified adult offspring as the highest perpetrators. Cripps (2001), Cavanagh (2003) all confirm that family members perpetrate the majority of reported incidents of abuse of elderly individuals. The revelation that sons are the highest perpetrators was confirmed by the FDG. The discussants viewed that female children are naturally more empathic and caring which may explain why they show more love and care toward their elderly parents and perpetrate less of the abuse cases. They accused some daughters' in-law of causing their husbands to neglect their own parents. This supports Riley (1981), who also described the abuser as most commonly a male relative. The study has also identified extended family members as the third highest perpetrators of abuse in Akwa Ibom State which has never been identified as such by any other study. The FDG confirmed that extended family members most often abuse elderly widows by dispossessing them of their properties and sometimes sexually abusing them in the guise of widow's inheritance. The finding is however at variance with others who identified partners (spouses) as the highest perpetrators (Iborra, 2009), and Hirst and Miller (1986) who revealed that abuser profile is that of a female family member (daughter). These differing views may reflect the cultural context of abuse.

CONCLUSION AND RECOMMENDATIONS

The study aimed at investigating the dimensions of elder abuse in the context of family care giving in Akwa Ibom State, Nigeria. Findings of the study revealed the pervasiveness of elder abuse in the study area with emotional abuse and actions constituting emotional abuse coming topmost, closely followed by financial/material abuse and neglect/abandonment, followed by physical abuse while sexual abuse is the least experienced form of abuse. Perpetrators of abuse in the study differed by abuse types but, overall perpetrators of all forms of abuse in the study were sons, closely followed by grand children, extended family members, house helps /paid caregivers, nephews and nieces, spouses, daughters' in-law, etc. The overall findings appear disturbing in an area where the elderly were hitherto traditionally generally revered; and where traditional relationship between children and parents in old age ideally should be that of respect and filial support not abuse.

Based on the findings of the study the following recommendations are made:

- * Families overburdened with care of the elderly should explore the integration and support of other volunteer caregivers such as friends and neighbours to help ameliorate the burdens of care giving.
- * Public awareness programmes and public education campaigns that define elder abuse should be organised, to enlighten people on what constitute abuse; and raise awareness on the growing problem of elder abuse in order to reduce the high prevalence of abuse in Akwa Ibom State.
- * Churches, NGOs, and health institutions, should establish homes for the elderly to take care of elderly people during work or business hours in the absence of primary caregivers.
- * The state Government should also establish old people's home in Akwa Ibom State as a matter of urgency to cater for the needs of those who might require such homes for the placement of their aged parents in case of role conflicts or by geographical separation

arising from employment.

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ICT AND MARKETING AMONG SELECTED HOTELS IN LAGOS, NIGERIA

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ABSTRACT

The study investigated the effect of ICT on marketing in the hospitality industry. Simple random sampling technique was used to select fifty respondents who were marketing managers of hotels in Lagos, Nigeria. A sixteen item questionnaire was used to collect data from the respondents. The study identified ICT facilities frequently used to market hospitality products and services to include; telephone (100%), computers (100%), e-mail based booking facility (84.3%), electronic locking system (84.3%), internet in all rooms (84.3%), café (80.5%), wireless internet (80.5%) and point of sale machine (69.6%). Reservations were largely by ICTs; telephone (41.27%), e-mail (29.57%) and on-line real time booking (15.13%). About 74.1% of the marketing managers strongly believed that using ICT fits well with the way employees like to work and that employees appreciate ICT and enjoy using them. Also, 100% of the hoteliers believed using ICT is a fast and efficient way to get information and that ICT provide opportunity for showcasing the premises of the hotel. The findings showed a significant relationship between ICT usage and level of patronage ($r= 0.436$, $P< 0.05$). There was also a significant relationship between ICT utilization and marketing efficiency ($r= 0.626$, $P< 0.05$). Based on the findings, it is recommended that current level of application of ICT in the industry should be sustained while effort should be made to measure up to future development in ICT world.

Key words: ICT, marketing, hospitality industry, ICT facilities, marketing efficiency

INTRODUCTION

Information communication technology (ICT) means the use of computer system and telecommunication equipment in information processing. It is the amalgamation of computer, communication and electronics to acquire, process, store and disseminate vocal, textual, pictorial and numerical information by micro- electronic-based equipment. Effective tourism activity is not achievable without ICT which has both hardware and software components although the former is usually more emphasized. Software has been developed to facilitate and help improve human existence (Spore, 2004). It is worthwhile to note that there have been tremendous improvements in tourism outfits that give priority to ICT. Over the years, there is growing evidence to suggest that ICT does act as a driver for economic development in disadvantaged geographies (Grace, Kenny and Qiang, 2004). The use of technology is increasingly viewed as playing a critical role in management and distribution of hospitality products. Information and Communication Technologies (ICTs) are necessary components of business culture. Agboola, Nassar and Ilori (2007) opined that the business environment is very dynamic and undergoes rapid changes as a result of technological innovation, increased awareness and demands from customers. This development reflects a need for alternative source of information rather than a face-to-face interaction technology-driven, donor-promoted information service.

In today's world, using ICTs is no more a distinctive characteristics by itself; only an efficient and effective usage can help in obtaining a competitive advantage. Information is very important at every stage in the sales cycle of the tourism product (Pollock, 2005). Information must be able to flow quickly and accurately between the client, intermediaries and each of the tourism suppliers involved in servicing the client's need. ICT as information transmission technology built on the potentials of electronic communication equipment for connecting and assessing various ends in the information path way, is crucial in tourism and hospitality business for connectivity, showcasing (exhibition) and communication services (Bakare, 2012). Unlike manufactured goods, tourism products cannot be inspected prior to purchase; therefore it is almost completely dependent on representations and descriptions to help consumers make a purchase decision (Page, 1999). Tourism products are also fixed geographically. Thus customers must travel and in effect consume the product in order to experience what they are buying (Bennett, 2003).

When the right technology is available and it is correctly applied, a manager can obtain visible organizational benefits and is able to stimulate the growth of the company

in line with the market evolution. The hospitality industry is at the forefront of the whole tourism sector and it is especially sensitive to the ever increasing competitive pressure and to the growing need for more effective operational and control tools. The help that can be given by ICTs is therefore much sought-after and is seen as capable of providing new opportunities for business development. According to Connolly and Olson (2000), ICT is the single greatest force affecting change in the hospitality industry. The ICT based products and processes help the hotels to enhance the operating efficiency, improve the service experience as well as provide a means to access markets on a global basis. While ICTs were used in the hotel industry since the late seventies in the form of Computerized Reservation System and Global Distribution System, it was only in the 90s that the ICTs began to make a difference in the hospitality sector (Cooper, Lambert and Pagh, 1998). Hospitality industry is acknowledged for information sensitivity; as a result, ICT has become an almost universal feature of the tourism industry. Its power allows information to be managed more effectively and transported worldwide almost instantly. It has a continuous major effect on the organization of hospitality industry. However, it has not affected all functions and sectors equally. It is having greatest impact on the marketing and distribution function while leaving others which need more human contact relatively untouched. Some of the software which have aided development and are of benefit to the hospitality are: Electronic Point of Sale (EPOS), Electronic Locking System (ELS), Call Accounting System (CAS), World Wide Web, on-line real time booking, Local Area Network (LAN), Global Distribution System (GDS), Automated Teller Machine (ATM), Property Management Software (PMS) among others. According to Cracknel and Kaufmann (2002), from the hospitality business perspective, the most valuable commodity for effectiveness and efficient operation is reliable, up to date information, hence the need for ICTs and the benefits they provide in information storage, its manipulation and communication.

Statement of the problem

In the era of globalization, this millennium era is confronted with the realities of an increasingly networked world, where ICT offers realistic opportunities to redress the vicious circle of stagnation that results from information asymmetry. It is clear that developing countries have adopted a variety of information and communication techniques (ICT) that could be effectively used by hospitality industry. ICT has significant role to play in improving the service delivery that is customer centered. Hotels are increasingly challenged to find ways to attract market (guests), keep them satisfied to win repeated patronage, reduce operating cost without sacrificing the quality standards and consistently meet guest expectations and maximize profit. These are objectives which rest on marketing function and which the application of ICT had been able to address. Literature revealed that ICT is being continuously adopted and utilized by the hospitality industry, although, it has not affected all functions and sectors equally. It is having greatest impact on marketing and distribution function while leaving others which need more human contact relatively untouched. It is therefore the goal of the researcher to investigate the effect of ICT on marketing in the hospitality industry.

Objective

The main objective was to investigate the effect of ICT on marketing in the hospitality industry. Specific objectives include to:

- i. identify various ICT facilities used in the hospitality industry;
- ii. analyze the attitude of hoteliers and employees' towards ICT; and examine the effect of ICT on marketing efficiency among selected hotels in Lagos.

Research questions

The research questions designed for this study are the following:

- i. What are the available ICT facilities in the hospitality industry of the study area?
- ii. What are the attitudes of hoteliers and hotel staff towards ICT?
- iii. What are the effects of ICT on marketing efficiency in hospitality industry?

METHODOLOGY

Study area: The study was carried out in Lagos, Nigeria. Lagos is one of the fastest growing cities in Africa. Lagos being a metropolitan city, former capital city and Nigeria's most prosperous city where much of the nation's wealth and economic activities are concentrated, and which houses a good number of reputable, standard and five stars hotels was considered suitable for the study

Sampling technique and sample size: Due to the nature of this study which required the researcher to interview the marketing managers or whosoever performs his/her functions in each hotel, the researcher worked with a sample population of fifty marketing managers. Fifty hotels were used for this study and they were selected by simple random sampling technique.

Research instrument: A well-structured questionnaire comprising of open and close ended questions was used to elicit needed information from the respondents who were marketing managers of the sampled hotels in Lagos. The contents of the questionnaire examine the impact of ICT on marketing in hospitality industry. The instrument is made up of section A (features of hotels), section B (ICT facilities), section C (attitude of employees and hoteliers towards ICT) and section D (efficiency of ICT). Attitude was measured on strongly agreed (SA) was scored 4, agreed (A) was scored 3, disagreed (D) was scored 2, and strongly disagreed (SD) was scored 1.

RESULTS AND DISCUSSION

Socio-economic characteristics: Data in Table I show that above average (56%) of the respondents fell within the age range of 31 – 40 years with a mean age of 37 years. Majority (90%) of the respondents were married, 40% were holders of university degrees, 36% graduated from polytechnics with Higher National Diploma (HND) and 24% had Masters in Business Administration. All the respondents were males and majority (80%) earned between ₦1,000 and ₦100,000 monthly. Sixteen percent of the

respondents read hospitality management, 20% read related disciplines such as catering, tourism management, event management, leisure and recreation while 64% read non – related disciplines. This result agrees with the findings of Yusuf (2011) who reported that the quality of human resources in the hospitality was low and that majority of the employees of the industry read non – related disciplines.

Table I: Distribution of respondents by socio-economic characteristics (n = 50)

Characteristics	Frequency	Percent
Age		
20 - 30	5	10
31 - 40	28	56
41 - 50	17	34
Marital status		
Married	45	90
Single	5	10
Level of education		
HND	18	36
B.Sc	20	40
MBA	12	24
Sex		
Male	50	100
Female	-	0
Discipline		
Hospitality management	8	16
Related disciplines	10	20
Non – Related disciplines	32	64
Income (?)		
Less than 50,000	4	8
51,000 - 100,000	40	80
101,000 - 150,000	6	12

Source: Field Survey, 2012

ICT facilities and usage: Table II shows the various ICT facilities used by the hospitality industry in the study area and their frequency of usage. The most frequently used ICT facilities include: telephone (100%), computers (100%), e-mail based booking facility (84.3%), electronic locking system (84.3%), internet in all rooms (84.3%), café (80.5%), wireless internet (80.5%) and point of sale machine (69.6%) while the least used are e-check out from rooms (23.9%), Automated Teller Machine (39.2%) and Property Management System (39.2%). This result shows that there are many ICT facilities in use in the hospitality industry; however, facilities such as Global Distribution System (GDS) and Local Area Network (LAN) are yet to be well adopted.

Table III: Distribution of employees by their attitude towards ICT

Table II: Distribution of hotels by ICT facilities and usage (n = 50)

Facilities	Available frequently		Available occasionally	Available rarely	Not available
E mail based booking facility	39(84.3%)	3(6.5%)	–	2(4.4%)	
Electronic locking system	39(84.3%)	–	8(15.2%)		
Telephone	46(100%)	–	–	–	
Computers	46(100%)				
Point of Sale Machine (POS)	32(69.6%)	5(10.8%)	–	9(19.6%)	
Automated Teller Machine (ATM)	18(39.2%)	10(21.7%)	4(8.7%)	14(30.4%)	
On-line real time booking	23(50%)	10(21.7%)	2(4.4%)	7(15.2%)	
Global Distribution System	–	2(4.4%)	–	–	
Internet centre/café	37(80.5%)	2(4.4%)	1(2.17%)	3(6.5%)	
Internet in all rooms	39(84.3%)	2(4.4%)	–	9(6.5%)	
Wireless internet in the hotels	37(80.5%)	2(4.4%)	1(2.17%)	2(4.4%)	
Local area network	–	2(4.4%)	–	–	
Property management system	18(39.2%)	10(21.7%)	3(6.5%)	15(32.6%)	
E-check out from rooms	11(23.9%)	3(6.5%)	10(21.8%)	20(43.5%)	

Source: Field survey, 2012

Attitudinal statement	SA F /%	A F/%	D F/%	SD F/%	Mean Score
Electronic point of sale, electronic locking systems are easy for me to use.	15(32.6)	30(65.2)	1(2.2)	–	3.30
ICT are clear and understandable for me and guest to use.	18(39.1)	27(58.7)	1(2.2)	–	3.37
Using ICT fits well with the way I like to work.	35(74.1)	11(23.9)	–	–	3.76
ICT help save energy and time.	30(65.2)	15(32.6)	–	–	3.59
I appreciate ICTs and enjoy using them.	35(74.1)	11(23.9)	–	–	3.11

Source: Field survey, 2012

Grand Mean = 3.43

Comparing the mean scores of the attitudinal statements to the grand mean score (3.43), hotel employees had better attitude to statements such as: using ICT fits well with the way employees like to work (mean =3.76) and employees believe ICT help save energy and time (mean =3.59). The table further revealed that the employees had a lower attitude (below mean score) to statements such as: employees appreciate ICTs and enjoy using them (mean= 3.11), electronic point of sale, electronic locking systems are easy for employees to use (mean= 3.30), and ICT are clear and understandable for employees and guest to use (mean= 3.37). However, in the overall, it can be concluded that that the employees had a good attitude towards ICTs as the statements below the mean mark were not far from it but were just a little below it.

Table IV: Distribution of hoteliers by their attitude towards ICT (n = 50)

Attitudinal statements	SAF/%	AF/%	DF/%	SDF/%	Mean
Top management considers the internet web based technologies, EPOS, ELS, CAS as important.	24 (52.5)	22 (47.8)	–	–	3.52
Top management supports and allocates resources for the implementation of internet, web based technologies for marketing activities.	21 (45.7)	25 (54.3)	–	–	3.46
Top management has effectively communicated for the adoption and implementation of ICT.	25 (54.3)	21 (45.7)	–	–	3.54
Top management believes in web page with enough information about hotel products to satisfy customer.	33 (71.7)	13 (28.3)	–	–	3.72
Top management believes using ICT is a fast and efficient way to get information.	46 (100)	–	–	–	4.00
Hoteliers believe ICT provide opportunity for showcasing the premises of the hotel.	46 (100)	–	–	–	4.00
Source: Field survey, 2012			Grand Mean = 3.71		

The grand mean of the distribution was determined to be 3.71, therefore, top in the list of hoteliers' attitude towards ICTs were; top management believes using ICT is a fast and efficient way to get information (mean = 4.00), hoteliers believe ICT provide opportunity for showcasing the premises of the hotel (mean = 4.00), and top management believes in web page with enough information about hotel products to satisfy customer (mean = 3.71). Just a little bit below the grand mean score were hoteliers' attitudinal statements such as: top management has effectively communicated for the adoption and implementation of ICT (mean = 3.54), top management considers the internet web based technologies, EPOS, ELS, CAS as important (mean = 3.52), and top management supports and allocates resources for the implementation of internet, web based technologies for marketing activities (mean = 3.46). Conclusively, the general attitude of the sampled hoteliers towards ICTs was good as attitudinal statements that fell below the grand mean score were just a little below it.

Table V: Distribution of guests by reservation media used between January and June, 2012 (n = 50)

Reservation media	Number of guest (Freq/percent)
Telephone	13, 800 (41.27%)
E-mail	9, 890 (29.57%)
On-line real time booking	5, 060 (15.13%)
Personal	4, 692 (14.03%)

Source: Field survey, 2012

Table V shows the distribution of guests by the different means of booking reservation used between January and June, 2012. From the table, telephone was the mostly used medium (41.27%), followed by e-mail (29.57%), followed by on-line real time booking (15.13%) and entering the hotel to make reservation personally was the least medium used (14.03%). This result established that the guests have a positive attitude toward ICT.

Table VI: Pearson correlation analysis showing relationship between ICT usage, level of patronage and marketing efficiency (n = 50)

Variables	Correlation (r)	Co – efficient of determination (r2)
Level of patronage	0.436*	0.626*
Marketing efficiency	0.626*	0.392

The above table shows the correlation analysis that revealed a relationship between ICT usage and level of patronage to be significant at $P < 0.05$ ($r = 0.436$). Thus, there is a significant relationship between utilization of ICT and level of patronage. This implies that the more the hotels utilize ICT or the better the ICT facilities being used, the better the patronage that will be achieved. Table VI also indicate a significant relationship between ICT utilization and marketing efficiency at $P < 0.05$ ($r = 0.626$). Marketing efficiency was measured by sub - variables such as; operating cost, market share, market reach, relationship with business partners, customer service and profit maximization. Hence, ICT reduces the operating cost, increases the market share, market reach and profit, and improves the relationship with business partners and customer service.

CONCLUSION AND RECOMMENDATIONS

Findings from the study showed that ICT has been adopted and utilized by hospitality industry in Lagos, Nigeria to carry out various tasks with the objective of achieving organizational goals. Its impact on the industry has been identified to include; reduction in operating costs, increase in sales and market share, extending market reach and attracting more customer, establishing strong relationship with business partner and improving customer service. However, facilities such as Local Area Network and Global Distribution System are yet to be well adopted. Also, not many hotels have Property Management System. ICT has a strong influence on guests' arrival, a large percentage of reservations were either through telephone, e-mail or on-line real time booking. This study also established that the quality of human resources in the hospitality industry is low. This study also established a preference for men as hotel managers in hospitality industry. From the results of the study, it is recommended that appointment of hotel managers should be based on merit and that the female gender should also be given equal opportunity like their male counterpart. Furthermore, hospitality and by extension tourism industry requires ICT more than any other sector for its proper functioning and development. Adoption of ICT for business transaction is expedient to the development of the industry. ICT has significant role to play in improving the service delivery that is customer centered and which operates on the pure principle and concept of decentralization to keep the guests satisfied. Business operation like; monitoring stock levels, efficient marketing of products and services, information sharing between stakeholders, paying suppliers online, ordering online, online customer service, online booking, internal communication and communication with business partners can easily be accomplished via the deployment of ICTs. Integrating and harnessing a successful exploitation of the many advantages of Information Communication and Technology will be of tremendous advantage to the development of the industry. Lastly, the current level of application of ICT in the industry should be sustained while effort should be made to measure up to future developments in the ICT world.

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CLOTHING CONSUMPTION PROBLEMS OF
AGEING WOMEN IN THE FAMILY

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ABSTRACT

This paper identified the problems faced by ageing women in their clothing consumption and ways of solving those problems. It adopted a survey research design. The population comprised all the ageing women in Enugu State. The sample comprised of 300 ageing women, randomly drawn from the population. Questionnaire was used for data collection. Data was analyzed using frequency and mean scores. The findings indicated among other things that ageing women face such problems as difficulty in selecting clothing that could conceal body defects, selecting clothing according to tradition, not selecting clothing that enhance appearance, etc. Recommendations were made for improving the clothing consumption of ageing women such as Home Economics extension agents should visit and advice ageing women on appropriate clothing for them. The paper concluded that discovering the clothing problems or challenges faced by the ageing women as a result of the ageing process and finding their possible solutions, would go a long way in helping them improve on their clothing consumption.

Keywords: Clothing, consumption, ageing, problem, family, women.

