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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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SOCIO-DEMOGRAPHIC FACTORS ASSOCIATED WITH DIETARY PATTERN OF SCHOOL CHILDREN IN ABEOKUTA

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ABSTRACT

This cross-sectional study was designed to assess socio-demographic factors associated with dietary pattern of school children in Abeokuta. Data were collected from 300 primary school pupils using validated structured questionnaire. Chi-square test was used to establish association between variables. The result revealed that 26.0% of the children had non-educated mothers. More children came from monogamous (62.7%) than polygamous (37.3%) families. Most (80.0%) of their households were headed by male and 72.0% of the children resided with their parents. Some (24.7%) of the children consumed < 3meals a day and 74.0% of the children skipped meal. A higher proportion (35.9%) of the children of non-educated mothers consumed < 3meals a day compared to mothers with secondary education (18.8%). More children from polygamous (35.7%) than monogamous (18.1%) families consumed < 3meals a day ($p < 0.05$). More (26.7%) children from male-headed households significantly consumed < 3meals a day compared to female-headed households (16.7%). More (25.6%) children of non-educated mothers significantly ate breakfast outside the home compared to those whose mothers had secondary education (10.4%). More children from polygamous (28.6%) than monogamous (11.7%) families significantly ate breakfast outside the home. More (28.6%) of the children who were not residing with their parents significantly ate breakfast outside the home than those who resided with their parents (13.9%). Lack of education of mother, polygamous family, male-headed household and children not residing with parents adversely influenced dietary pattern of school children. Nutrition education programme is recommended for parents of school children in this community.

Key words: socio-demographic factors, meals, school children, dietary pattern

INTRODUCTION

Dietary pattern has been suggested as a good indicator of nutritional status of an individual (Kremer, Bell and Swinburn, 2006). The nutritional status of any person is dictated by the quality of nutrients consumed, and the body's ability to utilize them for its metabolic needs (Amosu *et al.*, 2011). Therefore, eating habits and preferences affect the children's nutritional status (Bernardo *et al.*, 2012). A person is said to have a good nutritional status if he shows no evidence of malnutrition (Amosu *et al.*, 2011) which is one of the global health problems faced by the developing countries (Goon *et al.*, 2011). It continues to be a primary cause of ill-health and premature mortality among children in developing countries in which Nigeria is one (Nandy *et al.*, 2005; Joshi *et al.*, 2011). It accounts for about half of all child deaths worldwide (UNICEF, 2004). About 150 million children in developing countries are still malnourished (Joshi *et al.*, 2011).

Nigerian children below the age of 18 years, who make up 47% of the nation's population are still victims of stunting, wasting and underweight; all of which are evidence of undernutrition (Addo, 2005; Iyangbe and Orewa, 2009). On the global chart, Nigeria is one of the two African nations listed among the 20 responsible for 80% of malnutrition in children (Iyangbe and Orewa, 2009). In a study carried out by Osazuwa and Ayo (2010) in three rural communities in Edo State, the most common

form of malnutrition in the children studied was underweight (44.0%), stunting (37.0%) and wasting (19.3%). In Makurdi, Nigeria 52.7% of the primary school children were moderately stunted (Goon *et al.*, 2011). In another study in Ipokia, Ogun State, 33.52% of under-five children were stunted, 82.13% were underweight and 85.15% were wasted (Amosu *et al.*, 2011). This implies that the prevalence of malnutrition among children in Nigeria is still high. Dietary intake was considered as the most important determinant of nutritional status (Amosu *et al.*, 2011). Hence, this inadequate dietary intake of these children may suggest inappropriate dietary patterns.

Food consumption pattern refers to the food eating habits showing what constitutes the food basket of an individual or group of people in a particular location (Aromolaran, 2000). Therefore, assessment of dietary pattern is essential for early detection of nutrition problems within entire populations (Zaborskis *et al.*, 2012).

Children's dietary patterns evolve within a family context (Zaborskis *et al.*, 2012). Hence, the foods consumed by school children are likely to be a reflection of their socio-demographic characteristics (Kremer *et al.*, 2006). In Nigeria, a lot of studies have been carried out among children under-five. The nutrition of school children also needs to be given serious attention. This group is dependent on family for their nutrition and care, and is vulnerable to malnutrition when diet is inadequate. More importantly, they are accessible for health assessment. Meanwhile, urban students have been observed to skip breakfast in Maryland (Gross *et al.*, 2004). The focus of this study therefore was to determine dietary pattern and its associated socio-demographic factors of selected primary schools children in Abeokuta, Ogun State.

Research questions

1. What is the dietary pattern of school children in Abeokuta?
2. What is the association between dietary pattern and socio-demographic factors of school children?

METHODOLOGY

Study design

This cross-sectional study was carried out among primary school children in Abeokuta, Ogun State. The study was conducted in September 2012.
Study area

Abeokuta is the capital city of Ogun State in Southwest Nigeria. The State is situated in the rainforest vegetation belt of Nigeria. There are two Local Government Areas (Abeokuta South and North) within the metropolis. The original settlers in Abeokuta were the Egba nation. Agricultural produce in Abeokuta include cocoa, palm kernels, palm oil, yam, rice, cassava, maize and fruits. The city is known for its traditional style of hand-woven cotton cloth known as adire, which is dyed with locally produced indigo. Located in the city centre is Olumo Rock.

Abeokuta is the headquarters of the Federal Ogun-Osun River Basin Authority. Local industries in Abeokuta include breweries, sawmill, canning and plastics plants, aluminum products factory. Notable higher educational institutions in the city include Federal University of Agriculture, Federal College of Education; and medical health centre including Neuropsychiatric hospital.
Population and sampling procedure

The study involved four (4) purposively selected primary schools within Abeokuta metropolis. The schools are Methodist primary school, Ogbe Abeokuta; St. John primary school, Ilewo-Orile, Abeokuta; Oke-Ata Model primary school, Ita Oshin, Abeokuta and Urban Day children school, Alamala, Abeokuta. Seventy-five pupils were randomly selected from each school by balloting technique to make a total of 300 pupils.

Data collection

The data were obtained by the use of validated structured and interviewer-administered questionnaire. The questionnaire solicited information on socio-demographic characteristics (age of pupil, mother's education, family type, family size, gender of household head), dietary pattern of child (number of meals eating in a day, snack consumption, skipping of meals, place where breakfast was eaten), and food consumption pattern which reflected the frequency of consuming certain food items (animal protein foods and, fruit and vegetable).

Data analysis

The data obtained were analyzed using Statistical Package for Social Sciences (SPSS) version 16.0 for all descriptive statistics such as frequencies and percentages. Associations between dietary pattern and social-demographic factors were tested by the use of chi-square test. Statistical significance was set at 95% confidence level.

Validity of research instrument

The reliability of the questionnaire was tested in a neutral public school that did not participate in the main study. In this school, the same group of 20 randomly selected primary school children completed the same questionnaire at two weeks interval. Their responses were compared by means of Cronbach's alpha analyses. The alpha value of 0.71 was obtained which indicated reliability of the questionnaire.

Ethical issue

The school authorities of the selected schools gave permission to carry out the study in their schools. The pupils also agreed verbally to participate in the study.

RESULTS AND DISCUSSION

Table I. Socio-demographic characteristics of the school-children

Characteristics	Frequency (n=300)	Percentage
Age (years)		
6 – 10	284	97.7
11 -14	16	5.3
Sex		
Male	154	51.3
Female	146	48.7
Mother's education		
None	78	26.0
Primary school	56	18.7
Secondary school	96	32.0
Post-secondary school	70	23.3
Family type		
Monogamy	188	62.7
Polygamy	112	37.3
Family size		
=3	94	31.3
4 – 6	142	47.3
=7	64	21.3
Gender of household head		
Male	240	80.0
Female	60	20.0
Residence of child		
Parents	216	72.0
Others	84	28.0

The socio-demographic characteristics of the selected school children in Abeokuta are presented in Table I. Most (97.7%) of the children were in age range of 6-10years and a little above half (51.3%) were male. A larger proportion (62.7%) of the children came from monogamous family as against the polygamous family (37.3%). Family size of 4-6 members was predominant (47.3%) over 3 members (31.3%) and 7members (21.3%). Most (80.0%) of their households were headed by male and 72.0% of the children resided with their parents. About a quarter (26.0%) of these children had mothers that did not have formal education while others had mothers with primary (18.7%), secondary (32.0%) and post-secondary (23.3%) education.

Table II. Dietary pattern of the children

Dietary pattern	Frequency (n=300)	Percentage
Number of Meals eaten in a day		
<3	74	24.7
3	162	54.0
>3	64	21.3
Eaten snacks		
Yes	168	56.0
No	132	44.0
Skipping of meals		
None	78	26.0
Breakfast	66	22.0
Lunch	92	30.7
Dinner	64	21.3
Where breakfast was usually eaten		
Home	246	82.0
Outside	54	18.0
Eat in the school during break time		
Yes	170	56.7
No	130	43.3

Dietary pattern of the children (Table II) shows that majority (54.0%) ate three meals a day, 21.3% ate more than three times a day whereas 24.7% ate less than three meals a day. More than half (56.0%) of the children ate snacks on daily basis and only 26.0% did not skip meals while others skipped breakfast (22.0%), lunch (30.7%) and dinner (21.3%). Most (82.0%) of the children ate breakfast at home whereas 18.0% ate breakfast outside the home. Only 56.7% of the children ate in the school during break time while 43.3% did not eat at this time.

Table III. Frequency of food consumption within the referenced period (one week)

Food	Never		Less than once		At least once	
	Frequency	(%)	Frequency	(%)	Frequency	(%)
Egg	38	(12.7)	34	(11.3)	228	(76.0)
Milk	26	(8.7)	40	(13.3)	234	(78.0)
Meat	18	(6.0)	24	(8.0)	258	(86.0)
Fish	16	(5.3)	20	(6.7)	264	(88.0)
Beans	46	(15.3)	80	(26.7)	174	(58.0)
Soy beans	110	(36.7)	88	(29.3)	102	(34.0)
Fruits	64	(21.3)	46	(15.3)	190	(63.3)
Vegetables	14	(4.6)	38	(12.7)	248	(82.7)

Table IV. Association between number of meals eaten in a day and socio-demographic characteristics of the school children.