INTRODUCTION

Clothing is anything placed on the body to adorn, protect or communicate an intent (Johnson and Foster, 1990). According to Anyakoha and Eluwa (2007), clothing includes clothes, accessories, hair-do, make-ups, shoes and others. Clothing constitutes visual communication, which gives varied impressions about the wearer. Therefore clothing includes body decorations such as cosmetics, tattoos, hair colour and hair arrangements, ornaments of jewellery, badges and insignia of office rank, extension of the body in the form of canes, bags, umbrella and handkerchiefs, as well as apparel or garment.

Clothing is generally accepted as one of the fundamental needs of individuals and families all over the world owing to its functional and aesthetic roles which include protection from environmental hazards, enhancement of personality, decoration, and role identification. Through clothing, basic human needs are satisfied, both physical and socio-psychological. Clothing can also be used as a camouflage to physical defects and disabilities (Weber, 1990). Clothing constitutes very crucial need for man and plays important roles for him and as such, every individual both young and old is a consumer of clothing.

Every family member needs clothing. Just as the nutritional needs of the family members vary according age in foods, the clothing consumption needs of individuals in a family vary with age. In order words, physiological growth and development make varying demands on clothing in that at different stages of life, individuals have different needs in clothing. For the clothing consumption of a family to be balanced, the clothing needs of the different age groups must be met. The ageing or elderly is among the vulnerable groups in the family whose clothing consumption problems require attention.

Ageing is a normal physiological process accompanied by a progressive alteration of the body's homeostatic adaptive responses (Okafor and Nwagu, 2007). It produces observable changes in structure and function and increases vulnerability to environmental stress and diseases. According to Mohammed (1993) ageing involves a number of biological changes in the human organism which include wrinkles, poor sight, deafness, growing of grey, trembling hand, failing memory and poor body posture. Thus, at old age, the structure and function of the body are altered. Therefore, as physical changes take place from one younger age group to another, changes in physical characteristics as the individual advances in age. As the body ages, the muscles tend to lose their tone and drop; both men and women find that their legs and arms generally lose their shape and their buttocks flatten (Marshall, Jackson, Stanley, Keffgenpp and Tochie, 2000).

In the opinion of Ezema (2000), as individuals grow older, their faces become lined and wrinkled, their figure changes in size and proportion and there is often an increase in weight and decrease in height. Older persons can lose up to five (5) inches in height (Marshall et al, 2000). In woman, the body fat tends to move slowly downwards, the burst or chest becomes rounded causing a roll of fat at the base of the neck and there is generally body sagging (Ezema, 2000). Ageing women are generally seen with deposit of flabby flesh at the upper arm. These figure defects resulting from the ageing process create serious fitting problems and make clothing consumption a difficult task for the ageing women.

Thus, clothing consumption (selection and wear of clothing) by the ageing women is influenced by the ageing process. In other words, ageing places a special clothing demand on them which they must respond to accordingly if they are to enjoy adequate clothing. For instance, many ageing persons lose some of their ability to move and

do things. Diseases such as arthritis may cripple their hands thereby making dressing a challenge. In this case, garments that open down the front are easier to handle and fasteners such as Velcro, zippers, and medium – large buttons make it easier for them to fasten garments. Moreover, they need light weight clothing, clothing made of natural fibres which are good conductors of heat, clothing that are comfortable, clothing that enhance appearance, and clothing with simple styles that are easy to wear.

Ageing women seem not to understand the clothing need imposed on them by the ageing process and as a result, they do not dress according to their clothing need. For instance, in Enugu State, an ageing woman would prefer to tie two wrappers on the waist and put on a blouse (not minding the discomfort), to as simple and smart attire of skirt and top, simply because the latter is more of western culture. As a result, ageing women do appear in such clothing as heavy "George", "Asoke", or lace materials, heavy beads, headgear, and other fabrics and accessories which are most times uncomfortable. Dressing such as untidy clothing, rioting colours, uninteresting styles, which make them look dull or unattractive, older and sickly, characterize their clothing due to tradition and culture. This becomes a problem because if clothing is to perform its varied functions, it has to be appropriately selected for special purposes or functions irrespective of the age of the individual. There is therefore need for and understanding of the clothing problem of this age group in the family and seek ways of helping them enjoy adequate clothing

Objective of the study

The major purpose of this study was to investigate into the problems ageing women encounter in their clothing consumption (selection and wear) and find ways of helping them select and enjoy clothing. Specifically, the study identified:

1. the problems faced by ageing women in their clothing consumption (selection and wear)
2. solutions to the problems faced by ageing women in their clothing consumption

METHODOLOGY

The area of the study is Enugu State of Nigeria. It is made up of three senatorial zones namely: Enugu-North, Enugu-West and Enugu-East. Each of these zones has six local government areas and 425 communities in all. The study adopted a survey research design to sample the opinion of people on an issue using questionnaire.

The population for the study comprised all the ageing women in all the three zones of Enugu State. According to the Federal Office of Statistics (2006), the total population of ageing women in Enugu State was 66,260. Enugu East had a population of 25,346, Enugu West had 18,772 while Enugu North had a population of 22,142 (Federal Office of Statistics, 2006).

A multi-stage sampling technique was used to select three hundred (300) respondents for the study. In the first stage, one zone out of the three zones was randomly selected and Enugu-North zone was selected. The second stage involved the selection of local government area and three out of the six local government areas where randomly selected. The third stage involved the selection of communities from the local government areas. Four communities were randomly selected from one of the three local government areas while three communities each were randomly selected from the other two local government areas to make a total of 10 communities. From each selected communities, 30 ageing women were purposively selected to give a total of 300 ageing women involved in the study.

A structured questionnaire which was developed based on literature and research objectives was used to collect data for the study. The questionnaire was made up of two sections; A and B. Both sections elicited information on the specific objectives. Cronbach Alpha Reliability Coefficient Index was used to determine the reliability of the instrument and the Reliability Coefficient was 0.89. The instrument was administered by hand to the respondents by the researchers. Non-literate respondents were assisted to fill the questionnaire. Three hundred (300) copies of the questionnaire were distributed to the ageing women but only two hundred and sixty two (262) copies were retrieved and used.

Data collected were analyzed using Mean. Each item was accepted as a problem faced by the ageing women in their clothing consumption if the calculated mean was equal to or was greater than 3.0 while mean calculated below 3.0 was rejected or not taken as a problem.

RESULTS

Table I: Mean responses on the problems faced by ageing women in their clothing consumption (selection and wear)

Problems			Mean (x)	Remark
1.	Selecting clothing according to tradition most of which are heavy and inhibit mobility	4.36	Accepted	
2.	Selecting clothing that do not cover body defects such as wrinkles, stretch marks, varicose veins, flabby skins, etc	3.20	Accepted	
3.	Selecting clothing that are of synthetic fibre which do not breed well thereby making one to perspire and smell	3.80	Accepted	
4.	Not selecting clothing that enhance appearance	3.00	Accepted	
5.	Not selecting clothing that have easy-care quality to reduce the task of care	3.21	Accepted	
6.	Receiving from friends and relatives clothing that are inappropriate in terms of colour, texture, style, etc, thereby making cluttering homes with clothes that are not needed	4.05	Accepted	
7.	Selecting clothing styles in response to tradition – styles that are fussy with flounces and gathers which add weight to the body and give rise to funny appearance	3.30	Accepted	
8.	Wearing clothing repeatedly without cleaning	3.60	Accepted	
9.	Problem of dressing and undressing due to opening and fastenings being at the back position where hands cannot easily reach	4.26	Accepted	
10.	Selecting clothing that do not give adequate ease in bending, stretching, raising up hands and walking	3.01	Accepted	

Table I revealed that all the items recorded means within and above the criterion level of acceptance. This shows that the respondents agreed with the problems facing ageing women in their clothing consumption.

Table II: Mean responses on the solutions to the problems faced by ageing women in

their clothing consumption

Items		Mean (x)	Remark
1. Select clothing that cover body defects (wrinkles, stretch marks, flabby skins, etc)	4.00	Accepted	
2. Clothing should be light and loose to allow easy movement	3.68	Accepted	
3. Select clothing of natural fibre such as cotton, linen, etc, which are good conductors of heat	3.02	Accepted	
4. Select clothing that will enhance appearance	3.74	Accepted	
5. Select easy-to-care clothing such as cotton mixed with polyester so as to reduce the trouble/stress of ironing	3.66	Accepted	
6. Avoid receiving unneeded clothing from friends and relatives	4.03	Accepted	
7. Select simple styles such as flared gowns and skirts, caftans, etc	3.26	Accepted	
8. Select and wear clothing that are soft and comfortable to the body	3.20	Accepted	
9. Openings and fastenings on clothing should be in front to ease dressing and undressing	4.09	Accepted	
10. Fastenings should be big enough and easy to manipulate	3.82	Accepted	

Table II revealed that the mean scores for all the items were above the criterion level of acceptance which is an indication that all the items were accepted by the respondents as solutions to the problems faced by ageing women in their clothing consumption.

DISCUSSION

The study identified many problems faced by the ageing women in their clothing consumption (selection and wear). These problems hinder clothing from performing its varied functions to them thereby making them not to enjoy clothing. This is in agreement with Ezema (2000), who in her discussion on the clothing need of the ageing women explained that owing to the advancement in age, certain physiological changes occur which impose some clothing problems on them. Some of these problems among others include; difficulty in selecting clothing that could cover various body defects resulting from ageing, selecting clothing according to tradition which in most cases are heavy, untidy and restrict movement. Others include the problem of dressing and undressing resulting from old age related sicknesses such as arthritis. This is in agreement with Ogunwa (2000) who stated that because the structure and function of the body are altered in old age, the elderly or ageing have more severe problems than other age groups in the family.

The study also identified several solutions to the problems faced by ageing women in their clothing consumption. These include; that ageing women should select clothing that cover body defects, select clothing of natural fibres, select clothing that are easy to care for since they have less strength. It also indicated that ageing

women should select bright coloured clothing to enhance their appearance. This is an agreement with Mba, Orherewe and Osifeso (2001) who pointed out that in selecting clothing, colours that will envelope ones bad features and bring out the good ones are best. This information is very important to ageing women who have many figure defects which they may wish to camouflage or de-emphasize.

CONCLUSION

The physiological changes resulting from the ageing process place special clothing need on the ageing women. As a result, the ageing women face problems in their clothing consumption. However, proper selection and wear of clothing will help ageing women overcome these problems and improve on their clothing consumption.

Recommendations

1. Home Economics extension agents should visit and advise the ageing women on the appropriate clothing for them.
2. Home Economics extension agents should organize radio and television programs to create public awareness on the clothing needs of the ageing.

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FERTILITY AND COST OF MAINTENANCE OF CHILDREN IN ABIA STATE.

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ABSTRACT

This study investigated the response on fertility and the changing cost of maintenance of children in Abia State. The study was based on a longitudinal panel survey of parents in Abia State. One thousand two hundred (1,200) household respondents were sampled. Interview schedule was used, which generated data used for analysis. The multistage sampling technique was adopted and used for sampling. Sample was determined by adopting sampling with constant sampling fraction, which was considered within ± 10 percent estimate of 95% confidence level. The data generated was analyzed using simple descriptive statistic, percentages, relative frequencies, mean standard deviation and chi square statistic. The result of the study revealed that the rate of fertility in Abia State was significantly high (49.9%). The result also revealed that the sex of the children do not have significant effect on cost of education and health care of the children ($\chi^2=986.16 > p, .05$). The result also indicated that there exist significant effect of parents economic condition on fertility decision as ($\chi^2=316.3 > p, 0.05$) more than 85% of the parents perceived the cost of child maintenance as being burdensome, and 84.2% affirmed it to be on the high side. Recommendations were made regarding policies to be undertaken by families and government.

Keywords: Fertility, cost, maintenance, children, parents.

INTRODUCTION

Raising children requires the investment of substantial resources from both parents and the state, and the input of parental caring and home production time. The price of a child is the commitment of resources required to raise a child of given quality (Bradbury, 2004). It is the relevant concept when thinking about the factors that might influence fertility decisions. The cost of a child is a measure of the actual amount of resources committed to child-raising, which can be expenditure of time and money on children. The cost to the parents can be defined as the additional income needed by a household in order to maintain parental living standards when they have an additional child. Bradbury and Saunders (2003) of the view that children's consumption in general includes education, and household public goods they observed that children can consume more than they cost their parents.

Cost in the context of this paper refers to the cost of bearing and rearing children, expenditure in education and health care, as exemplified Abia State. The cost of bearing and rearing children involve estimating the cost of production on each child and the cost of living, that is the total cost of goods ordinarily required in order to live up to one's usual standard. Unfortunately parents do not take into consideration the prime cost of children before they indulge in large family size which may eventually lead to low standard of living.

Fertility is the natural capability to be fruitful in the production of offspring. Fertility response is an answer made by parents to fruitfulness and the need for prolific reproduction. The national population policy (1988) states that at the current level of reproduction in Nigeria, the average number of children born to each woman at the end of her reproductive life is between five and six with an implied crude death rate of 45 to 48 per 1000. If children are considered to be veritable human capital, invaluable as sources of farm labour and old age, socio economic support in a fast changing, trade-urban economy, fertility is likely to have a high profile. Nag, White and Peet (1978) reports that children are economically useful, in the sense that they help in farm work and generating income for the upkeep of the family. The economic cost of rearing children outweighs the benefits of children up to age 16. (Omeje, Onyukwu and Ugwuonah, 1998).

In Abia State where Polygamy is part of the culture, where there are no limits to the number of wives and concubines that a man can have the cost or responsibilities associated with child's rearing could be structurally transferred from parents to others (e.g. extended family members) without altering the judicial or social statue of the biological parents, with basic utilitarian roles and obligations appertaining thereto. The attraction of high fertility may seem strong to many in a rapidly changing post colonial society where the traditional premium is on large family size. Unmediated reproduction and communal child rearing are increasingly contracted by the realities of a grossly depleted income per capita, massive stagflation, population explosion and an unbearably high cost of child rearing and education. Craig and Bittman (2004) is of the view that the cost of children varies with household characteristics such as parental wage rates, the age of the children, the pattern of child care used in the household, and magnitude of the state support for families. These aphorisms portray the contemporary dilemma regarding fertility and the changing cost of

maintenance of children in Abia State, which is the subject matter of this study.

Problem of the study

Despite the prevailing harsh economic realities in the country, efforts at creating awareness on the need for families to reduce the number of children they choose to have and introduction of programmes to facilitate birth control and prevent unwanted pregnancies, Nigerians' traditional attitude towards family size and structure does not appear to have evidently changed. The countries population remains on a steady increase through procreation. In Abia State the survival strategy of the poor, leads them to strive for relatively large families because traditionally the flow of wealth is from children to parents. Thus the fertility rate of 6 children per woman and per capita income of ₦16,000 minimum wage of the average conjugal family of 7 person can barely afford ₦30.00 per meal.. Thus the breakdown of extended family system (common among the Igbos) which has exposed the family to the full brunt of rearing all their children with little or no assistance from their extended family members, high level of unemployment and retrenchment and changes in the economic value systems, given these situations, it is necessary to determine the cost of maintenance of children, through health care and education by placing it in a proper place against fertility choices in Abia State.

Objectives of the study

The study examined fertility and cost of maintenance of children in Abia State. The specific objectives were to

1. determine the effects of households' economic condition on fertility decisions and behavior; and
2. ascertain how cost of maintenance of children affects parents' fertility behavior.

Research questions

The study seeks to answer the following research questions:

1. do parents consider their family size and composition motives against costs of maintenance of children?
2. what relevance does parents perception of the cost of maintenance of children bear on demand for fertility controls?

Hypothesis

1. The cost of the maintenance of children has no significant effect on fertility responses.

METHODOLOGY

Research design

The research employed a longitudinal survey of parents; that is any of the accessible spouses in Abia state. The longitudinal survey was meant to elicit information on parents' perception of fertility and the cost of maintenance of children in Abia State.

Population

The population of the study comprised all the parents from urban areas that were resident in Abia State. Respondents were the household head (Male and female) or his/her accessible spouse between the ages of 15 to 60 years and above. According to 1991 census figures, Abia state had a population of 1.88 million projected to be 2,633,170 by 2002 National population commission in Abia State.

Sample and sampling technique

The multi-stage sampling technique was used in determining the sample selection and size. This technique made use of a sampling frame of existing records and data in the ministry of Local Government and Chieftaincy affairs, Abia State and the National population commission, Abia state. The sampling frame consists of the names and numbers of autonomous communities in Abia state. From Ministry of Local Government and Chieftancy Affairs Umuahia Abia State.

Six (6) L.G.A's, 2 from each of the three senatorial zones of Abia were systematically selected. 2 autonomous communities were randomly selected from the selected L.G.A's. 4 villages from each autonomous community were selected at random, giving a total of twenty four (24) villages which were involved in the study. At the last stage, 25 households within each village were systemically selected making a total of 600 households. Finally from each household, the household head (male/female) or his/her accessible spouse was purposively selected and interviewed giving a total of 1,200 respondents which made up the sample. To determine the sample size, sampling with constant sampling fraction was adopted. The estimate was precise, within ±10 percent within 95% confidence level, which is expressed as a value of the z-statistics (Poate and Dalplyn, 1993). The probability of selecting an individual household is equal to the number of villages in the sample then multiplied by the number of households in the sample, divided by the number of household in each village. This gave a total sample size of 1,200 respondents.

Instruments for data collection

Data for this study was sourced mainly from primary sources, interview schedule, and key informant interview. The interview schedule is made up of structured questions (multiple choice and open ended) containing 12 items questions.

Validation and reliability of instrument: The interview guide was content and face validated through expert judgment of 3 experts, from human & family development specialist, measurement & evaluation and curriculum experts. The reliability was obtained in a test-retest procedure of 10 households in Umuahia metropolis, and 20 respondents were obtained and a reliability coefficient of 0.82 was obtained.

Data collection procedure

The study made use of three (3) specially trained research assistants and note takers who were the facilitators. Each was responsible for administering the interview guide they recorded the interview responses as the respondents supplied the answers, each research assistant covered 4 villages selected from each senatorial zone, all were under the supervision of the researcher. This method is considered more suitable than traditional questionnaire self report technique because a considerable number of the research audience lack effective formal education and therefore would not be able to handle the survey instruments on their own.

Data analysis procedures

The interview schedule responses produced a data which was analyzed using Descriptive statistics such as simple percentages, relative frequencies and mean, and standard deviation where used for the research questions, while chi-square statistics was used to test the hypothesis. The key informant interview generated a data which was used to reinforce the data and also as supplements to major findings.

RESULTS

The results obtained from the analysis of data in the course of the research were presented in Tables I - VII using the research question and Ho as guidelines.

Research Question I: Do parents consider their family size and composition motives against the cost of maintenance of children in Abia State?

Table II: The cost of education per term of children by sex and summary of χ^2 test of independence.

Cost (₦)	Remarks	Female		Male		Df	Cal χ^2	χ^2 Tab($\alpha=0.5$)
		Freq	%	Freq	%			
Less than 5,000	Low	73	12	85	14			
5,001 – 10,000	Moderate	156		26	160			
10,001 – 15,000	High	355		59	300	3	27.02	7.8
Above 15,000	Very High	16		3	55	9		
Total		600		600				
Source: Field Survey, 2011								

Table II shows that majority of the responding households spent between ₦10,001-15,000 on each of their child per term for the education of both their female (59%) and male (50%). Few parents spent more than ₦15,000 for the education of their children, which was revealed in the data female (3%) and male (9%). The chi-square test of independence also revealed that χ^2 cal (27.02) is greater than critical χ^2 (7.8) for $df=3$ at $\alpha=0.5$ level, signifying that family size and composition motives had significant effect on cost of maintenance of children.

Table III: The cost of health care of children by sex

Cost (₦)	Remarks	Female		Male		Df	Cal χ^2	χ^2 Tab ($\alpha=0.5$)
		Freq	%	Freq	%			
Less than 5,000	Low	425	71	475	79			
5,001 – 10,000	Moderate	100	17	75	13			
10,001 – 15,000	High	60	10	48	8	3	20.6	7.8
Above 15,000	Very High	15	2	2	0			
Total		600		600				
Source: Field Survey, 2011								

Table III shows that majority of the respondent household spent less than ₦5,000 for the health care of their children either male or female at the percentage of (71%) for females and 79% for male children. Generally it was observed that parents hardly spend more than ₦15,000 for each of their children's health care as observed from the data female 2% and 0% for male. The chi-square test of independence revealed that χ^2 (97.8) for $df=3$ at $\alpha=0.5$ level, signifying that cost of health maintenance of children has significant effect on fertility.