Socio-demographic characteristics	Number of meals eaten in a day			Total Freq (%) (n=300)	Chi Square	P-value
	< 3 Freq (%) (n = 74)	3 Freq (%) (n = 162)	> 3 Freq (%) (n =64)			
Family type						
Monogamy	34(18.1)	114(60.6)	40(21.3)	188(100.0)	6.477	0.039*
Polygamy	40(35.7)	48(42.9)	24(21.4)	112(100.0)		
Gender of household head						
Male	64(26.7)	118(49.2)	58(24.2)	240(100.0)	5.826	0.054
Female	10(16.7)	44(73.3)	6(10.0)	60(100.0)		
Family size						
= 3	20(21.3)	58(61.7)	16(17.0)	94(100.0)	5.577	0.233
4 – 6	30(21.1)	80(56.3)	32(22.5)	142(100.0)		
= 7	24(37.5)	24(37.5)	16(25.0)	64(100.0)		
Residence of child						
With Parents	50(23.1)	122(56.5)	44(20.4)	216(100.0)	0.968	0.616
With others	24(28.6)	40(47.6)	20(23.8)	84(100.0)		
Mother's education						
None	28(35.9)	24(30.8)	26(33.3)	78(100.0)	14.261	.027*
Primary school	14(25.0)	28(50.0)	14(25.0)	56(100.0)		
Secondary school	18(18.8)	66(68.8)	12(12.5)	96(100.0)		
Post-secondary school	14(20.0)	44(62.9)	12(17.1)	70(100.0)		

*significant at P < 0.05

The frequency of consumption of certain foods is summarized in Table III. These foods reflect sources of protein, vitamins and minerals. Apart from beans and soy beans which were consumed at least once a week by 58.0% and 34.0% of the children respectively, between 76.0% and 88.0% of these children consumed egg, milk, meat and fish at least once a week. The least frequently consumed food items by less than 10% of the children were vegetables, fish, meat and milk which were never consumed within the referenced period. Only 63.3% of the children consumed fruits at least once a week whereas 15.3% of them consumed it less than once a week and 21.3% never consumed fruit within the referenced period. Most (82.7%) of the children consumed vegetables at least once a week.

The distribution of children by number of meals eaten in a day by mother's education (Table IV) shows that more (68.8%) of children whose mothers had secondary education took 3 meals a day than those whose mothers were not-educated. Higher proportion (60.6%) of children from monogamous family took 3 meals a day compare to polygamous family (42.9%). More (73.3%) children in female-headed households consumed 3 meals a day than in male-headed households (49.2%). The opposite was the case for children that consumed more than 3 meals a day. In households 3members, more (61.7%) children consumed 3 meals a day than in households of 4-6 members (56.3%) or 7members (37.5%). Higher proportion (56.5%) of children that resided with their parents consumed 3 meals a day compared to those that did not reside with their parents. The relationship between number of meals eaten in a day was significant with mother's education and family type.

Table V. Association between place of eating breakfast and socio-demographic characteristics of the school children

Characteristics	Place of eating breakfast		Total Freq (%) (n = 300)	Chi - square	P-value
	Home Freq (%) (n = 246)	Outside Freq (%) (n= 54)			
Family type					
Monogamy	166(88.3)	22(11.7)	188(100.0)	6.766	0.009*
Polygamy	80(71.4)	32(28.6)	112(100.0)		
Gender of household head					
Male	192(80.0)	48(20.0)	240(100.0)	1.626	0.202
Female	54(90.0)	6(10.0)	60(100.0)		
Family size					
= 3	84(89.4)	10(10.6)	94(100.0)	3.953	0.139
4 – 6	116(81.7)	26(18.3)	142(100.0)		
= 7	46(71.9)	18(28.1)	64(100.0)		
Residence of child					
With parents	186(86.1)	30(13.9)	216(100.0)	4.417	0.036*
With others	60(71.4)	24(28.6)	84(100.0)		
Mother's education					
None	58(74.4)	20(25.6)	78(100.0)	9.315	0.025*
Primary school	38(67.9)	18(32.1)	56(100.0)		
Secondary school	86(89.6)	10(10.4)	96(100.0)		
Post-secondary school	64(91.4)	6(8.6)	70(100.0)		

*significant at P < 0.05

Higher proportion of children whose mothers had secondary (89.6%) or post-secondary (91.4%) education ate breakfast in the home compared to those whose mothers had primary (67.9%) or no education (74.4%) (Table V). Majority (88.3%) of the children in monogamous family ate breakfast in the home compared to those from polygamous family (71.4%). In female-headed households, more (90.0%) children ate breakfast in the home than in male-headed households (80.0%).

The proportion of children that ate breakfast at home was higher (89.4%) in the family with 3 members than in the family with 4-6 members (81.7%) or 7 members (71.9%). Greater number (86.1%) of children that resided with their parents ate breakfast at home than those who did not reside with parents.

Discussion

Dietary habits in childhood impact directly on growth, development and the prevalence of diseases throughout the life cycle (Oldewage-Theron and Egal, 2010). In the present study, an attempt was made to determine the dietary pattern and its associated socio-demographic factors of primary school children in Abeokuta. This study recorded a little above half (54.0%) of the children ate three meals a day and as much as a quarter (24.7%) ate less than three meals a day. In addition, a large proportion skipped meals (74.0%) and did not consume snacks on daily basis (44.0%). It has been observed that children who skipped breakfast did not make up the differences in dietary intakes at other meals (Nicklas et al, 1993). There is a high tendency for those children who ate breakfast outside the home to eat inappropriate food such as snacks as breakfast and to skip meal. Equally, a large proportion (43.3%) of the children did not eat during break time in the school. This dietary scenario may be a reflection of the children's family type, family size, residence and mother's level of education and may have adverse consequence on their nutritional status.

The food consumption pattern shows an impressive result with a large proportion of the children consuming egg, milk, meat and fish at least once a week. However, a recognisable proportion of children consumed these foods less than once a week or never consumed them within the referenced period. Poor consumption of food of animal origin may lead to undernutrition and iron deficiency anaemia (Osazuma and Ayo, 2010) and calcium deficiency in children (Amosu et al, 2011). The outcome of this study on protein food consumption is an improvement over the study of Onimawo et al (2006) that well over 80% of protein consumed by school aged children in Nigeria came from plant foods. The rate of fruits consumption was higher than vegetable consumption in these children. This may be a pointer to low intake of vitamin C of which fruits are the reliable sources. Vitamin C has been considered important in the absorption of iron in the gut and the prevention of some diseases (Davidson et al, 2001).