Research Question 2: What relevance does parents perception of the cost of maintenance of children bear on demand for fertility controls?

Table 1: Distribution of respondents according to number of living children.

No. of living children	Frequency	Percentage (%)
1-4	552	46.0
5-8	575	47.9
Above 8	73	6.1
Total	1200	100

Source: Field Survey, 2011

Table I showed that (47.9%) of the household have 5-8 living children and (46%) had 1-4 living children while (6.1%) had 8 and more living children.

Table IV: Cost of child maintenance as measured by education and health care of children.

Cost (₦)		Education		Health care		df	Cal X2	X2 Tab (α =0.5)
		Freq	%	Freq	%			
Less than 5,000	158	13	9.00	75				
5001 - 10,000		316	26.5	175	15			
10,001 - 15,000	655	54.5	108	9	3	986.16	7.8	
Above 15,000		71	6	17	1			
Total		1,200		1,200				

Source: Field Survey, 2011

Table IV shows that more than half of the sample population (54.5%) spent up to ₦0,001-15,000, on the education of their children each term, followed by (26.5%) spending ₦5,001- ₦10,000. It was noticed that only (6%) can spend more than 15,000 for the education of the children likewise on the aspect of health care as part of maintenance of children (75%) spends less than ₦5,000 on their children's health bills, and (15%) spends ₦5,001 - ₦10,000, only (1%) which is insignificant spends more than ₦15,000 in health care. The chi-square test of independence revealed that χ^2 cal (986.16) is greater than χ^2 (7.8) for $df=3$ at $\alpha =0.5$ level, thus signifying that the cost of maintenance of children in terms of education and health care has significant relevance on the demand for fertility control.

Table V: Extent of burdensomeness of the cost of maintenance of children

		Responses	Freq.	%
Response	Yes	No	1020	85
		Total	1,200	100
Extent		Very High	701	58.4
		High	310	25.8
		Moderate	160	13.3
		Low	29	2.42
		Total	1,200	100

Source: Field Survey, 2011

The data in Table V show an overwhelming proportion of the respondents (85%) agreed that maintenance of children through financing the education is burdensome. On the extent of the burden posed, 84.2% affirmed that the burden is on the high side
Hypothesis I: The cost of the maintenance of children has no significant effect on fertility responses

Table VI: Preferred total number of children under favourable and present economic condition.

No. of Children	Favourable		Present	
	Freq	%	Freq	%
1	-	-	4	0.3
2	4	0.3	52	4.3
3	36	3	152	13
4	250	20.8	44	3.7
5	260	21.7	233	19.4
6	274	22.8	187	15.3
7	93	7.8	39	3.3
8	115	9.6	49	4.1
9	168	14	40	3.3
Total	1200	100	1200	100
Mean(F)	5.95	4.71		
Mode	6.00	4.00		
Median	5.70	4.41		
S2	1.76	1.56		

Source: Field Survey, 2011
Table VI reveals that under favourable economic condition 3.3% would want 1 - 3 children, 65.3% would want 4-6 children and 31.4% would want 7-9 children. While under present economic condition 17.6% would want 1-3 children 71.7% want 4 – 6 children and 10.7% prefer 7 – 9 children. The mean (x) of total number of children under favourable to unfavourable economic condition is 5.95:4.71. The S2 obtained is 1.76 favourable to 1.56 unfavourable economic conditions.

Table VII: Summary table of chi-square test of independence analysis based on total number of children preferred.

Cells	Fo	Fe	df	X2cal	X2Tab
$(\alpha = 0.5)$					
I	0	2	8	316.3	15.5
Ii	4	28			
Iii	36	94			
Iv	250	347			
V	260	246.5			
Vi	274	230.5			
Vii	93	66			
Viii	115	82			
Ix	168	104			
X	4	2			
Xi	52	28			
Xii	152	94			
Xiii	444	347			
Xv	233	246.5			
Xv	187	230.5			
Xvi	39	66			
Xvii	49	82			
Xviii	40	104			

Source: Field Survey, 2011

The chi-square in Table VII also shows that the calculated X2 (316.3) is greater than the critical $x_2(15.5)$ for $df=8$ at $\alpha = 0.5$ level.

The H_0 : is therefore rejected and the H_A accepted, which states that the cost of maintenance of children has significant effect on fertility responses.

Summary of findings

1. The rate of fertility in Abia State is significantly high and family size is average of 6 children per household.
2. Fertility as weighted in terms of family size and sex composition has significant influence on the cost of maintenance in education and health of children.
3. The cost of maintenance of children have significant relevance on the demand for fertility control
4. Parents perceive the cost of maintenance of children as burdensome and very high on the family.
5. Generally the cost of maintenance of children has significant influence on fertility responses in Abia State.

Discussion of findings

Table I shows that the average family size of 6 children (47.9%) was prevalent in Abia State, this reflects a fairly large number if juxtaposed to the national population policy which suggest that households should limit the number of children per woman to four. This may be attributed to the age groups predominantly captured by the survey, almost all the polygamous households have a family size of six children and above. It is commonly known that south eastern households, place high premium on children because of tangible and emotional benefits derived from them. Children, especially sons, are perceived to be agents of continuity for the family name, (Isiugo-Abanihe, 1994) This study tried to measure the direct cost of maintenance of children using such indices as investments in the education and health care (Bradbury, 2004). Data displayed in (Table II and III) tried to find out the average health and education cost per child, stratified by sex of children on whom expenses were recorded, these were done by categorizing the amount spent under a four(4) point scale; low (less than ₦5000) moderate (₦5,001-10,000), High (₦10,001-15,000) and very high (above ₦5,000). Generally the x^2 test of independence revealed that the sex of the children do not have significant effect on the cost of education and health care of the children as regards fertility behavior of parents. Thus the results do not show that

parents demonstrate any significant discriminatory practices in the amount they spend on the cost of maintenance of health and education of their children on the basis of sex as corroborated by Bradbury and Saunders (2003). The reason deduced from the respondents and key informant being that "both male and female children were capable of taking good care of their parents if they were given adequate education and training (Isiugo-Abanihe, 1994).

Most of the respondents felt that the health care and education of their children entails enormous cost (Tables iv and v) showed an overwhelming proportion of the respondents (85%) agreed that financing the education of their children is burdensome and the frequency they regard as high 84.2% affirmed (very high and high). The parents observed that the cost of their children's education increasingly encroaches on such more important household needs as cost of feeding, clothing, house rent/public utilities etc. as corroborated by Bradbury and Saunders (2003) findings.

Table VI and VII elicited responses on preferred family size of respondents both under favourable and the present economic conditions. Under favourable economic condition the preferred mean number of male to female is in the ration 3.53:2.45 and preferred family size was x 5.95. The findings reveal that there is a triangular logic behind the predilection of most couples to have as many as six (6) children if all things were equal which was summarized according to the perceived hierarchy of importance;

1. To increase the probability of having more male issues.
2. To reduce the probability of not having any female issue at all
3. To create chances of coping with the uncertainties of untimely death

This is in agreement with the findings of Omeje et al. (1998). This is probably why the participants preferred to dwell on the opportunity cost and challenges of the cost of maintenance of the child as opposed to the opportunity cost of not having a child at all which from all indications is a detestable reproach. Thus, concluding that the cost of maintenance of children has significant effect on fertility responses of parents in Abia State.

CONCLUSION AND RECOMMENDATIONS

This paper examined the fertility response of parents and the changing cost of maintenance of children in Abia State. The study provided a conceptual framework of family building process at different phases of the transition within which the possible biological and behavioural linkages between fertility, and cost of maintenance of children in the aspect of education and health care were viewed. The major findings of this study lead to the major conclusion, that the rate of fertility in Abia State is very high, and the cost of maintenance of children had significant effect on fertility responses.

Based on the findings of the study the following recommendations were made.

1. Appropriate policy measures have to be identified by the government and relevant population Agencies to cope with the problem of high fertility of individual families.
2. A pragmatic re-orientation on the part of the government is needed in curbing the problem of high fertility.
3. There is need to incorporate the principle of sustainability in birth control and population planning in Abia State. This involves creating the necessary institutional framework, backed with adequate personnel and resources, especially at the grassroots level for population education.

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EFFECTS OF LAND TENURE AND GENDER ON FAMILY INCOME AND POVERTY STATUS AMONG MAIZE FARM HOUSEHOLDS IN OSUN STATE, NIGERIA.

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ABSTRACT

This research investigated the effects of land tenure and gender on agricultural production and poverty reduction strategies among maize farmers in Nigeria. Structured questionnaires were used to obtain information from 120 respondents. Data collected include farmers' socio-economic characteristics, access to and use of land, items of costs and return to maize production. Using descriptive statistics, multiple regression and multinomial probit analyses, the study revealed that average annual incomes per capita were N 9,181.05 and N78, 891.10 for men and women farmers respectively. Results showed that for men farmers; farm income was positively related to age, land ownership, farm size, total cost and other incomes, while its relationship with household's size was negative. Among women farmers; farm income had positive relationship with land ownership, farm size and other incomes. While its relationship with age and land rent was negative. The result further showed that increase in farmers' access to farm land would increase farm income by 17% for men and 20.3% for women farmers. However, additional increase in land rent would reduce farm income of women by 2.6% with no significant effect on farm income among men farmers. It was concluded that gender and land tenure influenced agricultural income and poverty level in the study area. Hence the need for an enduring land tenure that will aid access to agricultural land especially among the female farm households.

Keywords: Agricultural production, farm income, gender, land tenure and poverty reduction.

INTRODUCTION

Eradication of poverty and extreme hunger; and gender equality and women empowerment are some of the major components of the United Nation Millennium Development Goals (MDGs) adopted by many developing countries of the world including Nigeria (United Nation, 2005). Several definitions of poverty have been given but there is no consensus in the definition of terms (Abumere, 2004). Poverty is multi-faceted, and can be defined from different perspectives; depending on which angle it is being viewed from. It is a phenomenon, which exists at the global, national, community, household and individual levels. Essentially, poverty has been defined not only to encompass material deprivation alone (measured by an appropriate concept of income or consumption) but also low achievements in education and health. It also includes vulnerability and exposure to risk (NRSP, 2000). The issue of poverty has featured prominently in current debates in Nigeria and among many other development challenges facing the country, reducing the high levels of poverty and food insecurity are the most formidable problems. Poverty Assessment (PA) in Nigeria showed that the number of poor and food insecure remained very high. With national population of 65million (M) in 1980, 27.2% representing 17.1M people was absolutely poor. The percentage of the poor people in the country increased from 46.3% in 1985, to 42.7% in 1992, 65.6% in 1996, 54.4% in 2004 and 69.0% in 2010. Also with a poverty line of N395 per annum per capita established by Food and Agricultural Organization (FAO) in 1985, the trend showed that 87% in 1985, 67% in 1992, 70% in 1996, 28% in 2004 and 30% in 2010, of the poor lived in the rural areas and were basically into agriculture (NBS, 2010; World Bank, 2012). This made poverty predominantly a rural phenomenon.

Therefore, the overall effects of poor livelihood and reducing poverty in Nigeria have to be with emphasis on the rural population. Studies have shown that one of the most effective means to alleviate poverty, and in turn its inseparable partner hunger is through agriculture and production of more food crops. This is because about two-thirds of 163M people living in Nigeria either depend directly on agriculture or agriculture-related activities for their livelihoods (Ehui & Pender, 2003; NBS, 2010). As a result, agriculture continues to remain important in rural Nigeria, because increased agricultural productivity and growth, driven by technology and investments, will reduce the incidence of poverty directly through increased agricultural income and employment, and indirectly through increased food availability and lower food prices (Nkamlu, 2004). Production of more food will help to adequately feed farm family and generate revenue sufficient enough to cater for other needs of farm households

(IFPRI, 1996; Appleton, 2001).
Gender, land tenure and agricultural production.

Agricultural production depends and relies heavily on the pattern of land tenure which is described as the right which one has to own, occupy and use a piece of land. Land is a basic resource for agricultural production; it is a principal source of income and employments for majority of households in rural Nigeria. However, the growing trends of land use, land tenure system and shrinking land availability in the country posed serious threats to agricultural production (Jayne et. al., 2003). This may aggravate the current level of poverty among the rural farm households if appropriate measures are not taken. Women are important agents in economic development because of immense proportion of agricultural production attributable to them. In this regard, for women producers, insecure access to land and land tenure remains a pressing issue (World Bank/FAO 2009).

There are two types of land tenure in Nigeria- the customary land tenure system and the statutory land tenure system. The customary land tenure system which is commonly practiced in many states in Nigeria favours men to the exclusion of women from land ownership right despite the fact that women have always been very active in farm operations in varying degrees and most importantly in the production of food crops such as wheat, cowpea, cassava, maize, e.t.c.

Maize is the most important cereal food crop in Sub-Saharan Africa (SSA) especially in Nigeria where over 50% of all the farmers usually assigned more than 50% of their cereal crop production and 40% of their land area to maize production (FAOSTAT, 2006). This makes its production strategic for food security, socioeconomic stability and poverty reduction among rural farm households in Nigeria (Bamire et al., 2010). However, an important empirical question is whether the current land tenure will help to improve maize production among the farm households in Nigeria. This study therefore examined the socioeconomic characteristics and land use factors of maize farmers in the study area (along gender line); identified and analyzed the effect of land use factors that determined rural farm households (maize farmers) poverty status in Nigeria.

METHODOLOGY

Study area: The study was carried out in Osun state, Nigeria. The state is one of the major producers of Maize in Nigeria and covers an area of approximately 8,602 square kilometers. The major occupation of the people is agriculture (maize production), which provide employment and income for over 80% of the population and responsible as well, for over 90% of the state's Gross Domestic Products (GDP). The study was carried out in two local government areas (LGAs) of Osun state. These LGAs were chosen because their populations were predominantly farmers growing maize as a major food crop. Women in those areas were also actively involved in farming and were very prominent in maize farming.

Methods of data collection and analysis: Structured questionnaires were used to collect information from 120 farm households. A 'Multistage Sampling Techniques' was employed. The selection of state, local government areas, villages and women farmers was purposive while the selection of men farmers was based on random sampling. Women farmers were selected purposively because of their uneven population with the men farmers. Descriptive statistics, multiple regression model and multinomial probit model analyses were used to analyze the data. Descriptive statistics was used to describe the farmers in terms of their socioeconomic characteristics and land use factors.

Multiple regression analysis: The regression analysis was used to analyze the relationship between variables relating to the respondents and their level of agricultural production measured in terms of income generated from maize production in the last production season. The form of the regression model used is presented in equation (i) below:

$$\ln Y = b_0 + b_1 \ln X_1 + b_2 \ln X_2 + b_3 \ln X_3 + b_4 \ln X_4 + b_5 \ln X_5 + b_6 \ln X_6 + b_7 \ln X_7 + b_8 \ln X_8 + e_i \dots \dots \dots (i).$$

Where: Y = is the sum of the converted value of maize output in the last production season (N/ha), X₁ = Age (yrs), X₂ = Years of schooling (yrs), X₃ = Household Size (#), X₄ = Total Cost (N/ha), X₅ = Farm Size (ha), X₆ = No of plots Owned (#), X₇ = Rent Paid (N/ha), X₈ = Other Incomes (Non-farm + Other farm Income) (N/ha), b₀ = Intercept,

b_i = Parameters to be estimated and e_i = Disturbance or random error term.

Probit model analysis: To identify the determinants of household's poverty status, that is whether a household is poor or non-poor, we estimated the poverty status by using the Multinomial Probit (MNP) (Greenberg, 1980); this was done by classifying the respondents into groups of 'poor and non-poor' (poor taken the value of 0 and non-poor taken the value of 1) using the Income-expenditure approach (NBS, 2010). The mean expenditure of the farm households in the study area was used as poverty line, households that fall below the poverty line were regarded as being poor while those were above it were the non-poor group. We choose the MNP model over Multinomial Logit (MNL) because MNP is not subject to the independence from irrelevant alternatives (IIA) assumptions. The IIA assumptions imply that the relative probabilities of any two alternatives depend only on the characteristics of those two alternatives, which is usually considered to be implausible. We considered a model in which each individual household is either poor or non-poor.

The MNP model that we estimated is as follows:

$$Y_{ijk}^s = X_{ijk} \beta_X^s + H_{jk} \beta_H^s + Z_k \beta_Z^s + u_{ijk}^s, s \in \{0,1\}, \Pr(y_{ijk} = s) = \Pr(Y_{ijk}^s > Y_{ijk}^{s'}; Y_{ijk}^{s'} > Y_{ijk}^{s''}), s', s'' \in \{0, 1\} \dots \dots \dots (ii) \dots \dots ($$

Where Y_{ijk}^s is a latent variable for individual belonging to household j in community k to be in either of the two categories of poverty status s, which could be considered as the indirect utility of individual i to be poor or non-poor - s. In our empirical specification, s takes the value of 0 if individual is poor and 1 if non-poor. Regarding the explanatory variables, X_{ijk} is a set of individual socioeconomics characteristics; H_{jk} is a set of land use characteristics; and Z_(k) is a set of community characteristics. The set of individual socioeconomic characteristics considered (X_{ijk}) includes age, gender, years of schooling, marital status, household size and other physical assets. We expected years of schooling and other physical assets to have positive impact on poverty status; while marriage and household size should have negative impact on poverty status since it would increase individual expenditure. Gender could be either ways – either positive or negative impact. The set of land use

variables, H_{jk}, includes land size and access to land. We expected that land size and access to land would have positive impact on the level of poverty. As for the community level variables, Z_(k) we included, distance to farm, distance to nearest market and place of origin. If a farmer is an indigene of the study area, we expected that he/she would have access to more land and increase output. Thus, it should have positive impact on poverty status. The two accessibility variables were expected to reflect not only the physical accessibility to farm and nearest market but also to reflect the important aspect of local economies, such as local labour markets, available information about urban labour markets and the demand for agricultural products. Thus we expected the accessibility variables to have positive impact on poverty status.

RESULTS AND DISCUSSION.
Socio-economic characteristics of farmers.

The socioeconomic characteristics in Table I showed that average age of men farmers and women farmers in the study area were 47.5 and 45.4 years respectively. However, about 28% of men and 16.2% of the women farmers were over 60 years which suggested an ageing farming population. The average years of schooling were 9.9 and 8.2 for men and women farmers respectively. This showed that an average farmer in the area was educated. Average households in the area contained 7 members which is an indication that average household regardless of their gender and income was responsible for an average of 7 people. It is important to note that, total income which consists of farm income (income from maize) and other incomes (other farm income plus non-farm income) distributions showed that men farmers made 200% of the total income of their women counterparts, while the average expenditure of women headed farm households was only 11.7% lesser than that of the men headed farm households. This might have serious implications on the poverty status of the women headed farm households in the study area. The value of assets owned (house, landed properties, livestock, car, motor cycle, bicycle, mobile phone, farm equipment, radio, television set, generator and other assets) also indicated that men famers were better off than the women farmers. This probably supports the argument that poverty is a gender issue. Land use characteristics indicated that on the average, men farmers had more access to land (5.09ha) than the women farmers (2.88ha). As a matter of fact 62.2% of the men as against 42.1% of the women had access to farm land in the study area. As a result of this, the women farmers had to spend more on land rent, which in most cases, many of them cannot afford because of their already lean financial status.

Table I: Socioeconomic characteristics of respondents.

Variables	Men farmers (N=82)	Women farmers (N=38)
Socioeconomic characteristics		
Age of respondents (yrs)	47.50	45.40
Years of schooling (yrs)	9.90	8.20
Households size (#)	7.00	7.00
Farm income (₦)	8.40*10 ⁴	4.80*10 ⁴
Other income (₦)	5.02*10 ⁴	2.21*10 ⁴
Expenditure (₦)	5.06*10 ⁵	4.47*10 ⁵
Income per capita per day (₦)	260.77	216.14
Assets (₦)	3.91*10 ⁴	2.21* 10 ⁴
Land use characteristics		
Farm size (ha)	5.09	2.88
Access to land (%) -yes	62.2	42.10
Rent paid (₦)	1.3*10 ³	3.09*10 ³
Constraint by land tenure (%)	56.10	81.90
Community characteristics		
Distance to farm (km)	58.95	58.95
Distance to nearest market(km)	21.63	21.63
Indigene (%) - yes	64.60	42.10

Source: Survey 2012

The result further revealed that 81.9% of the women farmers as against 56.1% of their counterparts claimed that the land tenure system practiced in those communities constituted a serious constraint to their level of maize production. This might have a serious consequence on the level of agricultural production especially among the women famers since land is a major resource. This might in turn affect their total farm income and hence their poverty status. Community characteristics showed that both men and women farmers walked average of 58.95km and 21.63km to farm and nearest market respectively. However, 64.6% of the men farmers claimed that they were indigene of the study area while 42.1% of the women farmers belonged in the same category. This might also affect their right to own, use and occupy farm land in the study area.