Since children's dietary pattern evolve within a family context (Zaborskis et al, 2012), their socio-demographic characteristics may have influence on their dietary patterns. The chi-square analysis in this study showed that children whose mothers were educated significantly consumed more of three meals daily than children of less-educated mothers. Parental education has been observed to have significant influence on the nutritional status of households in Nigeria (Iyangbe and Orewa, 2009). Also, children from monogamous family significantly consumed more meals compare to those from polygamous family. The reason for this may be as a result of competition for resources which is a feature of polygamous family (Adebawale et al, 2011). Also polygamous family tends to be larger than monogamous family, hence has negative influence on the protein intake level (Iyangbe and Orewa, 2009). In Solis Valley, children from larger households were found to consume diets of poorer quality (Olaniyan, 2002).

Mother's education, family type and residence of child have significant association with place of eating breakfast. Higher proportion of children from educated mothers, monogamous family and children residing with parents significantly ate breakfast in the home. This implies that these factors have strong influence on where a child eats breakfast. Eating breakfast in the home may ensure proper and adequate feeding. Eating breakfast outside the home may promote skipping meal and

eating in- appropriate foods to start off the day. This may have adverse effects on child's nutritional status. Breakfast has been labeled the most important meal of the day and consumption of it improves cognitive function (Mahoney et al, 2005) related to memory, test grades and school attendance (Rampersaud et al, 2005). Breakfast should include nutrient-rich whole grains, fruits and dairy products (Rampersaud et al, 2005; Mahoney et al, 2005). Breakfast consumption made a significant contribution to the child's mean daily nutrient intake (Nicklas et al, 1993).

Educational level has a considerable influence on dietary patterns of either an individual or the household (Iyangbe and Orewa, 2009). Mother's education and other socio-economic background of school aged children have been suggested to account for high prevalence of undernutrition in this age group (Goon et al, 2011). Hence, understanding the dietary pattern of school children and its associated socio-demographic factors has far-reaching implications for promoting the health of future generations.

CONCLUSION AND RECOMMENDATION

In the study location, a quarter of the school children ate less than three meals a day and skipped meals while almost half did not consume snacks in-between meals. These may have adverse effect on the nutritional status of these children. Lack of formal education by mothers and polygamous family arrangement significantly reduced number of meals school children ate in a day and encouraged eating breakfast outside the home. Children that were not living with their parents have high probability of eating breakfast outside the home. Assessment and monitoring of dietary pattern of school children is essential for early detection of nutrition problems and planning of dietary intervention programmes. Also, nutrition education programme is recommended at the community level.

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POWER STRUGGLE IN THE FAMILY AND FAMILY STABILITY: IMPLICATION FOR COUNSELLING

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ABSTRACT

The family has been facing a lot of conflicts which threatens the stability of the family. The struggle for power in the family has been one area of neglect which has rocked the family of its peace. Consequently, this paper examined what power struggle in the family means, who are those involved in this power struggle and over what? The effects of power struggle in the family were highlighted. These include: division in the family, separation, divorce, weakening the extended family system and principles, frustration, aggressiveness, delinquent children among others. Suggestions such as; a mechanism should be instituted to manage struggle for power in the family such as counselling to be provided to guide families on how to manage struggle for power in the family; parents should help their children reach a settlement which they quarrel and argue; when parents disagree, it should be done privately, not in front of the children and not in a way that shames and demeans the other, among others were made.

Keywords: Power, struggle, family-stability, counselling.

INTRODUCTION

The struggle for power in the family is a social phenomenon which is as natural as the family institution. This struggle, like all struggles, is usually for the control or ownership of scarce resources of the family. Infact, the scarcity of these resources engenders the struggle. The resources for which this struggle is carried out are either material or non-materials. Economic inheritance, investments among others may be the major material causes for power struggle in the family while seniority and dominance may account for the non-material resources. The struggle for power in the family is usually between consanguine relatives like father and mother, son, brothers, sisters and parents and so on.

According to Edinyang (2013), this struggle reduces the quality of life, and it also involves struggle over values and claims to wealth, power and prestige in which the other members of the family attempts to neutralize, injure and in the worst situation eliminate the other members of the family. Struggle for power in the family at times results in violence which is the use of force in the pursuit of incompatible and particular interest and goals (Edinyang, 2013). Conflict theory assumes that people act in their own sequence in a material world in which exploitation and power struggle are prevalent (Mboto, 2000). He further explained that feminists and conflict theorists noted that the family has traditionally legitimized and perpetuated male dominance. This male dominance is the cause of most conflicts and power struggle in most Nigerian families.

Struggle is described as a situation where two or more people seek to gain control of a common variable (Oxford Advanced Learner's Dictionary (OALD) 2010). In this case, the variable or phenomenon in question is not enough to go round those in need of it. There is an element of scarcity which leads to the desire by the persons involved in the struggle to outdo each other in order to win the desired objective.

Power could be described as a 'unit' of energy which is capable of causing a change in the activities or behaviours of a victim irrespective of whether or not the victim desires such change. It is an important resource which is used to distribute or redistribute resources. According to Cherlin (2002), power is the ability to force a person to take an action or to accept another person's action even if he or she does not want to or resist. It is the "possibility of imposing one's will upon the behaviour of other persons" whether or not one actually exercises the power. For example, in some societies, a man can take a second wife even if his first wife objects.