Determinants of farm income

Results in Table II explained the impact of socioeconomic and land use characteristics on the value of farm output produced by men and women farmers in the study area. The coefficients of multiple determinations (R²) for men and women farmers were 0.648 and 0.877 respectively; this showed that 64.8% and 87.7% of the variations in the value of agricultural output of men and women farmers were explained by the variables included in the analysis. The F-ratios were equally statistically significant which implied that the data fit the model. Household's size, land ownership, farm size, total cost and other income were statistically significant for men farmers, while age, land ownership, land rent and other income were statistically significant for women farmers. This implied that these variables were the most important factors influencing the value of the agricultural output in the study area. For men farmers, age, land ownership, farm size, total cost and other incomes were positively related to farm income. This relationship implied that the value of farm income increased with the values of these variables. However, the household's size showed a negative relation with the value of income made by men farmers. This was probably due to the fact that most of their households consist of children who could not help in farming operations. For the women farmers, land ownership, farm size and other income showed a positive relationship with the value of income. However, age and land rent were negatively related to the income of the women farmers. The implication of this is that with the current land in the area, the income of women farmers would continue to

reduce with increase in their age and amount paid for farm land (Land rent). The result further showed that an additional increase in access to land would increase farm income by 17% for men and 20.3% for women farmers. Whereas, additional increase in land rent would reduce the income of women farmers by 2.6% and had no significant effect of the income of the men farmers (ceteris paribus). Therefore, the land tenure system practiced was a major determinant of agricultural production and farm income among farmers in the study area.

Table II: Factors influencing farm income.

Variables	Men farmers (N=82)	Women farmers (N=38)
Constant	5.616* (1.974)	18.13* (2.17)
Age of respondent (yrs)	0.137 (0.512)	-2.595* (0.45)
Years of schooling (yrs)	-0.04 (0.148)	-0.090 (0.18)
Households size (#)	-0.402** (0.233)	-0.018 (0.326)
Land ownership (#)	0.451* (0.170)	0.371** (0.203)
Farm size (ha)	0.392* (0.153)	0.416* (0.199)
Rent paid (₦)	0.034 (0.025)	-0.051* (0.026)
Other income (₦)	0.131* (0.023)	0.101* (0.028)
Total cost (₦)	0.457* (0.101)	0.031 (0.137)
R ²	0.648	0.877
Adjusted R ²	0.609	0.841
F	16.79*	24.89*

Figures in () are standard deviations,* and ** indicate significance at5 % and 10%.

Determinants of household's poverty status

The marginal effect of each explanatory variable on the probability of an individual being poor or non-poor is presented in Table III. It is worth noting that the marginal effect on the poverty status of individual household, which is a dropped category in the analysis, was derived to satisfy the condition that the sum of the marginal effects on the probability for all the possible outcome (poor and non-poor) is zero. The result indicated a very similar pattern regarding the influence of individual characteristics on farm production along gender line. First the coefficient of years of schooling and its quadratic terms indicated that formal education had a positive impact on the probability of individual household's poverty status among men and women farmers in the study area. In addition to formal education, household's size had positive impact on the probability of individual household's poverty status among women farmers and showed no significant effect among the men farmers. To investigate if access to farm land and land use pattern (i.e. land tenure system) is pro-poor, we included farm size cultivated (ha) and access to land in the analysis. The result also showed positive association between the sizes of farm land cultivated by men and women farmers and their poverty status. According to the result, access to farm land showed a positive impact on the probability of women farmers being poor or non-poor in the study area and showed no significant association within men farm households.

Table III: Poverty status response model (PSRM)^a

Individual characteristics	Farmers	
	Men	Women
Age	0.438 (0.503)	-0.658 (1.153)
Years of schooling (yrs)	-0.139 (0.23)*	0.217 (0.363)*
Marital status	0.827 (0.833)	-0.84 (1.311)
Households size (#)	0.542 (0.356)	2.065 (1.075)*
Other physical assets (₦)	0.188 (0.205)	0.828 (1.461)
Land use characteristics		
Land size (ha)	0.478 (0.165)*	0.619 (0.199)**
Access to land (y/n)	0.282 (0.230)	0.861 (0.382)*
Community characteristics		
Distance to farm (km)	0.108 (0.187)	0.158 (0.241)
Distance to nearest market (km)	-0.272 (0.252)	0.026 (0.34)
Indigenous farmers – (y/n)	-.0346 (0.139)*	-0110 (0.202)
Predicted probability	0.215	0.463
Joint test for access to land ($\chi^2_{(2)}$)	508.96**	30.66**
Joint test for farm size ($\chi^2_{(2)}$)	448.05**	22.63**
Joint test for physical assets ($\chi^2_{(2)}$)	55.1**	0.016
Joint test for years of schooling ($\chi^2_{(2)}$)	402.01**	26.86**
No of observation	82	38

* indicates significant at the 5 % level, **indicates significant at the 1% level.
Numbers in parenthesis are standard error.

^a. Multinomial probit: coefficients are marginal effect on the poverty status.

This implied that the land tenure was a major factor determining the level of poverty especially among the women farmers in the area. As for community level characteristics, the place of origin showed a negative impact on the poverty status among the men farmers. This was probably due to the fact that most of the men farmers that were indigene of that community had abandoned farming and their farm land to get involved in non-farming activities. This could have negative impact on their farm income, hence their poverty status.

CONCLUSION

Concerned with the slow progress in achieving major components of the United Nation Millennium Development Goals (MDGs) by 2015 in Nigeria, the government and international donor agencies are struggling to find effective policies to reduce poverty, especially among the rural farm households. Recent studies on trend, implications and reduction of poverty in Nigeria have identified agriculture as one major key factor in poverty reduction strategies especially among rural farm households in Nigeria (IFPRI, 1996; Appleton, 2001; World Bank, 2012). Therefore, this paper examined the socioeconomic characteristics and land use characteristics affecting maize farmers in the study area (along gender line); identified and analyzed factors that determined rural households (maize farm households) poverty status in Nigeria.

The socioeconomic characteristics of the farmers indicated that average income per capita were N260.77 and N216.14 for men and women farmers respectively in the study area. These were far lesser than the estimated value of N395 selected as poverty line for rural households by FAO in 1985. This implied that average farm household was poor and was living below the poverty line in the study area. The land use pattern also posed a major constraint to agricultural production especially among the women farm households in the study area. This made gender, access to land, land rent and farm size key factors affecting agricultural production and hence poverty level among rural maize farmers in the area. Therefore, a substantial improvement in land use characteristics that is not gender biased will help to increase agricultural income and hence reduce poverty in rural Nigeria. An important policy question is how to improve women access to farm land and facilitate their participation in agricultural production in Nigeria. Further study is required to examine the effects of non-farm income on the poverty status of the rural household in order to accelerate the achievement of the MGDs in Nigeria.

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CHALLENGES OF CLOTHING DESIGN AND CONSTRUCTION AMONG
STUDENTS OF TERTIARY INSTITUTIONS IN BENUE STATE

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ABSTRACT

This paper explored the importance of clothing design and construction in the larger discipline of Home Science and Management alongside the challenges students of the field face in tertiary institutions in Benue State. Importance of clothing design and construction includes: it helps to bring out functional aesthetic qualities of clothing, it helps to achieve perfect fit, it gives the expressive content of clothing. Careers opened to specialists here are: employment with garment companies, NGOs like UN High commission for refugees, research fellows, lecturing/teaching. Some of the challenges include: Lack of appropriate tools and equipment, lack of aptitude and interest on the part of students, inadequate curriculum matter for adequate knowledge. The paper recommends that stake holders in the study of clothing design and construction should provide the necessary facilities while students are counseled to stimulate their interest. It is further recommended that those in charge of curriculum development should review it appropriately.

Key words: Challenges, clothing, clothing design, clothing construction, tertiary institutions.

INTRODUCTION

Home Science and Management as a course have several areas of specialization in Tertiary institutions of learning. One of such area is clothing design and construction. Clothing refers to any covering for the human body that is worn. The wearing of clothing is exclusively a human characteristic and is a feature of nearly all human societies (Wikipedia, 2010). Esiowu and Igbo (2008) informs that clothing is a major aspect of personal appearance that often bears cultural shared meaning. It includes features as dresses, accessories, hair do, make ups, handbags, shoes etc. Arubayi and Obandike (2011) informs that the essence of clothing curriculum right from senior secondary school is to teach students how to strategically plan, use available resources within the environment to improve the home, family and societal clothing needs. At the tertiary level, Arubayi (2009) said it is characterized by numerous activities and is skills oriented. Osiefo (2004) averred that clothing design and construction curriculum provides students with apprenticeship in clothing, textiles and fashion which if properly learnt, will equip the student with strategies for earning income in the future.

From the foregoing, it is clear that clothing design and construction education in tertiary institutions aims to prepare the students not just for the home or the class but also to enable them get jobs in the industrial sector or to stand on their own in entrepreneurship. It has however been observed that graduates of Home Science and Management rarely display adequate professionalism or specialization especially in clothing entrepreneurship (Olugbamigbe, 2009). This is an indication that clothing design and construction as an area of specialty has challenges against it. In line with the above, Lemchi (2001) noted that some students have no interest in the subject. Kembe (2008) observed that clothing design and construction is generally viewed by students as the mathematics of Home Science and Management. Arubayi (2003) has identified some issues challenging the successful learning of clothing design and construction. Some of these include: students attitudes, teachers quality/quantity, instructional materials and curriculum

Objective of the paper

The major objective of this study is to bring out the challenges of clothing design and construction among students of tertiary institutions in Benue state with a view to evolving strategies to meet the challenges. The specific objectives are to

- i. highlight the importance of clothing design and construction as an important area in Home Science.
- ii. highlight fundamental challenges of clothing design and construction among students in tertiary institutions in Benue State.
- iii. document career opportunities for clothing graduates.

Clothing design

Clothing design is the art of the application of design and aesthetics or natural beauty to clothing and accessories. It aims at producing clothing which is functional as well as aesthetically pleasing. Kelvin (2009) revealed that clothing design involves conceptualizing, drawing/sketching, Pattern drafting/markings. Design ideas may come from different sources such as natural objects, photographs and concepts of other designers. Clothing design makes use of lines (horizontal, vertical and curve) and space to produce clothing forms on papers that could fit different shapes of people (Kawamara, 2005). The silhouette of a cloth is made up of structural lines that specify the boundaries accessories like flowers, ruffles and trims. Structural and decorative lines combine in perfect harmony to give a particular cloth its particular look. The silhouette of a cloth many consist of only one piece like a dress or two pieces like shirt and trouser and blouse and skirt (Steele, 2005). The design of clothing involves different components which differentiate one from another. These include: the bodice, the sleeve, type of neckline, the pattern, colour and overall silhouette.

Design of clothing is influenced by some factors. These include: purpose for which the clothing is made, colour and texture of the fabric, the silhouette desired, centre of interest and the application of principles of design. Kelvin (2009) averred that the expressive content of clothing design is a function of how the principles of design which include: rhythm, emphasis, proportions, balance and unity are applied. Design in clothing can take one of the following ways: design ideas are sketch on paper or fabric is drape on a dress form. The computer could also be used with appropriate software but the translation of the design to the fabric is the ultimate phase in clothing construction. The importance of clothing design and construction are summarized thus: clothing design and construction gives the expressive content of clothing. Design helps the clothing constructor to achieve perfect fit in construction. Clothing design and construction helps to bring out functional and aesthetic qualities of clothing (Pepin, 2010).

Career opportunities for clothing design and construction graduates

Graduates in clothing have very wide career opportunities. They can be employed in garment construction companies (industries), they can also be employed with Non-Governmental Organizations (NGOs) like the United Nations High Commission for refugees. They can further work as lecturers, in the universities and other tertiary institutions as well as teaching in secondary schools. Clothing graduates can become research fellows/officers in research institutes; they can work in extension and consultancy capacity. Graduates can also be self employed

Clothing as a discipline of entrepreneurship also holds so much promise for clothing graduates. Scott (2003) defines entrepreneurship 'as the act or art of undertaking innovations, finance and acumen in an effort to transform innovations into economic goods. This may result into a new organization or revitalization of a matured organization'. Hisrich and Peter (2002) sees entrepreneurship as accepting the risk of starting and running businesses. From the preceding definitions, entrepreneurship can be deduced to mean turning identified business opportunities to actual goods and services that fulfills a need through organizing, management and risk taking of a business or enterprise. Clothing graduates can go into design of clothing and fashion range. They can specialize in one particular area, for example, sportswear, uniforms, children wear among others. They may also be involved in the marketing of clothing and clothing accessories. Another avenue for the expression of entrepreneurship for clothing graduates exists in the pattern world. The clothing specialist can establish a commercial pattern out fit to produce pattern and can also do fashion journalism.

Challenges of clothing design and construction course

Lack of appropriate tools and equipment: Clothing design and construction as an area of study requires the availability of certain tools and equipment. Some of the tools include sewing machines, good and appropriate tables, pressing irons among other equipment. One of the greatest challenges of the study of clothing design and construction in tertiary institutions in Benue State is lack of appropriate tool and equipment. Ityoban (2004) and Orkpe (2004) identified lack of tables and chairs for clothing, inadequate sewing machines and pressing irons for clothing laboratories in the state tertiary institutions. The absence of such tools and equipment therefore hampers effective practical learning of students. There is no gain saying that an effective practical class is necessary for effective teaching and learning in clothing design and construction.

Lack of aptitude and interest: Another challenge of clothing design and construction is the absence of aptitude and interest of the students. Kembe (2008) noted that clothing design and construction is generally viewed by students as the mathematics of Home Science and Management. It is generally dreaded. Pattern drafting an aspect of clothing design requires great skills and patients to get them right. The same applies to sketching of design ideas. Igbo and Iloje (2003) explained that a number of students of clothing and textile end up not deriving the fullest benefit from exposure to pattern making exercise because they lack the basic skills and by extension aptitude.

Transferring the pattern on to the fabric at the construction phase also requires patience and accuracy to obtain good fit. Most students who lack the aptitude for this are also not interested in learning the skills. They therefore perform poorly in the area. Insufficient time in the school curriculum for clothing practical: Clothing design and construction as a field is practical intensive. However, in all the tertiary institutions, the time allotted to the practical component of clothing construction is insufficient and therefore only little can be achieved in terms of practical design and construction of clothing (Kembe, 2008)

Lack of lecturers and laboratory staff: Most tertiary institutions in the state do not have adequate manpower in terms of lecturers and

laboratory staff. Ityoban (2004), Agogo (2004) and Orkpe (2004) in their report on challenges of tertiary institutions in Benue State documented that clothing and textiles lack lecturers and laboratory staff. The few that are available are therefore over loaded.

Lack of skilled knowledge by teachers and laboratory staff: Related to inadequate staff is the skilled knowledge of those teaching the courses. Some lecturers who are teaching courses in clothing design and construction lack the skilled knowledge. This is more so as some lecturers who are not professionals in clothing are required to teach such courses because of the shortage of manpower in most of the institutions (Ityoban, 2004; Agogo, 2004; Orkpe, 2004). Moreover, some laboratory staff who are required to prepare the laboratories for practical and to guide the students in their practical sessions also lack the competence. Since you cannot give what you do not have, they are unable to deliver what is expected of them. Mallum (2003) also listed lack of skilled researchers as a problem in clothing. Space and work tables: Clothing laboratories in most of the institutions are not large enough to accommodate the number of students for clothing practical. This leads to overcrowding thereby affecting the space and work tables adversely.

Inadequate curriculum matter for adequate knowledge in clothing: Clothing is a dynamic field which is affected by technological development and other environmental factors. The curriculum of tertiary institutions has however remained largely same over time, despite advances in clothing and textile technology Bye (2010) revealed that issues of functional garments for military, protective gowns for various professionals (medical, security, army and others), well fitted garments and other performance based apparels are attaining front banners. However, in all the institutions, the curriculum does not provide for the teaching of functional clothing. Furthermore, the curriculum does not cover technical textiles. A clothing designer is nevertheless expected to be a team player with vast skills (Roth, 1999).

CONCLUSION AND RECOMMENDATIONS

This paper took a look at the challenges of clothing design and construction among students of tertiary institutions in Benue state. The paper enumerated career opportunities for clothing design and construction graduates to include: employment in clothing construction companies, non government organizations, teaching, lecturing and self employment. The challenges are: lack of appropriate tools and equipment, lack of aptitude and interest on the part of students, insufficient time in the school curriculum for clothing practical and lack of staff.

It is necessary for the students to be well informed of the importance of clothing design and construction in Home Science and Management as well as to tackle the challenges facing the students in their task of studying clothing design and construction to enable them graduate and take up the career opportunities in clothing. This paper has recommended way of solving these problems. Based on the conclusion therefore, the paper recommends that:

For the students to know the importance of clothing design and construction,

1. Each department of Home Science and management should counsel students of clothing on the importance of clothing design and construction.
2. Heads of department of Home Science and Management should in partnership with departmental associations use students week to get successful clothing specialists to educate the students on the importance of clothing design and construction. As regards the challenges of clothing design and construction,
3. Students of clothing should partner with their department to acquire the appropriate tools and equipment for use in clothing design and construction.
4. Time allotted to clothing practical should be reviewed upwards to enable students do more practical
5. Proprietors of institutions should employ more staff in clothing. Further a comprehensive training programme should be mounted to enable staff acquire skills.
6. The management of the various institutions and other stakeholders to provide standard clothing laboratories.
7. The curriculum of clothing should be reviewed to accommodate recent developments in the field.
8. On documentation of career opportunities for clothing graduates, the department in each institution should incorporate career opportunities opened to graduates of clothing in their hand books for students.

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FACTORS INFLUENCING FOOD INTAKE OF THE
AWORIS OF OTTO-IJANIKIN, LAGOS STATE

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ABSTRACT

This research was designed to determine the factors influencing food intake of the Aworis of Otto-Ijanikin Local Government Area of Lagos State. The population for the study consisted of three thousand. Sample for the study was three hundred. Validated Food Frequency Questionnaire (FFQ) and interview were used for data collection. Frequency, mean and standard deviation were used to analyze the data obtained. Findings revealed among others that majority of the respondents (78%) commonly consume energy giving foods and the factors influencing food intakes are income, socio-economic status, price, storage facilities, seasonal, cultural and sensory factors as well as the type of food produced within the locality. It was therefore recommended among others that production, marketing and distribution of food commodities should be improved by the government.

Keywords: Food, Food Intake, Consumption patterns, Income, Culture, Family

INTRODUCTION

The human race has subsisted for centuries with varieties of foods, depending on what was available to eat and what the culture designated as human food. Nutritious foods serve as important vehicles for taking nutrients into the body and bringing man pleasure and comfort (Williams, 1994). Food plays a significant role in the social life of all societies primitive and civilized, poor and rich, by custom and tradition. Food has been the primary concern of man in his physical environment. The availability or lack of food has great influence on the destiny of men. Man must eat to live, and what he eats will affect his ability to keep well, to work, to be happy and to live long (Ruel and Garnet, 1999). Food has been a basic part of human existence. Through the centuries, there has been a wealth of information about the use of food as part of a community's social, national and religious life. Food has been used as an expression of love, friendship and social acceptance. It has also been used as a symbol of happiness at certain events in life, for example sharing of food to neighbours during occasion like naming ceremony, house-warming, funerals, burials, festivals, wedding ceremonies and the likes. All these are part of people's cultural heritage and may be an asset in helping to improve individuals' food intakes and that of the community as a whole (Bender and Fisher, 1990).

Hornsby (2014) described food intake as the amount of food taken into the body. It is the food consumed by people. The food intake of a household is the combination of qualities, quantities, acts and tendencies characterizing a community or a human groups' use of resources for survival, comfort and enjoyment. Food and Agricultural Organization (FAO, 2012) stated that food intake is regulated by the complex interaction of psychological and physiological events associated with ingestion. While the energy content of foods has an important role in determining the amount eaten, a number of other properties of foods may also be important. These include palatability, macronutrient composition, form of food (liquid/solid), how it is prepared and its energy density (calories per gram).