Power struggle refers to people in a relationship fighting about who is in control, with both trying to dominate the relationship in one way or another (Tucke, in Sachteleben 2010). When there is struggle for power in a family, it means there exists a unit of energy that could cause a change, there are two people, one using and the other responding to the use of power. What is the need of using power in the family? It could be said that it is used to distribute and redistribute valued resources of the family such as food, shelter, appointments, positions, and major decisions of the family. These resources are usually scarce and they attract the simultaneous desire of both the husband and wife. The struggle for power in this work should be seen as the simultaneous demand for dominance by members of the nuclear and extended families in their interactions.

A family is a set of people who are related by blood, marriage (or some other agreed-upon relationships), or adoption, who share the primary responsibility for reproduction and caring for members of society (Schaeffer, in Edinyang, 2013). A family is the nucleus or microcosm of the society (Onyegbule, 2009). Generally speaking, there are two types of family-nuclear and extended. The nuclear family consists of husband, wife, children and servants. The extended family comprises the parents, children, grand children, aunts, nieces and other members of the extended family. There are myriads of roles expected of every member of the family. In African society, family role expectations are clearly defined. Unfortunately, there are myriads of role changes in the family today which affects the stability of the family (Onyegbule, 2009).

Family stability has been defined in many ways. Traditionally, many researchers such as Cherlin (2002) define family stability in terms of factors relating to family structure such as single parenthood. Family processes that pertain to stability include; parental mental health, stable relationship among caregivers, positive parenting, flexible family system, nurturing and stimulating home environment (Cherlin, 2002). Therefore, a stable family is one with a harmonious parental marriage. It can be regarded as an intact family (Agulanna, 1999). Stable families are those in which children always lived with their married parents.

Conversely, family instability is a family which is not stable and is characterized by conflicts and discord including broken homes (Chelin, 2002). Unstable families were those in which children underwent transition in their parenting. The unstable home where parents live in disharmony generates emotional and personal problems to the family members. Such homes feature frequent quarrels, fighting and outward disagreement (Dronkers, 1999; Ikenyiri, 2013). Whatever affects the family affects the society at large. This necessitated the need to discuss the power struggle in the family and its effect on family stability.

An overview of the causes of struggle for power in the family

In family relationships, there are some who have strong personalities and like to maintain control in all situations. While this dominance may work in some relationships, in others it may cause power struggle to occur. Deeply held beliefs spawn power struggles, for example, the notion that a man has authority over his wife and she is to be blindly obedient and subservient to his power can create power struggles. Control of finances is a common reason many people begin to struggle for dominance, but there are many other reasons why power struggle exists in families. Symptoms of power struggle include; anger, fighting, lack of effective communication, arguing, back talk, not listening, avoidance of intimacy among others (Tucker, 2013).

Struggle for power between couples:

Men have traditionally assumed the position of the head of the family as well as the breadwinner (Cherlin, 2002). By this, both the political and economic power of the family is bestowed on the man. This position of the man is upheld as long as the accompanying responsibilities are carried out. For example, the man is not only expected to provide food, shelter and clothing for the family, he is also expected to protect the family from all types of aggression from outside. The feminist and conflict theorists (Ediriyang, 2013) noted that the family has traditionally legitimized and perpetuated male dominance. This male dominance is the cause of conflicts and power struggle in most Nigerian families, he observed.

However, in today's society, with its complex demands due to industrialization, it is hardly possible for the man to accomplish the responsibilities expected of him. The struggle between the man and the woman begins when the woman is admitted as a partner to assist in one or two responsibilities of the man. If the woman is more successful than the man in discharging these responsibilities, the man's position in the family will be eroded (Cherlin, 2002). The struggle for power in the family between husband and wife is to prevent the wife from taking over the responsibilities and powers of the man and for the wife to liberate herself from the domineering but lazy husband.

Economically too, it was normal for the man to be the breadwinner of the family (Diaghe, 2000). The woman was expected to manage the home and take care of the children. However, with industrial revolution and the expansion of education and paid labour, women became breadwinners too (Hutjes & Feldman, 2001). Sometimes, they are co-breadwinners and at other times, they are sole breadwinners. In both cases, they develop a sense of equality with man, and later, a sense of superiority.

As more women gain occupational prestige, the kind of work they do play a great role in the balance of power in their marriage. A wife's employment in most cases gives her more power and this is strongly related to her educational achievement (Onyekachi, 1998). This negatively affects the fragile peace in the home as the woman tries to lord it over the man. That is why Onyegbule, (2009) observed that the increase in the number of working class women and their heavy pay checks bring conflict and struggle for power in the family because the woman is armed with a measure of economic power.

According to Cherlin (2002), innate domineering quality in couples can cause power struggle in the family. Some couples are born with innate domineering qualities and as such they frequently exhibit authoritarian tendencies where two of such characters join as husband and wife. In such situations, there is bound to be a permanent struggle for power in the families affected. This brings conflict and strife in such families and therefore threatens the stability of the family.

The family status of couples, especially that of the wife can cause struggle for power in the family. In a situation where the wife comes from a richer and more educated family, she will always want to prove that she is more exposed than the husband. She feels more superior to the husband and would want to take final decisions on family matters. Onyegbule (2009) noted that if a wife is more educated than the husband, she will be tempted to be arrogant and this may lead her to despise her husband. The husband who feels threatened by such character exhibited will want to take his position as the head. This causes power struggle and threatens the stability of the family.

Parental interference can instigate struggle for power in the family (Dibia & Ovute 2014). The aim of such parents is to support their son or daughter to win the other family into their own camp or in their own way of thinking. In most cases, the family of the lady would want to direct and control the activities in the daughters family. Some women always heed to the advice of their mothers which causes conflict and power struggle in the family. The husband in such a family will not take it lightly as he feels that he is being relegated to the background. He will struggle to regain back his power as the head and controller of the family. This may affect the stability of the family.

Owning of properties: some wives as a result of their exposure and the positions they hold, own more properties (e.g. land, buildings, cars etc) than their husbands. In some situation the woman in such a position may become arrogant. This situation will give her a greater power to take most decisions in the family. The husband will want to stop the wife from usurping his power and would want to maintain his position as the head who is in control of the family. This calls for struggle for power in the family. This will bring instability in the family and may lead to the man abandoning his family.

Setting rules and boundaries with children can cause power struggle among spouses (Sachteleben, 2010). In a situation where the husband gives a child permission to do something and the wife intervenes and revokes the privilege and forbids the child from doing that which is permitted by the husband in the presence of the husband will bring contradiction and undermines the other parent. Sometimes she may question and criticize the spouse's decisions. This will lead to power struggle of who controls the children in the family. Consequently, the family stability is in jeopardy and may eventually collapse. Onyegbule (2009) asserted that damaging one another's self image causes marital conflict and struggle for power in the family. When there is struggle for power between husband and wife, there is bound to be crisis that would bring instability in the family.

Power struggle between parents and children

Families are much like tiny nations. They each have a financial structure, social structure and a power structure (Krull, 2013). The young members of the family tend to struggle for power on a regular basis. They are always planning coup and that is why parents get so stressed up. These attempts at asserting power are a very normal part of a child's life (Krull, 2013).

Power struggle between parents and children happens when kids rise up in some ways against their parents and the parents attempts to wrestle the power back (Hatwell-Walker, 2010). Parents may particularly experience this if they have a child with a strong personality.

The struggle for power may be between mother and daughter or between father and son. The struggle for power between a mother and daughter may be over who controls the family. It may be in areas of who decides the family menu, finances for running the home, controlling other members of the family, having more influence on the father on matters affecting the family, being his father's adviser and intimate friend. She tries to relegate her mother to the background. She will always argue with her mother over every family issue. When such are happening in a family, there is a power struggle between the mother and the daughter. The mother will always want to maintain her position in the family as regards her motherly role (Hartwell-Walker, 2010). This does not augur well for the family because it brings resentments and conflicts and threatens peace in the family.

In a similar manner, power struggle may also occur between the father and son. In such a case, the son takes over the responsibilities of the father who is the head of family financially, spiritually, materially, physically, socially, emotionally and otherwise. He will act in a way that members of the family will regard him more than the father. In such a situation, the father's power will be eroded as the son takes over. This situation calls for struggle for power as the father will always make attempts to take over the power and control of his family from his son. In most cases, the parents may not succeed and this breeds wrangling and the peace of the family will be in jeopardy (Mezieobi & Okpara, 2007). A mistake parents often make is that they struggle with their children. Rather than doing something swift and decisive to take the power back quickly, they often go back and forth with their child. Arguments, bargaining, giving in to a child's outrage keeps a child engaged in the struggle (Krull, 2013).

Some children are naturally born bosses (Hartwell-Walker, 2010). They have an innate need to make decisions, manage their environment, and lead rather than follow. In such situations, the child gives her parents marching orders as to what she will eat for breakfast, what is packed in her lunch box,

dresses to wear etc (Sachtelebon, 2010). Parents of such a child have a challenge on their hands. This child will always insist on what he wants and if he could not have his way, he becomes angry. There will be power struggle here over who should be in charge. Is it the child or the parent? Barkely (2010) observed that children drift into dominance to fill a power void when they sense their parents are weak, ambivalent, or in disagreement with each other. He further explained that whether it is temperament or temper tantrum at work, too much control in the hands of the child is not healthy for children or the family.

Mezieobi and Okpara (2007) explained that some of the conflicts and struggle we have in our families are caused by the children. They further stated that these are normally found in large families where children loyalty is divided in favour of one parent and some may gang up with their mother against their father. The earlier parents establish the non struggle approach to power with their children the easier it will be for them to stay in control and the family will experience stability.

Power struggle between siblings-sibling rivalry

All children compete in some ways in the family for parents attention. Rivalry and sometimes downright aggression are expressed (Krull, 2013). Competition or dominance among children of the same family is extremely common and it sometimes persists into adult life. Such competitions, dominance for power may sometimes have bad results. The earliest, most frequent and most intense disputes among siblings are over property rights – who owns a toy or who is entitled to play with it (Papalia, Olds & Feldman, 2002).

Children perceive their parents attitude and compete for power for the affection and approval of their parents (Krull, 2013). A dominant child in the family is powerful and has great impact or influence on the lives of his siblings and makes himself feel better and strong. He wants other siblings to obey him and be under his control (Hartwell-Walker, 2010).

Sometimes, this power struggle is between the first son and the first daughter or between the first and the last child. This power struggle is about who says what happens in the house and who gets the approval of the parents over family and personal issues. If this struggle becomes unhealthy, it breeds hatred among siblings. The signs of this struggle for power among siblings is frequent fighting and quarrelling among siblings (Papalia *et al.*, 2002). As this builds up, parents often do not really know what to do. A family in this situation has really hit a level where they are not functioning in a healthy way anymore. At this stage, parents have to intervene and let them know the consequences of what they are doing. Parents have responsibilities to protect all their children including from each other and from themselves (Hartwell – Walker, 2010).