Ofwona, (2013) mentioned that food intake vary according to socio-economic level and household characteristics. Piddock, (2010) mentioned that though, several factors can impact on food intake, not all of them are concerned with nutritional requirements. Factors influencing food intakes can be classified into emotional factors, sensory factors, learned likes and dislikes, income, age, nutritional knowledge, food intolerance and allergies. Pinstrup-Andersen, (2007) asserted that factors that affect food intakes are family income, occupation of household head, family size, likes and dislikes, age of family members and preference. Delisle (1990) opined that prices, seasonal and cultural factors are the major determinants of food intake in developing countries. With prices, cheaper ones being preferred; seasonal factors determine availability of foods locally while with cultural factors, culture and tradition determines which foods are consumed by a cultural group. This is especially for poor households. Poorer households mainly consume food in their natural form.

In determining living standards, income and consumption are the most popular approaches. Income refers to earnings from productive activities and current transfers. Measuring consumption over a week or month provides an indication of a household's consumption habits over a year because it has a smooth flow to it, in order words, it is steady. Income however, tends to vary widely from week to week or month to month. Consumption is therefore a better indicator of living standards. Food consumption pattern is the act or process of using up food items in a regular way that must be learnt at the family level. There are two types of food patterns; the good and the bad pattern. Good or bad habit results from the community interaction of social, emotional and cultural factors in a given community (Olabisi, 2003). Food that is not properly consumed can easily lead to negative consequences. Parents and other family members should be exposed to the art of adequate consumption of food in order

to cultivate the habit in them. Family members should be taught how to plan, prepare, cook and serve adequate food, identify the good quality foods and the best time for serving and consuming (Lano-Maduagu, 2002). Food consumption pattern can be associated with factors such as family upbringing, social interaction, customs and taboos, weather and climate, the type of food produced within the locality, health of the individual, economic status, education, physiological variations, religion and emotional feelings (Olabisi, 2003).

Food intakes in urban areas are based more heavily on processed and pre-prepared foods which generally contain more fat, sugar, salt and preservatives. Reasons for the shift towards processed foods in urban areas include convenience, availability and price. Bread for example is prepared fresh daily and sold universally in local shops and on the streets. Refined white rice is both inexpensive and relatively convenient to prepare (Ruel and Garnet, 1999). They further ascertained that more traditional foods consumed in rural areas are substituted for processed and imported foods in the urban areas. One generalized example of this is increased consumption of wheat and rice in countries where more traditional grains such as barley and millet were previously predominant. Cost of traditional staple foods is often higher in urban areas, while the cost of processed food is lower, contributing to the inadequacy in food consumption patterns observed in urban areas. The quantity of food items to be consumed may be restricted by the storage characteristics of the food items. Fresh and perishable food items such as eggs, vegetable, bread, beef, meat, poultry, condiments and the likes stay fresh for a short time, thus their buyers turn their stock over several times a year (Lockyard, 1997). He further opined that restricted storage space may limit stock consumption quantities. If there are good storage facilities and constant electricity supply in various homes, the quantity of available food items will be maximized, but there is likely to be loss of nutritive value and freshness of the food items due to long storage. Food items that are bought in bulk are subject to spoilage and deterioration with time. As such, it is not advisable to purchase too much quantity of perishable food items at a time for consumption especially when the family size and the quantity needed are limited (Ukpore, 1999).

Ogutu, (2012) asserted that climate change is predicted to have a declining effect on food production. Food production on the other hand affects prices of food commodities. Food prices are also not stable. Inadequate access to credit, poor marketing, transportation and distribution of food produce also affects overall food production and availability. Delisle, (1990) opined that the factors that affect choice of dietary consumption include the prices of the foods with cheaper ones being preferred, availability of the types of foods locally and at low prices and cultural factors, where culture and tradition determine which foods are consumed by a cultural group.

According to Baily (1997), financial considerations can be important for bulk or inexpensive food purchase for consumption. He further stated that if an individual or household has liquidity problems, it may adopt a consumption pattern of postponing all purchases which can be postponed and buying those food items which cannot be postponed in small lots for individual or family consumption. Living in a socio-economic advantageous area could be associated with a tendency to consume healthier food items, urban areas are differentiated on the basis of their socio-economic characteristics where individual lives seems to shape consumption of food items above personal characteristics.

Internal considerations of food intake entails whether the food items are needed at all or whether it is needed now, how much is needed, that is, there is order for small quantities and large quantities (Baily, 1997). Many people consume different food items at home at one time or the other, but hardly can they explain or precisely give account of the types of food items consumed, the quantity consumed, how often the food is consumed and why they are not going for one kind of food or the other. It could be affirmatively said that income, taste, preference, health status, ignorance and family size are among the factors that determine the food intake of the people. It was on this note that this study was conceived to determine the factors influencing the food intake of the Aworis in Otto-Ijanikin area of Lagos state.

Research questions

The following research questions guided the study:

- What are the kinds of foods consumed by the respondents?
- How often do the respondents consume the food items?
- What are the factors influencing the food intake of the residents in the study area?

Objective of the study

The major objective of this study was to determine the factors influencing the food intake of Awori residents of Otto-Ijanikin, Lagos State. Specifically, the study sought to

- determine the kinds of foods consumed by the respondents;
- ascertain how often the respondents consume the food items; and
- identify the factors influencing the food intake of the residents in the study area.

METHODOLOGY

Research design: The study adopted descriptive survey design.

Population for the study

The total population for this study was three thousand (3000) which consisted of civil servants, teachers and students residing in Otto-Ijanikin, Lagos State. (Source)

Sample size and sampling technique

The sample size for the study was three hundred (300). The respondents were stratified to classes based on their works and professions using the stratified sampling technique. The classes are teachers/ lecturers, students and civil servants. In all, three hundred (300) respondents made up of one hundred (100) per class of three (3)

stratified groups were involved in the study. Fifty(50) males and 50 females were selected from each class.

Instrument for data collection

Questionnaire and interview were used for data collection. A Food Frequency Questionnaire (FFQ) was developed by the researchers and used for data collection. The questionnaire was divided into two sections. Section A sought for demographic data of the respondents while section B contained information based on the purposes of the study and research questions. The respondents were also interviewed to find out their opinions on factors influencing food intakes.

Validation of instrument: The questionnaire was subjected to both face and content validity by two lecturers in the Department of Educational Psychology and Curriculum Studies, University of Benin, Nigeria.

Method of data collection: The instruments were personally administered by the researchers to the three hundred (300) respondents in Otto-Ijanikin. The researchers ensured that the respondents filled the items correctly without omitting any of the needed information. The questionnaires were retrieved immediately by the researchers to forestall any loss.

Method of data analysis: Data collected were analysed using simple percentage, mean and standard deviation. For the decision rule, the real limits of the numbers of the respondents' mode were used to categorize the mean ratings of the respondents. Mean ratings from 2.5 and above were considered as agreed upon while mean ratings of 2.49 and below were considered as disagreed upon.

RESULTS

Table I: Socio-demographic characteristics of the respondents

Variable	F	%
Age (Years)		
Less than 20	27	9
20 – 30	60	20
31 – 40	75	25
41 – 50	57	19
51 – 60	81	27
Total	300	100
Education		
Secondary	101	37
Tertiary	103	31
Post Graduate	96	32
Total	300	100
Occupation		
Civil Servants	161	54
Private Company	39	13
Students	100	33
Total	300	100
Monthly income (₦)		
Less than 10,000	-	-
10,000 – 20,000	-	-
21,000 – 30,000	34	11
31,000 – 50,000	66	22
51,000 – 100,000	24	8
Above 100,000	76	26

The demographic characteristics of the participants are presented in Table I. With respect to age, participation was highest among respondents between 51-60 years and below. Results indicated that 31% of the respondents who participated in the study had tertiary education and 32% of the respondents had above first degree education. This suggests that the population is literate. More so, 54% of them are civil servants while 33% of the respondents are students. Based on income, only 26% earn more than N100, 000 monthly

Table II: Distribution of respondents by kinds of foods consumed

Food Group	Food items consumed by the respondents	Yes		No		Total
		f	%	f	%	
Body Building Foods	Soya beans, Meat, Fish, Egg, Milk, etc	198	66	102	34	100
Energy Giving Foods	Rice, Cassava, Cocoyam, Maize, Wheat, Oats, Potato, etc	234	78	66	22	100
Protective Foods	Fruits and Vegetables	174	58	126	42	100
Sweets	Cake, Ice cream, etc	162	54	138	46	100
Others	Beverages	216	72	84	28	100

Data on food items consumed by the respondents showed that while 66% of the respondents commonly consume body building foods, 34% do not commonly consume protein foods. Majority (78%) of the respondents commonly consume carbohydrate foods while 22% reported that they do not commonly consume it. Only 42% of the respondents do not commonly eat protective foods. Majority (54%) eats sweets, 72% of the respondents consume beverages while 28% claimed not to consume it always.

Table III: Mean and standard deviation of the civil servants on regularity of consumption of food items in Otto-Ijanikin

S/N	Regularity of consumption of food items by civil servants	X	SD	Decision
1	Civil servants consume all classes of food items due to their socio-economic status	3.80	0.41	A
2	Civil servants consume snacks because of the nature of their jobs.	3.59	0.67	A
3	Civil servants consume only one class of food item regularly due to in availability of cash.	3.20	0.41	A
4	Civil servants consume all classes of food items due to availability of money.	2.72	1.44	A
5	Availability of time allows civil servants to consume, all the classes of food items every day.	2.81	1.20	A

All the five items were agreed upon in the table. This may be due to the fact that they are salary earners and of either high or medium social class who could afford to buy adequate food items.

Table III: Mean and standard deviation of the teachers on regularity of consumption of food items in Otto-Ijanikin.

S/N	Regularity of consumption of food items	X	SD	Decision
1	Teachers/ Lecturers consume all classes of classes of food items due to their socio-economic status	3.22	1.07	A
2	Teachers consume snacks because of the nature of their jobs.	3.00	1.14	A
3	Teachers consume only one class of food item regularly due to unavailability of cash.	2.72	1.47	A
4	Teachers consume all classes of food items due to availability of cash.	3.13	1.24	A
5	Availability of time allows teachers to consume, all the classes of food items every day.	3.06	1.08	A

Data in Table III indicated that the respondents agreed with the items listed as foods regularly consumed.
Table IV: Mean and standard deviation of the students on regularity of consumption of

food items in Otto-Ijanikin.

S/N	Regularity of consumption of food items by students	X	SD	Decision
1	Students consume all classes of classes of food items due to their socio-economic status	3.69	0.47	A
2	Students consume snacks because of the nature of their iobs.	3.20	0.41	A
3	Students consume only one class of food item regularly due to in availability of cash.	3.57	0.50	A
4	Students consume all classes of food items due to availability of cash.	3.31	1.13	A
5	Availability of time allows students to consume, all the classes of food items every day.	3.06	1.11	A

Data on Table IV revealed that the respondents agreed with the items listed as foods regularly consumed by them.

Table V: Factors influencing food intake of the respondents.

S/N	Factors	Yes		No		Total
		f	%	f	%	%
1	Income	170	56.7	130	43.3	100
2	Good Storage facility	160	53.3	140	46.7	100
3	Educational Status	175	58.3	125	41.7	100
4	Nutritional Knowledge	180	60	120	40	100
5	Closeness to Market	210	70	90	30	100
6	Family Size	190	63.3	110	36.7	100
7	Advertisement	170	56.7	130	43.3	100
8	Allergies and Food Intolerance	140	47	160	53	100
9	Taste	200	67	100	33	100
10	Family likes and dislikes	215	72	85	28	100
11	Food Preference	190	63.3	110	36.7	100
12	Sensory Factors	184	61.3	116	38.7	100
13	Health Status	178	59.3	122	40.7	100

Table V revealed that majority of the respondents agreed with the items listed as factors influencing food intake. Only item 8 (allergies and food intolerance) had one hundred and forty Yes which accounted for 47%.

Discussion of findings

Findings revealed that majority of the respondents (78%) commonly consume energy giving foods. This could be due to the fact that carbohydrate foods are less expensive and readily available. This is in agreement with Food and Agricultural Organization (FAO, 2003) that there is increase in imports of rice and wheat in sub-sahara countries, during the past thirty years which is having an increasingly large impact on food consumption patterns and the nutritional status of urban population. Also, 34% of the respondents claimed not to commonly consume protein foods. This could be as a result of the cost in-effective of protein foods such as milk, meat, fish and the likes. This is in line with the findings of FAO (2003) that there is increasing supply of cereals, roots, tubers, sugar and vegetable oils while per capita supply of meat, milk and pulses has decreased. The study also showed that 42% of the respondents do not commonly consume protective foods such as fruits and vegetables. Protective foods are low in calories and are rich in many anti-oxidant properties that should not be excluded in everyone's diet. This result may be connected with the fact that fruits and vegetables are not readily available all year round, majority of the food items are seasonal. Due to the fact that they are perishable foods, they cannot be

stocked. This confirms Ukpor, (1999) that food items bought in bulk are subjected to spoilage and deterioration with time.

Mean responses of the civil servants and teachers on regularity of food consumption indicated that all the items were agreed upon. This may be due to the fact that they are learned, salary earners and of either high or medium social status who can afford to purchase essential food items and are also familiar with the importance of certain food nutrients on human health. Majority of the people in this class operates on food calendar for food adequacy. Also, their educational background might assist in the choice of food consumption. The findings however agreed with the position of Hamm and Barron (1999) that the greatest single challenge in nutrition is educating people on how to make full use of the available knowledge in the selection of their daily diet. Nutrition education should be an integral part of classroom instruction throughout elementary and secondary schools.

Table IV revealed the mean responses of students on regularity of food consumed. The findings revealed that the students agreed to all the items. It is imperative to note that item No.1 had the highest mean rating of 3.69 while the least mean rating was recorded under item No.5 and both items were agreed upon. This may be attached to their level of education. This is in consonance with Willie (1999) that to be competent in wise food management and selection, one must be learned and educated on food nutrients. The person must have a sound knowledge of how to judge the quality and prices of food materials that ensure wholesome and uncontaminated food.

Table V revealed that majority of the respondents agreed with the items listed as factors influencing food intake. Only item No.8 (Allergies and Food Intolerance) account for 47% which is below average hence cannot influence or hinder food consumption pattern of the respondents. This is an indication that all the items except item No.8 can influence their food intake. This is in agreement with Piddock (2010), who mentioned that though several factors can impact on food intake, not all of them are concerned with nutritional requirements. Also in line with this finding, Lockyard (1997) opined that restricted storage space may limit consumption quantities and may influence food consumption pattern. He further stated that if there are good storage facilities and constant electricity supply in various homes, adequate food intake and the quantity of available food items will be maximized. Delisle (1990) opined that prices, seasonal and cultural factors are the major determinants of food intake in developing countries. With prices, cheaper ones being preferred; seasonal factors determine availability of foods locally while with cultural factors, culture and tradition determines which foods are consumed by a cultural group.

Summary

The food intake of a household is the combination of qualities, quantities, acts and tendencies characterizing a community or a human group's use of resources for survival and comfort. Food intakes vary according to socio-economic level and household characteristics. The factors that can influence food intakes are income, socio-economic status, emotional factors, sensory factors, learned likes and dislikes, income, age, nutritional knowledge, food intolerance and allergies, age of family members, prices, seasonal and cultural factors. Food that is not properly consumed can easily lead to negative consequences.

CONCLUSION AND RECOMMENDATIONS

Majority (78%) of the respondents commonly consume carbohydrate and protein foods. Mean responses of the civil servants, teachers and students on the regularity of food consumption indicated that they often consume all the classes of foods due to their socio-economic status in terms of education or income.

Factors influencing the food intake of the respondents in the study area include income, storage facilities, education status, nutritional knowledge, closeness to market, family size, advertisement, taste, family likes/dislikes, food preference, sensory factors and health status.

Therefore, the study recommended that:

1. Provision of good quality food, through proper meal planning should be intensified on because this will ensure adequate consumption of quality food, saves money, increases adequate nutrients intake and guarantee house hold food security.
2. Production, marketing and distribution of food commodities should be improved by the government.
3. Civil Servants, Teachers, Parents, and students should be provided with nutrition education to prevent food prejudices that forbid eating what is available. This can be provided through awareness programs.

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PERCEIVED CAUSES OF UNWANTED PREGNANCIES AMONG FEMALE UNDERGRADUATES OF FEDERAL UNIVERSITY OF A NIGERIAN UNIVERSITY

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ABSTRACT

Unwanted pregnancy is a major public health problem, especially among the youths and adolescents. It is also of a great concern that many pregnancies among Federal University of Agriculture Abeokuta (FUNAAB) female undergraduate students are unplanned. The focus of this study was to investigate the perceived causes of unwanted pregnancies among FUNAAB female undergraduate students. One hundred and eighty (180) female FUNAAB undergraduates, age range between 20-30 years were purposively and conveniently selected to participate in the study. A 4 point Likert Scale questionnaire developed by the researchers was the instrument used in collecting data. The reliability coefficient of the instrument using Cronbach's Alpha was 0.69 and data was analyzed using descriptive statistics. Findings revealed that premarital sex was the major factor associated with unwanted pregnancy (60%) followed by rape (57%) and indecent dressing (46.1%) which exposes the body thereby tempting the opposite sex among others. In conclusion, the study revealed that many of the female students are aware of the causes of unwanted pregnancies and the adverse effect on their academic progress. Recommendations were made that female undergraduate students should guide against every behaviour that would expose them to premarital sex and, rape, which may lead to unwanted pregnancy. Sex education should also be entrenched in the school curriculum right from primary, through secondary and even tertiary institutions. Though this adequate knowledge would have been acquired thereby adolescents would be able to guide against unwanted pregnancies.

Key words: Perceived causes; unwanted pregnancies; female undergraduate students.

INTRODUCTION

Pregnancy is the fertilization and development of one or more offspring, known as embryo or fetus, in a woman's uterus. Conception can be achieved through sexual intercourse or assisted reproductive technology. When conception occurs at age of 19 years or below, this is called adolescents or teenage pregnancies (Nyakubega, 2010).

Unintended pregnancy as defined by the Center for Disease Control and Prevention (CDCP) (2012) is a pregnancy that is mistimed, unplanned or unwanted at the time of conception. It is of concern that many pregnancies among adolescents in undergraduate schools are unplanned and unwanted. The adolescents and family's preparedness for the unplanned pregnancies are at high risk for inadequate prenatal care, perinatal morbidity, significant post natal problems and parenting (Bankole et al, 2014).

Unwanted pregnancy among adolescents is a major health problem worldwide. Ajayi (1996) posted that an unwanted pregnancy is usually unintended and this may occur to both married and unmarried women. In case of the married, it may occur usually as a result of failed family planning. WHO (2014) remarked that pregnancy and child – related deaths are the number one killer of 15-19years old girls worldwide. Annually, according to WHO, about 70,000 adolescent girls die as a result of unwanted pregnancy. Factors such as accidental, experimenting with sexuality, lack of knowledge about prevention of conception, poverty, among others have been found to be associated with unwanted pregnancy in the adolescents.

Aikoye (2013) revealed that the Nigeria demographics and health survey relating to adolescent pregnancy in Nigeria was the highest when compared with other African countries in 2008. Aikoye went further to state that about 44.5 million young adolescents between the ages of 10-24 got pregnant in 2006 and this high rate was associated with poverty, sexual abuse, ignorance, cultural and religious beliefs. The consequences thereof are unsafe abortion, pregnancy complications, poor antenatal care, and weak pelvic bones among others which often results in high mortality rate. In the same vein, Adebayo (2013) also remarked that in most poor nations of the world, poverty, cultural and religious beliefs play significant role in adolescent pregnancy. This in effect compromises the girl's education.

Osotimehin (2014) also, while giving his message at the world population day stressed the fact that "for millions of young people around the world, puberty, which is biological onset of adolescence brings not only changes to their bodies, but also new vulnerabilities to human rights abuses, particularly in the areas of sexuality, marriage and child bearing. Millions of girls are coerced into unwanted sex or marriage, increasing the risk of unwanted pregnancies, unsafe abortions and sexual transmitted infections including HIV as well as death or disability due to "child birth".