Inheritance could also cause struggle for power in the family among siblings especially in traditional developing society like Nigeria. Inheritance in such a place is usually determined by age or by the custom of the people regarding succession and inheritance. If the custom is not followed strictly or municipal law overrules the custom and favours the younger person, it could lead to struggle for power to correct the perceived wrong. Similarly, some persons who by custom possesses this right of inheritance could be made to lose it if they showed signs of irresponsibility prior to the inheritance. For example, the right of inheritance of first son could be questioned by the last son if the first son did not care for their father throughout his illness to death. This could lead to power struggle over the properties of the father. This will threaten the peace in the family and cause family instability.

When sibling relationships are favourable, the home climate is pleasant and relatively free from friction. When on the other hand, sibling relationships are frictional and marked by jealousy, antagonism and other forms of disharmony, they play havoc with family relationships and with the home climate (Papalia *et al.*, 2002). This atmosphere in the family are hazardous to the personal and social adjustment of the family members (Essien, 2003).

Effect of parent/child/sibling power struggle on children's personality

A child's goal is to have power and control and because of the makeup of his personality, he uses that power and control in a negative way. When there is a power struggle, the child is expected to fight because he is going to feel like he is losing something he wants to hold out, that is, power and control (Hartwell-Walker, 2010).

Power struggle between parents and children affects their personality in several ways. The child will have the personality trait of selfishness because he wants to always have his way. Some are overly demanding and if not checked, it can become a lifelong pattern of getting everything for himself (Namka, 1997). He has continual anger if he does not have his way and cruel to other members of the family.

Power struggle makes a child to develop a dominant spirit. The child sees situations through his own sense. He becomes argumentative, rebellions and revengeful (Barkley, 2010). Revenge can destroy relationships between parents and children and between siblings.

A child's need for power can also be a positive thing. Such conflicts can have a purpose. It brings out qualities such as being independent, self-reliance, leadership and decision-making. It helps children to learn how to negotiate and resolve disputes. It also provides a measuring stick for self-efficacy, children's growing sense of capability to master challenges and achieve goals (Papalia *et al.*, 2002).

Effect of family power struggle on family stability

The struggle for power in the family has significant effects not only on parents, but cuts across the children and the wider society. Like all struggle situations, the struggle for power in the family divides and places the husband and wife at two extremes (Onyegbule, 2009). While the man is seeking to control and dominate the woman and to show that he is the head of the family, the wife on the other hand is exhibiting traits of equality, individualism, achievement orientation among others (Cherlin, 2002). Struggle and conflict may tear the family apart and consequently could lead to separation and divorce (Dibia & Ovute, 2014). Most cases of broken homes/ marriages are products of struggle for power in the family.

When a “boss child” does not learn limits at home, the stage is set for a host of troubles outside the family. The overly willful, persistent, and inflexible child may have trouble obeying teachers, coaches or keeping friends (Barkley, 2010).

A broken family as a result of struggle for power will produce children who rebel not only against their parents but also against the society. The children often are uncontrollable, takes to street and become deviants. These children learn deviant behaviours fast because they lack the protection of both parents (Ikenyiri, 2003).

The father in a family where there is strong struggle for power feels frustrated and sometimes aggressive as he loses his power. He may resort to make up behaviours like drunkenness and even visits brothels. He may even decide to walk away from the family, leaving the children for the woman (Onyegbule, 2009). The woman from such family also exhibits adjustment problems. The woman may face emotional stress for the loss of her marriage. Out of frustration, the woman might become morally loose. This struggle, even when the home is intact, brands women who challenge their husbands as troublesome.

Power struggle can deteriorate into abuse which can be of a physical, mental, emotional or spiritual nature. If the husband/wife is constantly exerting control over each other, controlling the life, behaviour, choices and actions of each other in the form of deciding what to wear, where they are allowed to go and what friends to have brings abuse and conflict between the couples (Tucker in Sachteleben, 2010)

Power struggle create distance and hostility instead of closeness and trust. Distance and hostility create resentment, resistance, rebellion or compliance with lowered self-esteem (Martinez, 2007). As a parent, if you are not the boss in your family, the lines of authority can become blurred very quickly. When your children are unsure about who is really in charge, they often act out, engage in risky behaviour and become extremely bossy and patronizing as a result (Sachteleben, 2010).

The struggle for power in the family weakens the extended family system and principles. This is because, the principles of equality of the sexes and opportunities, individualism and achievement orientation which engenders the struggle are mainly nuclear family principles, opposed to the extended family.

Consequently, any society that is atomized or divided into independent and individualistic and isolated families is prone to conflict. This is because mutual exclusiveness breeds mutual distrust between the component members (Nwoye, 1991). The result is irreconcilable, separatist tendencies and a desire to move away from the centre. This will lead to instability in the society.

CONCLUSION

Power struggle is part of human life. It occurs when two or more people disagree or engage in struggle over certain issues. This struggle reduces the quality of life. As Lauer (2002) rightly explained that all family conflicts diminish the quality of life. Physical and emotional difficulties may result from serious family conflicts. It has been observed that several kinds of deviant behaviours, are associated with disturbed families. Individuals who come from conflicted families tend to have a variety of difficulties that can be referred to as maladjustment, antisocial behaviour, interpersonal problems and self-esteem (Snyder & Sickmun, 1999, Browne & Hamilton, 1998).