A review of literature on the psychological and social variables associated with unwanted pregnancies and consequences reveal that women and adolescent females who practiced effective contraception and those who experienced unwanted pregnancy consistently found that adolescent females are more severely affected when compared with the married (Profamilia, 1992). This is probably expected in that the adolescents often engage in all sorts of methods in order to terminate the pregnancy, and in the process a lot of damages are done. For instance, Chum (1995) pointed out that unwanted pregnancy often makes the adolescent girls to consult "quack doctors" in order to terminate the pregnancy through abortion; this is a major course of high morbidity and mortality among adolescents. Mitchel (2007) described unwanted pregnancy as a traumatic experience for the adolescents economically and psychologically. In some instances, students are rejected and deserted by friends and parents, and some have had to abandon their academic career as a result of shame brought upon them by the unwanted pregnancy. Nichols et al (1986) in the same vein remarked that the implications of unwanted pregnancies for adolescent females are serious. In addition to various medical complications brought about by immature reproductive organs, there are social and educational consequences as well. For instance most schools (apart from tertiary Institutions) do not permit pregnant girls to remain in school; meaning that adolescent with unwanted pregnancy either terminates her education or would have to postpone her education until she delivers. Adolescents are also at a high risk of sexually transmitted diseases and even HIV/AIDS as a result of unprotected sexual activity (Whaley, 1999). Unfortunately, most of these adolescents at times seek counsel from their peers who are equally ignorant.

The general view of the attitude of adolescents towards unwanted pregnancy is majorly a negative one, whereby they resolve in having illegal abortions in solving their problems (Oronsaye & Odiase, 1983). Often times, these abortions are carried out by unskilled persons using dangerous methods resulting in all manner of complications (Ago, Abechi, Njoku, Agan, and Ekabua 2012).

This study was motivated by the observations made by the researchers at the rate at which female undergraduates of Federal University of Agriculture Abeokuta were getting pregnant, and how the prevalence was affecting the academic progress of the affected students.

The study therefore set out to investigate the perceived causes of unwanted pregnancies among female undergraduates of Federal University of Agriculture, Abeokuta (FUNAAB) Ogun State, Nigeria.

Broad objective

To investigate the perceived causes of unwanted pregnancies among female undergraduates of Federal University of Agriculture Abeokuta.

Specific objectives

1. To identify the factors associated with unwanted pregnancy among the female undergraduates of FUNAAB.
2. To explore the reaction of female undergraduates towards the unwanted pregnancy.
3. To investigate the effects of unwanted pregnancy on the academic progress of the female undergraduates
4. To explore how unwanted pregnancy can be prevented in order to guide against re-occurrence.

Research questions:

1. What are the factors associated with unwanted pregnancy among female undergraduate of FUNAAB?
2. What is the reaction of female undergraduates towards unwanted pregnancy?
3. What are the possible effects of unwanted pregnancy on the academic progress of the female undergraduates?
4. How would female undergraduates prevent re-occurrence of unwanted pregnancy?

METHODOLOGY

The descriptive survey method was adopted for the study to investigate perceived causes of unwanted pregnancy among FUNAAB female undergraduates. Purposive and convenient sampling methods were employed in selecting the 180 female undergraduates that participated in the study. 18 respondents that were pregnant, 32 respondents that have been pregnant before, and 45 close associates and friends of the four students that helped to administer the questionnaire were purposively selected. The remaining 85 respondents were those willing to participate in the study among female undergraduates. A 4-points Likert-Scale questionnaire that was developed by the researchers was the instrument used in collecting data. This was made up of 51 items that contained various items on demographic data, items related to factors associated with unwanted pregnancy, negative effects of unwanted pregnancy and prevention of re-occurrence of unwanted pregnancy among others. This was Pilot tested and the reliability coefficient was established using Cronbach's Alpha at 0.69. These were administered to the participant with the assistance of the four undergraduates students within one week, and all the 180 participants that were administered the questionnaires turned in their copy well filled.

Data was subjected to descriptive statistical analysis using SPSS (Statistical Package for Social Science version 16).

Research Question 1

What are the factors associated with unwanted pregnancy among female undergraduates of FUNAAB?

Table I: Factors associated with unwanted pregnancies

S/N	Factors associated with unwanted pregnancies	SD	D	A	SA	Mean	Std.
1	Rape can lead to unwanted pregnancy	6 3.3%	10 5.6%	61 33.9%	103 57.3%	3.45	.75
2	Pre-marital sex is a major cause of unwanted pregnancy	10 5.6%	9 5.0%	53 29.4%	108 60.0%	3.44	.83
3	Indecent dressing can result in rape which can lead to unwanted pregnancy	13 7.2%	7 3.9%	77 42.8%	83 46.1%	3.28	.85
4	Rupture of condom during intercourse leading to sperm leakage can result in unwanted pregnancy	11 6.1%	11 6.1%	87 48.3%	71 39.4%	3.21	.81
5	Improper use of condom can result in release of sperm to the vagina during the intercourse which can lead to unwanted pregnancy	13 7.2%	14 7.8%	78 43.3%	75 41.7%	3.19	.87
6	Having sexual intercourse during ovulation period can result in unwanted pregnancy	11 6.1%	24 13.3%	72 40.0%	73 40.6%	3.15	.87
7	Every exposure to unprotected sex can result in unwanted pregnancy	13 7.2%	24 13.3%	71 39.4%	72 40.0%	3.12	.90
8	Inability to resist pressure from a boyfriend for an unprotected sexual intercourse can result in unwanted pregnancy	18 10.0%	13 7.2%	85 47.2%	64 35.6%	3.08	.91
9	Peer pressure and in correct information about sex and pregnancy can lead to unwanted pregnancy	9 5.0%	21 11.7%	98 54.4%	52 28.9%	3.07	.78
10	A miscalculation of one's safe period can lead to unwanted pregnancy	18 10.0%	26 14.4%	78 43.3%	58 32.2%	2.98	.93
11	Parental socio-economic status leading to inadequate financial provision for their daughters can pre-dispose such girls to promiscuity and unwanted pregnancy	14 7.8%	35 19.4%	92 51.1%	39 21.7%	2.87	.84

Table I represents the findings on the factors associated with unwanted pregnancy. Majority (60%) agreed that premarital sex was the major factor associated with unwanted pregnancy, followed by rape (57.3%) and indecent dressing (46.1%). Other factors as stated by the respondents were improper use of condom (41.7%), unprotected sex (40%), inability to resist pressure (35.6%), miscalculation of safe period (32.2%) and peer pressure (23.9%). Only 25.7% attributed unwanted pregnancy to lack of parental attention, while 19.4% opined that unwanted pregnancy is associated with lack of sexuality education.

Research questions 2

What is the reaction of female undergraduates towards unwanted pregnancy?

Table II: Reaction of female undergraduates towards unwanted pregnancy

S/N	Reaction towards unwanted pregnancies	SD	D	A	SA	Mean	Std.
1	I will inform my parents so as to seek counsel on what to do about the unwanted pregnancy	24 13.3%	16 8.9%	76 42.2%	64 35.6%	3.00	.99
2	I will keep the pregnancy even when my boyfriend asks me to abort it	24 13.3%	29 16.1%	66 36.7%	61 33.9%	2.91	1.02
3	I will like to keep an unwanted pregnancy	50 27.8%	27 15.0%	68 37.8%	35 19.4%	2.49	1.10
4	I will not inform my boyfriend so as not to abort the pregnancy	97 53.9%	62 34.4%	11 6.1%	10 5.6%	1.63	.83
5	I will abort the unwanted pregnancy by telling my boyfriend	95 52.8%	64 35.6%	17 9.4%	4 2.2%	1.61	.75
6	I will run away from home	133 73.9%	29 16.1%	5 2.8%	13 7.2%	1.43	.86
7	I will not take good care of myself (by not eating good food, registering for ante-natal, etc.) so as to have adverse affects on the baby	138 76.7%	31 17.2%	2 1.1%	9 5.0%	1.34	.74
8	I will make use of local medicine (potash, dye etc.) to abort the pregnancy at early stage	139 77.2%	29 16.1%	5 2.8%	7 3.9%	1.33	.72
9	I will kill my self	149 82.8%	22 12.2%	1 .6%	8 4.4%	1.27	.69

As shown in Table II, majority (77.8%) of the respondents agreed that they would inform their parents so that they could be counseled on what to do. Many (70.6%) responded that they would keep the pregnancy even if their boyfriend ask them to abort it, while 52.2% responded that they would intentionally like to keep the pregnancy. Respondents that said they would simply run away were quite few (10%) while 6.7% said they would make use of the local medicine (dye potash) in order to abort the pregnancy. 61% responded that they will not take care of themselves so as to cause adverse effect on the fetus. As low as 5% indicated that they would commit suicide because of the unwanted pregnancy.

Research question 3:

What are the possible effects of unwanted pregnancy on the academic progress of female undergraduates?

Table III: Effects of unwanted pregnancy on academic progress

S/N	Effect of unwanted pregnancies	SD	D	A	SA	Mean	Std.
1	Termination of unwanted pregnancy which can lead to rupture of the womb can make me to lose focus academically	10 5.6%	19 10.6%	68 37.8%	83 46.1%	3.24	.86
2	Paternal denial can cause depression which can result in academic failure	15 8.3%	30 16.7%	79 43.9%	56 31.1%	2.98	.90
3	A pregnancy that I did not plan for can result to my academic failure	20 11.1%	25 13.9%	80 44.4%	55 30.6%	2.94	.94
4	Regret for having unwanted pregnancy can cause me to lose focus academically	21 11.7%	32 17.8%	77 42.8%	50 27.8%	2.87	.95
5	Unwanted pregnancies can cause me to lose interest in my academics	25 13.9%	32 17.8%	69 38.3%	54 30.0%	2.84	1.01
6	Shame of carrying unwanted pregnancy among my peers can cause me to withdraw from school	42 23.3%	58 32.2%	53 29.4%	27 15.0%	2.36	1.00

Majority of the respondents 151 (83.9%) as presented on Table 3 agreed that they will terminate the pregnancy, in the process, there could be ruptured uterus and this would disrupt academic programme of the affected individual.

Paternal denial was ranked second 135 (75.0%). This could affect the emotional stability of the individual thereby disrupting academic programme. Also 135 (75.0%) agreed that generally speaking, unwanted pregnancy most likely would contribute to lack of focus and concentration in academic programme. In all 80 (44.4%)

respondents said that the shame of carrying unwanted pregnancy among their peers will make them to withdraw from school.

Research question 4:
How would re-occurrence of unwanted pregnancy be prevented?

Table IV: Prevention of re-occurrence of unwanted pregnancy

S/N	Prevention of re-occurrence of unwanted pregnancy.	SD	D	A	SA	Mean	Std.
1	I will abstain totally from sexual intercourse to avoid re-occurrence of unwanted pregnancy	9 5.0%	12 6.7%	62 34.4%	97 53.9%	3.37	.82
2	I will strictly adhere to the counsel of my parents to avoid the re-occurrence of unwanted pregnancy	17 9.4%	12 6.7%	50 27.8%	101 56.1%	3.31	.96
3	I will go for counseling with my boyfriend so as to keep ourselves away from the re-occurrence of unwanted pregnancy	18 10.0%	11 6.1%	92 51.1%	59 32.8%	3.07	.89
4	I will not have boyfriend until I am fully ready so as to avoid re-occurrence of unwanted pregnancy	22 12.2%	40 22.2%	55 30.6%	63 35.0%	2.88	1.03
5	I will have boyfriend but we will not have sex to avoid the re-occurrence of unwanted pregnancy	29 16.1%	40 22.2%	62 34.4%	49 27.2%	2.73	1.03
6	I will ensure that I make use of condom before having any sex to avoid re-occurrence of unwanted pregnancy	40 22.2%	21 11.7%	68 37.8%	51 28.3%	2.72	1.10
7	I will make use of long-term contraceptives (IUCD, injection, etc.) that will protect me until am ready to get pregnant to avoid re-occurrence	73 40.6%	51 28.3%	38 21.1%	18 10.0%	2.01	1.01

Majority 159 (88.3%) of the respondents said they would abstain from sexual intercourse in order to prevent re-occurrence. 151 (83.9%) said they would adhere strictly to the counsel of their parents in order to avoid re-occurrence. 151 (83.9%) also responded that they will go with their boyfriend for counseling in order to prevent re-occurrence, while 118 (65.6%) agreed that not having boyfriend until they are fully ready for marriage would be the best way to avoid re-occurrence. 111 (61.6%) responded that they would have boyfriend but will ensure they do not engage in sexual intercourse so as to prevent unwanted pregnancy. 119 (66.1%) said they would make use of condom before having sexual intercourse. Only 56 (31.1%) responded that they would make use of long term contraceptives (IUCD, injectable etc.) that will protect them till they are fully ready for pregnancy.

Discussion

The focus of the study was to investigate the perceived causes of unwanted pregnancy of female undergraduates at the Federal University of Agriculture, Abeokuta. Those within the age range of 20-24 years were the highest in number-128 (71.1%) and the lowest age range was those above 30 years, just one respondent (1.6%). This clearly shows that those within 20-24 years of age were the most vulnerable group to unwanted pregnancy, and this age range is the adolescent stage. Adolescents are known to want to behave like adults; they are very inquisitive and are often victims of peer pressure. This study revealed that factors, such as rape, premarital sex and influence of peer pressure among others are associated with unwanted pregnancy. This agrees with the findings of Olaitan (2011) that influence of peer pressure and lack of sexuality education are some of the factors responsible for unwanted pregnancy in adolescents. On the issue of reaction of respondents towards unwanted pregnancy, majority of them (77.8%) said they would inform their parents who they believe would counsel them rightly on what to do with the pregnancy. It could be deduced that this ones have confidence in their parents and are most likely very close to them, and they probably believe that their parents counsel would help them to take appropriate step. Only a few, 11.7% responded that they would inform their boyfriend so that abortion of the unwanted pregnancy could be done. It could probably be deduced that they are so much afraid of their parents and they dare not allow them to hear such unpleasant news about them. On the other hand, it could also be deduced that such respondents do not have parents who are caring and may care less if even they hear about them being pregnant. This agrees with the findings of Nothando (2008) that a few of adolescents with unwanted pregnancy often prefer to have abortions done to terminate the pregnancy.

Majority of the respondents 83.9%, and 75% respectively agreed that complications that may arise from the unwanted pregnancy such as ruptured uterus, paternal denial, shame of carrying unwanted pregnancy around the school campus, and especially attending classes with other mates among others which may lead to withdrawal from school would have adverse effect on their academics. This agrees with the findings of Nichols et al (1986) and Mitchel (2007) that the implications of unwanted pregnancy for adolescent females apart from the various medical complications are also the social and educational consequences. Also that unwanted pregnancy is traumatic for the female adolescents psychologically, emotionally, socially, medically and educationally respectively. It was interesting however that majority of the respondents suggested some preventive measures such as total abstinence from sexual intercourse, strictly adhering to parents counseling, attending counseling sessions with boyfriends among others in preventing re-occurrence of unwanted pregnancy. As laudable as these suggestions are, adolescents should be helped and guided as to be able to live a fulfilled life by ensuring that unwanted pregnancies are prevented as much as possible.

CONCLUSION

The study investigated the perceived causes of unwanted pregnancies among FUNAAB female undergraduates. From the study, it was discovered that many of the female students were aware of the causes of unwanted pregnancies, and the adverse effects on their academic progress. suggestions such as abstaining from sexual intercourse adhering to parental counseling as measures against re-occurrence of unwanted pregnancies among others were made by the female undergraduates.

Recommendations

- * Sex education should be entrenched in the school curriculum right from primary, secondary and even tertiary institutions. Sex education should also be encouraged at homes by parents or guardians.
- * The school should provide each department of the university with approachable counselors such that the female students will be able to confide in them and seek good advice on what to do in their difficult times. By this traumatic experiences such as discontinuation of their academic work would be avoided.
- * Female students should beware of the type of clothes they wear to prevent unnecessary temptations from the opposite sex that can lead to rape.
- * Students should abstain from sexual experimentation, where it is not possible they should be conscious of various contraceptives available and make good use of them properly.

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PREMARITAL COUNSELLING NEEDS BY FINAL YEAR UNDERGRADUATE STUDENTS IN FEDERAL UNIVERSITY OF AGRICULTURE, ABEOKUTA.

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ABSTRACT

The study investigated the perception of intending couples towards premarital counseling needs. The specific objectives were to determine which premarital checkup is considered as the most important by intending couples, to ascertain the importance of premarital checkup before going into marriage and to also examine the consequences of not undergoing premarital checkup. The study area is Federal University of Agriculture, Abeokuta. Two hundred (200) intending couples were selected through a purposive and simple random sampling technique. A structured questionnaire was used to elicit information from respondents randomly. Descriptive statistics and t-test was used for the data analysis. The study revealed that love (83.0%) was the most important premarital checkup that one must undergo followed closely by communication (76.0%). Result also showed that 87.5% respondents agreed that pre-marital checkup helps to know each other's health history while 86.5% respondents agreed that it helps the couple plan effectively for the family life. It also shows that individuals do not just consider their emotions, other factors such as children and parenting with 74.0%, are considered important. The study indicated that there were more intending couples with high perception of the importance of premarital counseling (71.5%) than with low perception (28.5%). The study revealed that there was no significant difference in the perception of intending male and female couples towards marital checkup. However, there was positive significant relationship between perception of intending couples towards marital relationship and pre-marital checkup. It is concluded that individuals preparing for marriage are aware of the importance of premarital checkup and should be giving a serious consideration when thinking of a harmonious marital relationship.

Keywords: Perception, counselling, premarital, undergraduate students, intending couple

INTRODUCTION

Marriage is often the backbone of any society- the basic unit on which society leans for proper functioning (Wright, 1992). It is the closest bond that can occur between two people, but very few people really prepare for the demands of living together in such a way that needs are met, dreams are fulfilled and harmony is attained (Wright, 1992). The result of this is marital breakup among couples which appears to be the order of the day in the African society (Nganga and Wasanga, 2010). Nguru (2006) wondered whether marriages should have a sell by date after observing the number of marriages that were in trouble. Carroll and Doherty (2003) offer a definition of premarital education as "knowledge and skills-based training that provides couples with information on ways to sustain and improve their relationship once they are married". Marriage preparation will help intending couple to access their expectation and perception of marriage and its intended to enhance couples relationship by providing them with specific information's and skills that improves communication, conflict resolution and marital satisfaction. Markman et al (2004). So there is need for premarital checkup and these include premarital health checkup, religion, maturity level of partner, qualities and habits, in-laws relationship and so on.

Premarital counselling is vital for couples contemplating marriage as it provides would be couples with the necessary information to establish and develop a strong marital foundation (Stahmann and Hiebert, 1997). To have a stable and healthy marital life, there is need for a premarital counselling. These programs offer the necessary guidance and groundwork to assist couples in evaluating their readiness to enter into a permanent life of commitment. Premarital counselling is important in building strong marriages when it is properly done since, in any endeavor, dreams and goals not backed by concrete plans and preparation can result into failure and marriage is no exception (Wright, 1992). However, many individuals do not consider it is necessary to undergo premarital counseling due to ignorance and the fact that they are so much in love with each other and feel love is all that matters in marriage. Challenges of marriage do come to test the level of love and commitment to each

other and when some of these are not properly managed, it may lead to separation or divorce.

Marriage is therefore more than physical attraction and social integration; it involves total commitment, total self donation of one another and taking responsibilities that leads to mutual wellbeing. Marriage can fill a void caused by loneliness or despair; it can satisfy our inborn craving for love, intimacy and companionship (Oshoremoh, 2013). Building stronger marriage is a worthwhile goal since marriage benefits individual, society, and any children within the family (Waite and Gallagher, 2000).

Premarital counselling is important for intending couples and should not be ignored. It helps to prepare them for the task ahead and helps bring couple closer. There are two forms of premarital counselling: secular and religious counseling. The secular option deals with issues like family planning, finances, communication with one another, the legal responsibilities and other topics valuable to intending couples (Keene, 2012). The religious option may also include topics like role of faith in marriage, importance of communication with one another and with God and how to seek assistance from church to resolve conflicts (Keene, 2012). This study will investigate the perception of intending couples towards premarital checkup. The study seeks to determine which premarital checkup issue is considered as the most important by intending couples, ascertain their perception of the importance of premarital checkup prior to marriage and perception of the need for premarital checkup.

Research questions:

The following research questions will be addressed in the study.

1. Which premarital checkup issue do intending couples perceive as the most important?
2. What is the perception of intending couples on the importance of premarital checkup?
3. What is the perception of intending couples towards need for premarital checkup?

Research hypotheses

The study was guided by two null hypotheses that were tested at the 0.05 level of significance.

1. There is no significant difference in the perception of intending male and female couples towards premarital checkup.
2. There is no significant relationship between perception of intending couples towards marital relationship and premarital check-up.

METHODOLOGY

This study adopted an investigative survey for the perception of intending couples towards premarital checkup in the Federal University of Agriculture, Abeokuta. The target population for this study comprised final year undergraduates with a total population of 1874. Out of this, 200 respondents were selected from four (4) out of the forty-one (41) departments of the Federal University of Agriculture, Abeokuta. A purposive and simple random sampling technique was used to select intending couples and also to investigate their perception of premarital checkup. The instrument used for this study is a structured questionnaire; which conveyed questions to investigate perceptions of intending couples towards premarital checkup. A pilot study was carried out at another University in Ogun State to test the validity of the instrument used. Twenty copies of the questionnaire were administered to students in the study area. The psychometric properties of the instrument showed that all variables were significant with the alpha value of 0.61. The data collected were analyzed using descriptive statistical tools like frequency count, mean, standard deviation and t-test.

RESULTS AND DISCUSSION

The results are presented hereunder.

Table I. Distribution of the respondents by sex

Sex	Frequency	Percent
Male	105	52.5
Female	95	47.5
Total	200	100.0

Table I shows the demography of the two hundred respondents that participated in the study. The result indicated that 52.5% of the respondents were male and 47.5% of the respondents were female. This shows that there were more male respondents than female respondents.

RQ1: Which premarital checklist issue do intending couples perceive as the most important?

This question was answered with data from respondents' information on the premarital checklist issue that intending couples perceive as the most important. Summary in is given Table II.

Table II. Distribution of respondents' perception of important premarital checklist issues

Issues	Number of Respondents (%)			
	Not important	Important	More important	Most important
Maturity level of partner	3(1.5)	45(22.5)	43(21.5)	109(54.5)
Qualities and habits	4(2.0)	27(13.5)	46(23.0)	123(61.5)
Compatibility	7(3.5)	19(9.5)	46(23.0)	128(64.0)
Religious belief of partner	23(11.5)	30(15.0)	28(14.0)	119(59.5)
Family of origin	25(14.5)	63(31.5)	35(17.5)	73(36.5)
In laws relationship	17(8.5)	70(35.0)	66(33.0)	47(23.5)
Role expectation	12(6.0)	61(30.5)	56(28.0)	71(35.5)
Communication	6(3.0)	16(8.0)	26(13.0)	152(76.0)
Sexual relationship	19(9.5)	31(15.5)	40(20.0)	110(55.0)
Love	4(2.0)	12(6.0)	18(9.0)	166(83.0)
Financial status	8(4.0)	45(22.5)	56(28.0)	91(45.5)
Decision making	5(2.5)	27(13.5)	84(42.0)	84(42.0)
Time spent together	7(3.5)	18(9.0)	69(34.5)	106(53.0)
Children and parenting	3(1.5)	12(6.0)	37(18.5)	148(74.0)
Pre-marital health checklist, that is STI/STD, TB, SCA, Syphilis, Hepatitis-B, and HIV/AIDS	7(3.5)	22(11.0)	31(15.5)	140(70.0)

Result presented in Table II reveals that love was perceived by the largest number of respondents (166 or 83%) as the most important premarital checklist issue that intending couples must address followed closely by communication with frequency of 152 (76.0%). Communication is very vital in a relationship because it allows the couple to pour out their heart to each other. Table II also indicates that children and parenting, with the frequency of 148 (74.0%), was the next important premarital checklist issue perceived by the respondents. Premarital checklist on children and parenting helps to solve the problem of child bearing. Pre-marital health checklist (on diseases such as STI/STD, TB, SCA, Syphilis, Hepatitis B, and HIV/AIDS) has the frequency of 140 (70.0%). Pre-marital health checklist deals with going to the hospital and undergoing various forms of checklist. Table II indicates that pre-marital health checklist on compatibility has frequency of 128 (64.0%). Compatibility helps the couple know if they can live together without problems and quarrel. Also Table II shows that religious belief is a very important checklist for intending couples with a frequency of 119 (59.5%). Religious belief of one's partner is a crucial checklist that one must undergo: they must share the same faith; and if they do not share the same faith' they should understand each others' religion. Another checklist to look out for is sexual relationship in marriage with the frequency of 110 (55.0%). Intending couple must discuss about their sexual life so that sex would not pose a problem in marriage. The maturity level of one's partner is highly important because if an immature couple enter into marriage, sooner or later there conflict would arise and it might lead to separation, the frequency of maturity level of partner is 109 (54.5%). Result presented in table 2 shows that the least of the checklists that the couple perceived that they must undergo is in-laws relationship 47 (23.5%).

RQ2: What is the perception of intending couples on the importance of premarital

checkup?

This question was answered with data from respondents' information on the perception of intending couples on the importance of premarital check up. Summary is given in Table III

Table III: Distribution of respondents' perception of the importance of premarital checkup

Research Statement	Number of Respondents (%)				
	SD	D	NS	A	SA
Pre-marital checkup is important to avoid pregnancy before marriage	17(8.5)	32(16.0)	20(10.0)	63(31.5)	68(34.0)
Pre-marital checkup promote good relationship in marriage	5(2.5)	12(6.0)	25(12.5)	78(39.0)	80(40.0)
Pre-marital checkup improves communication in the family	12(6.0)	19(9.5)	39(19.5)	74(37.0)	56(28.0)
Pre-marital checkup helps to prevent divorce in marriage	11(5.5)	40(20.0)	34(17.0)	59(29.5)	56(28.0)
Pre-marital checkup helps the couple plan effectively for the family	3(1.5)	13(6.5)	21(10.5)	78(39.0)	85(42.5)
Pre-marital checkup helps to know each other's health history	3(1.5)	12(6.0)	10(5.0)	68(34.0)	107(53.5)

Result presented in Table III shows that 175 (87.5%) respondents agreed that pre-marital checkup helps to know each other's health history and it has the highest percentage while 163 (86.5%) respondents agreed that pre-marital checkup helps the couple plan effectively for the family life. In planning effectively for the marriage, the couple must have discussed things that they want to achieve in their marriage. Table 3 also reveals that 158 (79.0%) respondents agreed that pre-marital checkup promote good relationship in marriage, 131 (65.5%) respondents agreed that pre-marital checkup is important in avoiding pregnancy before marriage, while 130 65.0(%) agreed that pre-marital checkup improves communication in marriage. The lowest number of respondents, 115 (57.5%), agreed that pre-marital checkup helps to prevent divorce in marriage.

RQ3: What is the perception of intending couples towards need for premarital checkup?

This question was answered with data from respondents' information on the perception of intending couples on the need for premarital check-up. Summary is given in Table IV while Table V presents their level of perception.

Table IV. Distribution of respondents' perception towards premarital checkup

Research Statement	Distribution of Respondents (%)				
	SD	D	NS	A	SA
Pre-marital checkup is a must for my partner and me	8(4.0)	9(4.5)	13(6.5)	64(32.0)	106(53.0)
Pre-marital checkup is not necessary before marriage	73(36.5)	67(33.5)	22(11.0)	23(11.5)	15(7.5)
Pre-marital checkup is a way to avoid conflict in marriage	13(6.5)	26(13.0)	37(18.5)	87(43.5)	37(18.5)
Pre-marital checkup is necessary before marriage	7(3.5)	12(6.0)	14(7.0)	75(37.5)	92(46.0)
Pre-marital checkup should be done only by matured couples	51(25.5)	50(25.0)	16(8.0)	38(19.0)	45(22.5)

Table IV presents the distribution of respondents' perception towards premarital checkup. Result shows that 85% of the respondents agreed with pre-marital checkup is a must for the couple prior to marriage while 70% of the respondents disagreed with the statement that pre-marital checkup is not necessary. A weighted mean of the scale was used as a dichotomy for low perception and high perception. Fifty-seven (57) respondents were rated below the mean score while 143 were rated above the mean score, which means that low perception had its mean score also high perception had its mean score.

Table V: Distribution of respondents according to their levels of perception towards premarital checkup

Items	Mean	Std. Deviation	N	(%)
Low perception	13.24	3.33	57	28.5
High perception	18.45	2.01	143	71.5

Table V shows the level of perception of couples towards premarital checkup. It shows that couples who had low perception are 57 (28.5) respondents with a mean of 13.2456 and standard deviation of 3.3289; this implies that 57 respondents do not believe in premarital checkup and they do not consider it as necessary and important. Table 5 indicates 143 (71.5%) respondents have high perception with a mean of 18.4545 and standard deviation of 2.0131 which reveals that majority of the couple had

high perception towards premarital checkup and they consider it as important.

Hypothesis 1: There is no significant difference in the perception of intending male and female couples towards premarital checkup.

Table VI: t-Test table for perception of intending male and female couples towards premarital checkup

Gender	N	Mean	Std. Dev.	Crit-t	Cal-t.	DF	P
Male	105	9.17	1.01	1.96	.04	198	.97
Female	95	9.17	1.60				

Table VI shows the t-test analysis on the perception of intending couples towards premarital checkup. It shows that there is no significant difference in the perception of intending male and female couples towards marital checkup (Crit-t= 1.96, Cal.t= .040, df=198, P> .05 level of significance). The null hypothesis is therefore accepted.

Hypothesis 2: There is no significant relationship between perception of intending couples towards marital relationship and premarital check-up.

Table VII: Regression analysis on the relationship between perception of intending couples towards marital relationship and premarital checkup

Variable	Mean	Std. Dev.	N	R	P	Remark
Perception of intending couples towards Marital Relationship	9.17	1.32	200	0.44**	0.000	Sig.
pre-marital Check-Up	23.36	4.87				

** Sig. at .01 level, * Sig. at .05 level

Table VII presents the regression analysis of respondents on the perception of intending couples towards premarital checkup and the importance of premarital checkup. It shows that there is positive significant relationship between perception of intending couples towards marital relationship and pre-marital checkup (r = .439**, N= 200, P< .01). Null hypothesis is rejected.

DISCUSSION OF FINDINGS

This study was on perception of intending couples towards premarital checkup. The frequency table is used in interpreting the entire research questions. Holman et al. (2001) in their study on the principles of premarital preparation opined, "If efforts are made to address the complexity of relationship development premaritally, then the probability of high marital quality increases". The demographic characteristics of the respondents by sex showed that 52.5% of the respondents were male and 47.5% of the respondents were female. The study showed that the premarital checkup factor considered as the most important by intending couples was love which had the percentage of 83.0 which goes in line with the study of (Gotmann, 1999) which stated that love also serves as the foundation of a relationship that intending couple must have for one another followed by communication. Causes of divorce can often be traced back to communication problems between the married couple, making poor communication a common thread among divorced couples (Christensen and Shenk, 1991). Moreover, Markman et al. (2004) also found that premarital negative communication patterns were significantly associated with divorce and lower marital adjustment across the first five years of marriage. Communication must be effective so as to avoid divorce and misunderstanding in the marriage. Premarital health checkup such as sexually transmitted infections, tuberculosis, sickle cell, hepatitis B was also identified by the

respondents as important.

The study revealed the importance of premarital check up before going into marriage and 87.5% of the respondents think premarital checkup helps the couple to know each other's health history. The lowest number of respondents, 115 (57.5%), agreed that pre-marital checkup helps to prevent divorce in marriage. Premarital counseling can be a useful tool in promoting lasting marriages and reducing marital distress (Murray, 2004). Premarital preparation is offered with the goal of creating more stable and satisfying and consequently preventing divorce (Stahmann, 2000).

The study also indicated that 57 (28.5%) respondents with the mean of 13.24 and standard deviation of 3.33 had low perception about premarital checkup. However, 143 (71.5%) respondents with the mean of 18.45 and standard deviation of 2.01 had high perception about premarital checkup.

No significant difference was found in the perception of intending male and female couples towards marital checkup showing that there is no difference in the perception of intending couples to premarital checkup based on gender. It was also found that there is positive significant relationship between perception of intending couples towards marital relationship and importance of pre-marital checkup. Participating in premarital counselling may increase couples awareness that help is available should they encounter distress later in their marriage which goes in line with the study of Stanley (2001).

CONCLUSION AND RECOMMENDATIONS

In conclusion, the result from the study revealed that individuals preparing for marriage are aware of the importance of premarital checkup, such as on HIV/AIDS, tuberculosis and sickle cell, and should be given a serious consideration when thinking of a harmonious marriage relationship. Other factors such as qualities and habits, financial status of the partner, communication, compatibility, and religious belief should be considered to achieve a stable and satisfying marital relationship.

It is recommended that before any couple is united in matrimony either in the church, mosque or court, they should be asked to present the results of all medical and other premarital checkups they had undergone. The government should also create awareness through the media or community counseling on significance of marriage preparation for the youth and engaged couples.

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SOCIO-CULTURAL FACTORS ASSOCIATED WITH THE USE OF
ETHNO-MEDICINAL PRACTICES (EMPS) AMONG RURAL DWELLERS
OF OSUN STATE, NIGERIA.

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ABSTRACT

This study determined the socio-cultural factors associated with the use of Ethno-Medicinal Practices (EMPs) and their perceived characteristics among farmers in Osun State, Nigeria. The ailment types and episodes as well as the means of treatment were also investigated in the study. Multi-stage sampling procedure was used to select 270 respondents from 27 farming communities in 9 Local Government Areas of the state. Structured interview schedule and Focus Group Discussion (FGD) sessions were appropriately used for data collection. Suitable descriptive and inferential statistics were used to analyze the data. Results showed that majority (78.90%) of the respondents were male with a mean age of 51.8 years \pm 14.1, mean farm size was 3.14 hectares \pm 1.5 with majority being poorly educated. About 90 per cent of the respondents had positive predisposition to EMPs and often administered self medications. Compatibility with culture, versatility and availability of herbs, and accessibility of herbal experts were some described characteristics of EMPs. Five factors that notably influence the use of EMPs among the farmers were clearly identified as: western exposure factor (27.77%), economic status factor (15.77%), family orientation factor (8.43%), contingency factor (6.47%) and locality factor that explained 6.23 per cent of the influencing socio-cultural factors associated with the use of EMPs. Towards sustainable health innovations among rural dwellers, a thorough understanding and adequate consideration of the perceived characteristics of herbal medicines and the identified socio-cultural factors that directly influence their usage is thus recommended, as it would ensure better program success on rural health programs for farm families.

Keywords: Socio-cultural, rural dwellers, ethno - medicinal practice, herbal medicine

INTRODUCTION

Being healthy is a necessary requirement for economic productivity of any individual. Nigeria, like other typical African countries, is an agrarian economy in which agriculture and other agro-allied enterprises are the most popular income-generating activities, providing employment for up to 90 per cent of the rural dwellers (World Bank, 1993). The rural populace, which constitutes about 70 per cent of the total population in Nigeria, provides virtually all the nation's home-produced food, though, without adequate and timely responsiveness to their healthcare needs from the government relative to what operates in the urban centers (Mafimisebi and Oguntade, 2010). However, Oye (2011) reported rural dwellers' low patronage to rural hospitals in few rural communities where government's hospitals are built. Also, it is observed that private hospital and reliable pharmaceutical shops are rarely found in many Nigerian rural communities as it obtains in the urban communities. In the light of these, in order to remain economically active, rural dwellers are noted to rely almost exclusively on the use of EMPs to meeting their healthcare needs as an alternative to orthodox care which is popular among the urban dwellers (Olayide, 1980; Olayemi, 1999; Ajani and Ugwu, 2008). As the case is in Nigeria, Bashin (2002), in a research conducted on "traditional medicine among tribals of Rajasthan", reported that the state government only sponsored orthodox care at the expense of the prevailing ethno-medicinal practices and failed to see the socio-cultural basis for their usage among the people. In line with this, Wan and Chukmaitov (2007) noted that culturally sensitive health promotion and health evaluation programmes targeted at any group of people should be based on adequate findings on the various elements that constitute their culture, if such programmes must succeed. In Nigeria, presently, there is limited research based information on the socio-cultural factors that influence farmers' use of EMPs in meeting their health care needs. Also, there is insufficient information on the various elements that constitute the health seeking culture of the farmers in Nigerian rural communities that could be used in planning health intervention programmes by the Government. Thus, the need to have adequate information and knowledge of the socio-cultural factors and elements

that influence the use of ethno-medicinal practices among Nigerian rural dwellers, most of whom are farmers, necessitates this study, as this would be of great value towards achieving successful and sustainable health intervention programmes targeted at rural dwellers. This is a nuptial key to agricultural productivity among the rural dwellers towards attaining national food security. This study sought to investigate the influencing social and cultural factors that conditioned rural dwellers to using EMPs and also describe the characteristics of the EMPs.

Thus, the objectives of the study were to:

1. investigate the ailment types and episodes encountered in the last one year and the means of treatment adopted by the farmers;
2. determine the socio-cultural factors associated to the use of EMPs; and
3. describe the characteristics of EMPs as perceived by the respondents.

METHODOLOGY

Farmers in Osun state were the target population for this study. The State has three Agricultural zones which are Iwo, Ife/Ijesa and Osogbo, having seven, ten and thirteen Local Government Areas (LGAs), respectively. Using a multistage and proportionate sampling procedure, a total of 9 (2; 3; 4 respectively) LGAs were selected. At the second stage, 3 farming communities were randomly selected from the list of farming communities in the selected LGAs, making a total of 27 communities. At the third stage, 10 respondents (farmers) were randomly interviewed from each community, making a total of 270. Structured interview schedule and Focus Group Discussion (FGD) sessions were used to collect data. Frequency counts, percentages, mean, standard deviation, while Chi-Square and factor analysis were inferentially used.

Twenty attitudinal questions were used in the study. Each respondent’s grand score was determined and used to group the farmers into three categories (High, Medium and Low attitude levels) based on the mean and standard deviation of their attitudinal scores to the use of EMPs.

RESULTS AND DISCUSSION

Socio – economic characteristics:

Results in Table I show that: About 79 per cent of the respondents were male as most rural women showed high reluctance to welcoming strangers in the absence of their husbands. The mean age of the respondents was 51.8 years with standard deviation of 14.1. This buttressed the general observation as documented by Ogunjinmi (2010) and Oye (2011) that youths are no longer interested in agriculture as it used to be. None of the respondents was a traditional worshipper but more than half (56.7%) were Muslims. Majority (87.8%) of the respondents were married with only 8.9 per cent being single as at the time of this survey. Results in Table I further show that the mean household size was 7.1 people with standard deviation of 2.3. Also, only 20.4 per cent of the respondents never attended formal educational institutions. This implies that majority (79.6%) had some taste of formal education that suggests modernity and civilization. However, only 4.4 per cent had a taste of tertiary education.

Table I: Distribution of respondents by some socio economic characteristics N = 270

Variables	Frequency	Percentage	Mean	S. D
Sex				
Male	213	78.9		
Female	57	21.1		
Age				
= 30	22	8.2		
31 – 40	43	15.9		
41 - 50	63	23.3		
51 - 60	71	26.3		
61 - 70	44	16.3		
= 70	27	10.0	51.8 years	14.1
Religion				
Christian	117	43.3		
Islam	153	56.7		
Marital status				
Married	237	87.8		
Separated	2	0.7		
Widowed	7	2.6		
Single	24	8.9		
Household size				
1 – 4	43	15.9		
5 – 8	153	56.7		
9 – 12	70	25.9		
= 13	4	1.5	7.1	2.3

Source: Field survey, 2012

Responses on whether the respondents suffered any ailment in the last one year or not:

Results in Table II show that majority (83.0%) of the respondents suffered at least an ailment which was consciously treated in the last one year. The respondents actually talked for themselves and their immediate family members since the well-being of their households affects the farmers' wellbeing and productivity. Only 17.0 per cent had no ailment which they consciously treated over the last one year. However, a good number of the respondents claimed to have one form of orthodox or herbal preventive medicines which they took regularly either as individuals or households.

Number of ailments suffered per respondent: Results in Table III further shows that 23.3 per cent, 30.7 per cent, 15.6 per cent, 11.9 per cent, 0.7 per cent and 0.7 per cent of the respondents specifically claimed to have suffered one, two, three, four, five and six ailments respectively, over the last one year. However, almost all the people that suffered at least an ailment actually claimed to have suffered from malaria. This is in line with the reported observation of WHO (1992) and Mafimisebi and Oguntade (2010) that rural communities suffer most from infectious diseases especially malaria.

Table 2: Distribution of respondents by occurrence of any treated ailment in the last one year

Suffered any Ailment?	Frequency	Per centage
Yes	224	83.0
No	46	17.0
Total	270	100

Source: Field survey, 2012

Table 3: Distribution of respondents by number of ailments suffered and treated in the last one year
n = 270

Number of ailment suffered	Frequency	Per centage
1 ailment	63	23.3
2 ailments	83	30.7
3 ailments	42	15.6
4 ailments	32	11.9
5 ailments	2	0.7
6 ailments	2	0.7
No ailment at all	46	17.0

Source: Field survey, 2012

Ailment suffered: The various ailments suffered by the respondents are listed with their frequencies as described in Table IV. About 82 per cent of the respondents suffered from malaria in the last one year. Cough (20.0%), Pile (jedijedi) (13.0%) and body pains (11.9%) seemed to also have some high occurrence among the farmers. Stomach ache (8.2%), Measles (5.2%), Cutlass cut (4.8%) and Jaundice (4.8%) had the next category of occurrence. Other ailments as depicted in the table had fewer frequency of occurrence among the respondents. This result conforms to Alaba and Alaba (2006) who categorically reported that the most common ailment affecting the farmers against productivity is malaria.

Table IV: Distribution of respondents by ailments suffered and treated in the last one year

S/N	Common Ailments	Frequency	Per centage
1.	Malaria	222	82.2
2.	Cough	54	20.0
3.	Iedijedi (pile)	35	13.0
4.	Body pains	32	11.9
5.	Stomach ache	22	8.2
6.	Measles	14	5.2
7.	Cutlass cut	13	4.8
8.	Jaundice	13	4.8
9.	Dysentery	12	4.4
10.	Headache	8	3.0
11.	Anaemia	7	2.6
12.	Bike accident	7	2.6
13.	Convulsion	7	2.6
14.	Oka ori (skull related)	7	2.6
15.	Rheumatism	6	2.2
16.	Skin problem	6	2.2
17.	Kolobo (infection related)	5	1.9
18.	Boil	4	1.5
19.	Worm	4	1.5
20.	Diarrhea	4	1.5
21.	High blood pressure	4	1.5
22.	Toothache	4	1.5
23.	Bone fracture / dislocation	4	1.5
24.	Ile tutu (convulsion related)	2	0.7
25.	Snake bite	2	0.7
26.	Ulcer	2	0.7
27.	Belubelu (glottis related)	1	0.4
28.	Thorn pierce	1	0.4

Source: Field survey, 2012

Multiple choices

Respondents' types of treatment

Results in Table V show the various means by which the respondents got treated when they were sick within the last one year. This reflects the medical practices that the respondents were more prone and responsive to. Results showed that 222 (82.2%) of the 224 (83%) respondents that had ailment episodes in the last one year suffered malaria. For the ailment I, which was mostly named to be malaria, 43.3 per cent of the respondents declared that they used only indigenous herbal medicines to treat themselves while 36.7 per cent claimed that they combined both herbal and Orthodox medicines in getting themselves treated. These farmers reported that they used the orthodox for quick relief but the herbs for the root-cure of the ailment. This report is similar to the findings of Agboola (2006) who reported farmers as having and using many indigenous socio-cultural means to solving their problem of termite attacks, both at home and on the field, while they as well had some chemicals used for quick and emergency demands. In line with these, virtually all the farmers confessed that orthodox medicines work very fast but never effecting "root cure or root healing" as herbal alternatives do. Report from one of the FGD sessions revealed this: *"Ogun oyinbo n sise, sugbon warawara ni ise re. Se e wa ri ogun ibile tiwa, bi eniyan ba lo, ko da ti Iba ba wa ni ori ekanna, yio to o da nu ni", "ti a ba fi Ewe igbo we ogun oyinbo, lo o to, ewe igbo lora lati sise sugbon deledede ni ise re"* meaning that *if we compare herbs with orthodox, truly, herbs are slow in effect but their work is to the root*. These are some of the statements from the respondents that expressed the relative slowness but ever sure effect of herbs in effecting root healing. The results in Table V show that most (75.9%) respondents and 91.5% of all that were sick over the last one year applied self medications in treating themselves with herbs and/or orthodox drugs. Most respondents reported to often practise self medications on "very common" and "common ailments" such as malaria, cough, stomachaches and

the likes. The relatively frequent needs to prepare these medications had led to their self expertise to treating themselves using herbs as alternatives to orthodox means. The finding is in line with Horton and Stewart (2012) who reported high level of self medication among Mexican migrant farmers owing to their native exposures, preference and poor access to orthodox health care.

Table V: Distribution of respondents by types of treatment administered to the first three ailments that were mentioned

Means of Treatment	Ailment 1	Ailment 2	Ailment 3
Herbal medicines only	117(43.3%)	59(21.9%)	51(18.9%)
Both herbal and orthodox medicines	99(36.7%)	89(33.0%)	35(13.0%)
Orthodox medicines only	8(3.0%)	11(4.1%)	1(0.4%)
Consulted herbal doctor only	7(2.6%)	12(4.4%)	16(5.9%)
Consulted both biomedical and herbal doctor	6(2.2%)	10(3.7%)	2(0.7%)
Consulted biomedical doctor only	17(6.3%)	39(14.4%)	20(7.4%)
Self medications using herbal only	110(40.7%)	61(22.6%)	45(16.7%)
Self medication using both herbal and orthodox	83(30.7%)	40(14.8%)	6(2.2%)
Self medication orthodox only	5(1.9%)	3(1.1)	3(1.1%)
Admitted to hospital	1(0.4%)	5(1.9%)	0

Source: Field survey, 2012

Farmers' attitude to using EMPs

From Table VI, all (100%) the respondents agreed that: Herbs are natural gift from God for food and medicine; Herbs can be used alone to treat different ailments; Herbs work effectively if rightly used; Herbs cure ailments from the root; and that children grown with herbal medicine are stronger than those grown with Orthodox medicines. Also, Table VI further shows that almost all the respondents agreed, that, Natural things are better for the body than the artificial alternatives; Herbs can treat some ailments that orthodox drugs cannot treat; HM includes eating vegetables and fresh fruits and that each community is naturally blessed by God with herbal resources to meet their various health needs. However, all the respondents disagreed that using herbs is against their religious doctrines and that herbs alone cannot cure ailments except when used with OM.

Only 10 per cent had low attitude towards the use of EMPs, majority (82.6%) were in the medium group while only 7.4 per cent had high attitude towards the use of EMPs. The possession of a positive attitude to using EMPs by the majority was also a motivating factor to using of herbs as alternative to orthodox medicine. Due to close attitudinal reasons, Aladekomo (2011) reported a similar predisposition among rural dwellers (most of whom are farmers) to using ethno-veterinary medicines (that largely integrates the use of herbs) in managing the health of their sheep and goats.

Characteristics of EMPs in the study area

The following selected characteristics features of ethno-medicinal practices were identified through a thorough pre-field investigation, literature review and personal observations. The respondents described some of these characteristics as posing incentive and disincentive effects towards their use of ethno-medicinal practices. Respondents' agreement and disagreement to the investigated characteristics is believed to be a function of the various socio-cultural factors. As shown in Table VII, these characteristics include compatibility with culture and versatility of herbs (100%), accessibility of herbal experts (99.6%), ease of knowledge transferability of herbal preparations (99.3%), affordability of herbal preparations (98.9%), availability of needed herbs (98.5%), flexibility of herbal preparations (98.5%) and repeatability of herbal effectiveness (92.6%). Among the respondents, majority (88.1%) described poor dosage measurement and standardization of herbal preparation and poor preservation ability of herbs (83.3%) as characteristic features of herbal preparations. This showed that dosage measurement and

Table VI: Distribution of the respondents by their attitude to using herbs N = 270

S/N	Attitudinal questions	Strongly Agreed	Agreed	Undecided	Disagreed	Strongly Disagreed
1.	Herbs are natural gift from God for food and medicine	209 (77.40%)	61 (22.60%)	0	0	0
2.	Natural things are better for the body than the artificial alternatives	198 (73.30%)	68 (25.20%)	4 (1.50%)	0	0
3.	Herbs can be used alone to treat different ailments	145 (53.70%)	125 (46.30%)	0	0	0
4.	Herbs work effectively if rightly used	169 (62.60%)	101 (37.40%)	0	0	0
5.	Herbs cure ailments from the root	250 (93.0%)	20 (7.0%)	0	0	0
6.	Herbs can treat some ailments that orthodox drugs cannot treat	143 (53.0%)	123 (45.60%)	0	4 (1.50%)	0
7.	HM includes eating vegetables and fresh fruits	207 (76.70%)	59 (21.90%)	0	4 (1.50%)	0
8.	Children grown with herbal medicine are stronger than those grown with OM	168 (62.20%)	102 (37.80%)	0	0	0
9.	Each community is naturally blessed by God with herbal resources to meet their various health needs	58 (21.50%)	204 (75.60%)	8 (3.0%)	0	0
10.	Procedure to meeting Herbal experts is easier than meeting Biomedical Doctors or pharmacists.	83 (30.70%)	186 (68.90%)	1 (0.40%)	0	0
11.	Most herbs are very dangerous to use	0	8 (3.0%)	125 (46.30%)	129 (47.80%)	8 (3.0%)

12.	Dosages in Herbal medicine are very difficult to estimate	0	0	24 (8.90%)	225 (83.30%)	21 (7.80%)
13.	Herbal preparations are always associated with unhygienic procedures	0	1 (0.40%)	31 (11.50%)	206 (76.30%)	32 (11.9%)
14.	Herbs as drugs are meant for poor people	0	0	6 (2.22%)	104 (38.50%)	160 (59.30%)
15.	Herbs as drugs will never work without Incantations	4 (1.50%)	2 (0.70%)	2 (0.70%)	70 (25.90%)	192 (71.10%)
16.	Using herbs as drug is very stressful to Prepare	0	32 (11.90%)	46 (17.0%)	180 (66.70%)	12 (4.44%)
17.	Using herbs is against my religious doctrines	0	0	0	74 (27.40%)	196 (72.60%)
18.	Herbs alone cannot cure ailments except when used with OM	0	0	0	179 (66.30%)	91 (33.70%)
19.	Orthodox medicines are much more effective than Herbal alternatives	0	0	8 (3.0%)	233 (86.30%)	29 (10.70%)
20.	Seasonal changes adversely affect availability of medicinal herbs	0	43 (15.90%)	85 (31.50%)	129 (47.80%)	13 (4.80%)

Source: Field survey, 2012

standardization of herbal preparations are not empirical and that preservation ability of herbs is not very high even though respondents did not consider these as major problems. However, the discretionary quantifying was said to have been cultured over many years with their experiences and practices, even on day old children. The findings here agree to Ichoku (2000) who stated that the treatment action taken by an individual is a function of the interplay of the characteristics of the illness, care provided (in the past) and the locational and demographic characteristics.

Table VII: Distribution of respondents by some selected characteristics features of ethno-medicinal practices

S/N	Characteristics features	Agree	Not sure	Disagree
1.	Accessibility of herbal experts	269(99.6%)	1(0.4%)	0
2.	Affordability of herbal preparations	267(98.9%)	3(1.1%)	0
3.	Availability of needed herbs	266(98.5%)	4(1.5%)	0
4.	Flexibility of herbal preparations	266(98.5%)	0	4(1.5%)
5.	Repeatability of herbal effectiveness	250(92.6%)	16(5.9%)	4(1.5%)
6.	Spontaneity of herbal effectiveness	118(43.7%)	144(53.3%)	8(3.0%)
7.	Easiness of knowledge transferability of herbal preparations	268(99.3%)	2(0.7%)	0
8.	Compatibility with culture	270(100%)	0	0
9.	Bitterness of herbs	163(60.4%)	104(38.5%)	3(1.1%)
10.	Poor preservability of herbs	225(83.3%)	44(16.3%)	1(0.4%)
11.	Poor dosage measurement and standardization	238(88.1%)	32(11.9%)	0
12.	Seasonality of herbs	142(52.6%)	85(31.5%)	43(15.9%)
13.	Versatility of herbs as medicines	270(100)	0	0

Source: Field survey, 2012.

Socio-cultural factors associated with the use of ethno-medicinal practices.

In a quest to group the various variables that were associated with the use of ethno-medicinal practices among farmers to meeting their health care needs, factor and component analysis was used to isolate the crucial factors associated with the use of ethno-medicinal practices. The relevant variables were inter-correlated and ran with varimax factor rotation pattern to produce uncorrelated factors.

Results in Table VIII show the results of varimax factor rotation with the measures that were highly loaded on each of the five factors extracted. Only five of the eighteen listed variables had its Eigen value of greater than one. The results in Table IX reveal that the loaded factors actually explained 64.65 per cent of variance in all, while the unknown factors accounted for the remaining 34.35 per cent of variance. The factor name ascribed to each group of variables was given based on the following criteria as used by Farinde and Jibowo (1996), Ajayi (2005), Alabi (2011) and Famakinwa (2011).

- (1) The researcher's subjective interpretation of experience from literature.
- (2) Picking synonyms of the highest loading variable on each factor.
- (3) Retaining the name based on the similarity of the features of the variables contributing to each other.
- (4) Joint explanation or interpretation of the positive and highly loaded variables on each other. Variables that were rotated or occurred in only one or two factor(s) had a lead role in the naming of such factors.

Sequel to the naming procedure above, the five factor groups extracted were named as shown in Table IX as follows: Factor 1 – western exposure factor, which accounted for 27.766 per cent; factor 2 – economic status factor that accounted for 15.772 per cent; factor 3 – family orientation factor that accounted for 8.426 per cent; factor 4 – contingency factor which accounted for 6.465 and factor 5 – locality factor that explained 6.225 per cent.

TABLEVIII: Result of varimax rotated component matrix showing correlation coefficient of highly loaded variables with significant factors influencing the use of ethno-medicinal practices

Rotated Component Matrix ^a					
Variables	Factors				
	1	2	3	4	5
Highest level of education	0.880				
Years of education	0.873				
Years in farming	-0.855	0.265	0.303		
Age	-0.847	0.274	0.278		
Cosmopolitaness	0.663		0.220	0.305	
Suffered ailment?	0.394			0.387	0.238
Total income		0.788	0.251		
Farm size		0.763	0.408		
Medico-identity	-0.361	0.577	-0.311		
Nativity		-0.554			0.415
Household size			0.743		
Attitude to using herbs	-0.351	0.201	0.624		
Incentives function	-0.355		0.613		
Marital status	0.318	-0.285	-0.477	-0.309	-0.218
Sex		-0.414		0.684	
Association involvement		0.381	0.268	0.589	
Religion				0.246	-0.705
Community facilities				0.221	0.646

Source: Computed from field survey, 2012

TABLE IX: Result of principal component analysis showing the initial eigen values and percentage of variation in the use of ethno-medicinal practices by each component / factor extracted

Factor Label names	Eigen values	% of Variance	Cumulative %
Western exposure	4.998	27.766	27.766
Economic status	2.839	15.772	43.538
Familv orientation	1.517	8.426	51.964
Contingency	1.164	6.465	58.428
Localitv	1.121	6.225	64.654
Unknown factors	6.361	35.346	100.000

Source: Computed from field survey, 2012

Factor one: Western exposure

Results in Table X show that ten different variables contributed to this factor with different measures of loadings. Five of the variables were positively loaded. This factor was named based on the criteria three and four. This implied that the use of herbs among the respondents as alternative to orthodox medicines was significantly a function of their western exposure.

Factor two: Economic status

Results in Table XI show that ten variables also loaded high on economic factor. Criterion four was used to name this factor. Attaining economic buoyancy in farming is relatively task demanding, stressful and somewhat seasonal. As stress itself also impairs health, farmers go for herbs to keep healthy as it offers root cure effect and very affordable prices or even free.

Table X: Factor analysis showing variables contributing to western exposure factor

Contributing variables	L	L ²	Lamda
Level of education	0.880	0.7744	
Years of schooling	0.873	0.7621	
Years in farming	-0.855	0.7310	
Age	-0.849	0.7208	
Cosmopoliteness	0.663	0.4395	
Suffered ailment(s)	0.394	0.1552	4.0636
Medico-identification of plants	-0.361	0.1303	
Perceived relative advantage	-0.355	0.1260	
Attitude to using herbs	-0.351	0.1232	
Marital status	0.318	0.1011	
Eigen value	4.998		
Per centage of variance cumulative	27.766		

Source: Field survey, 2012.

Table XI: Factor analysis showing variables contributing to economic status factor

Contributing variables	L	L ²	lamda
Total income	0.788	0.6209	
Farm size	0.763	0.5822	
Medico-identification of plants	0.577	0.3329	
Nativity	-0.554	0.3069	
Sex	-0.414	0.1714	
Association membership	0.381	0.1452	2.4264
Marital status	-0.285	0.0812	
Age	0.274	0.0751	
Years of farming	0.265	0.0702	
Attitude	0.201	0.0404	
Eigen value	2.839		
Per centage of variance cumulative	43.538		

Source: Field survey, 2012.

Factor three: Family orientation

This factor is influenced by eleven variables that loaded high in its favour as shown in Table XII. Criteria two and three were used in naming this factor. This implies that the use of herbs to meeting health needs as alternative to orthodox medicines is a function of one's family orientation. The values that the respondents had for herbs seemed to be linked to their attitude to using herbs and the perceived relative advantages of herbs over the orthodox alternatives. All these are functions of their orientation from the family and other social contacts that socialized them into the society. Both the family of orientation and that of procreation are believed to have a notable part to play in this matter.

Factor four: Contingency factor

Results in Table XIII show the variables that contributed to the contingency factor. These seven variables did not actually have something that uniquely linked them together. Criterion one was most helpful in naming this factor. Contingency factor however symbolizes the various possible variables that may compel individual to use herbal medicines as alternatives to orthodox medicines. Contingency factor is thus responsible to explaining why somebody whose western exposure, economic status, family orientation, and locality factors seem favourable to orthodox medications yet found using herbal medicines. This often occurs when all orthodox means had failed. Factor five: Locality factor

Results in the Table XIV reveal the five variables contributed to this factor. The naming of this factor was based on criteria two and four. Thus, it is implied that the using herbs as medicine is somewhat connected to the situation of the community where one resides. A native or an indigene of a community may have much social interaction and freedom among his people to getting herbal knowledge and resources. The availability or absence of various modern infrastructures within the community also tells on the farmers' degree of freedom in making choices on how to meet their health care needs.

Table XII: Factor analysis showing variables contributing to family orientation factor

Contributing variables	L	L ²	Lamda
Household size	0.743	0.5520	
Attitude	0.624	0.3834	
Perceived relative advantage	0.613	0.3758	
Marital status	-0.477	0.2275	
Farm size	0.408	0.1665	
Medico-identification of plants	-0.311	0.0967	
Years of farming	0.303	0.0918	2.1602
Age	0.278	0.0773	
Association membership	0.268	0.0718	
Total income	0.251	0.0630	
Cosmopoliteness	0.220	0.0484	
Eigen value	1.517		
Per centage of variance cumulative	51.964		

Source: Field survey, 2012.

Table XIII: Factor analysis showing variables contributing to contingency factor

Contributing variables	L	L ²	Lamda
Sex	0.684	0.4678	
Association membership	0.589	0.3469	
Suffered ailment(s)	0.387	0.1498	
Marital status	-0.309	0.0955	
Cosmopoliteness	0.305	0.0930	1.2624
Religion	0.246	0.0605	
Community facilities	0.221	0.0488	
Eigen value	1.164		
Per centage of variance cumulative	58.428		

Source: Field survey, 2012.

Table XIV: Factor analysis showing variables contributing to locality factor

Contributing variables	L	L ²	Lamda
Religion	-0.705	0.4970	
Community facilities	0.646	0.4173	
Nativity	0.415	0.1722	1.1907
Suffered ailment(s)	0.238	0.0566	
Marital status	-0.218	0.0475	
Eigen value	1.121		
Per centage of variance cumulative	64.654		

Source: Field survey, 2012.

L = Loading for factors L² = Square of loading factors
Lamda = Latent root for the factors (Summation of the square loading)

CONCLUSION

Farmers often suffer from malaria and other ailments on which they commonly administer self medication via EMPs which are characteristically cultural, available, accessible and judged as keenly effective. The continued use of these practices is clearly explained by the socio cultural factors such as western exposure factor, economic status factor, family orientation factor contingency factor, and the locality factor which are commonly influenced by the marital status of the farmers. Towards health and wellness of rural dwellers, most of whom are farmers, these socio-cultural factors should therefore be well understood by policy makers and worthy thorough consideration in planning sustainable health programs for the rural farmers and communities.

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