Power struggle involves struggle over values and claims to wealth, power and prestige in which the other member of the family attempts to neutralize, injure and in the worst situations eliminate the other member of the family (Edinyang, 2013).

The struggle for power in the family does the family system no good, however, this cannot be completely avoided because it is a natural consequence of industrialization on the family. The struggle in the family is as inevitable as that in the larger society, because the participants are equally the same. The family is the cornerstone of the society. An ideal family therefore is expected to provide stability, support and continuity to the world.

Recommendations

1. Parents need to set limits on their kids and maintain the rules of their household using consequences and accountability. While the limit setter role is extremely important, keep in mind that it should not be the only one to use.
2. The best way to avoid power struggle is not to struggle. Act decisively and be prepared to hold up against some strong emotions from children. With patience and persistence, the children can help to acknowledge and respect the authority of parents.
3. Husband and wife should love each other to the extent that they humble themselves and treat each other with respect. In this circumstance, when power struggle comes up, it can be resolved amicably and relationship will become stronger.
4. Power struggle can also be resolved by acknowledging that a marriage consists of two distinct individuals who have their own set of thoughts, beliefs, needs, feelings and values. Therefore, spouses should have this understanding at the background as they relate one with another.
5. Parents should help their children reach a settlement when they quarrel and argue. Yelling and shouting will not yield much result. Calm them down and explain the consequences of what they are doing to themselves.

6. When parents disagree, it should be done privately, not in front of the children and not in a way that shames and demeans the other parent.
7. A mechanism should be instituted to manage struggle for power in the family since it must occur. Counselling should be provided to guide families on how to manage struggle for power in the family.
8. Government should fund enlightenment campaigns to counselors for parents and the society at large on proper child upbringing and education as done by Dreikurs in the 1960s.

COUNSELLING IMPLICATION

In a situation where two persons, bred in different environments, brought together by marriage, now seek to satisfy their individual needs, conflicts and frustrations are bound to arise. When two mutually dependent persons seek incompatible or conflicting goals, the conflicts and frustrations that arise are bound to be intense, with the ensuing hostility and aggression expressed in angry dispute, disruptive actions and sometimes physical violence.

In many cases, relationship therapy and coaching can be very beneficial for couples dealing with negative effects that come with power struggle. No matter the focus of the struggle for control, when not treated with care, they have the chance of ruining the family. That is why counselling is very essential for such troubled families. With proper counselling, many couples are able to recognize and resolve power struggle before they impact negatively on the relationship. When it is left unchecked, power struggles can quickly escalate to levels that are very harmful for even the strongest relationships. It is important that couples should be given guidance and support needed to cope with power struggles before they ruin family relationships.

The need for parents to improve their parenting styles becomes obvious. Parents should be helped to imbibe proper ways of parenting their children. It should be done through family counselling, organizing workshops and seminars and conferences. Parents should not be hostile, punitive, authoritarian or permissive in controlling their children. Rather parents should use democratic method and make the children to understand that parental control is fair and legitimate. The family leader (oftentimes the male) must transcend these fears and encourage family members to relate to each other through open, clear and unambiguous communication.

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FAMILY CLOTHING/FASHION BUSINESS: AN INNOVATIVE STRATEGY FOR SUSTAINABLE FAMILY INCOME

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ABSTRACT

Every family has both human and non-human/material resources to meet family needs and goals; however, these resources are limited. Nigeria massive unemployment, under-utilisation of human capital, coupled with poverty and related social ills constitute a hydra-headed monster that plagued Nigerians today. Many look up to their children most of who are either under-employed or un-employed for social security at retirement. Graduates roam about the street with no job, thereby engaging in all manner of undesirable activities such as violence, forgery, armed robbery, kidnapping, etc. This scenario is a serious source of concern, a vital step in this direction is the promotion of a family business especially that every individual comes from a family. Family firms are a vibrant and vital part of the global economy and can make an even more substantial contribution to alleviating unemployment crises.

Fashion/clothing is a global, exciting, dynamic and creative business. Fashion is a big business and employs large numbers of people with different talents and skills to bring fashion apparel to consumers. The ability to spot opportunities arising from change and to innovate is the two most important distinguishing features for business success. Consequently, this concept paper focuses on utilisation of human and non-human resources of an individual member of a family to develop creative ideas in either product or service delivery for a family fashion/clothing business for sustainable family income.

Keywords: Family, business, unemployment, clothing/fashion, unemployed/under-employed.

INTRODUCTION

Dengenwa and Rice (2002) defines family as any group of persons united by ties of marriage, blood or adoption by which the members see their individual identities as importantly attached to the group within the identities of its own and the adults co-operation financially for their mutual support. Similarly, Defrain and Olson (2002) see the family as two or more persons who share resources, share responsibilities for decision, share values and goals and have commitments to one another over time. Furthermore, Kolade, (2010) refers to the family as an economic unit of production and consumption.

Every family has both human and non-human/material resources to meet family needs and goals; however, these resources are limited. Human resources exist within an individual, they are personal to each individual and include knowledge, skills, imaginative ability, energy and time while non-human/material resources exist outside people but can be controlled, owned or used by the family such as money, houses, clothes, food etc. However, family members need to utilise both human and non-human/material resources of an individual member to achieve family goals especially in the current economic instability and massive unemployment crisis in Nigeria.

Nigeria massive unemployment, under-utilisation of human capital, coupled with poverty and related social ills constitute a hydra-headed monster that plagued Nigerians today. The pension scheme is also in crisis, social security is non-existent and the extended family system is fast eroding and can no longer support family members (Anyakoha, 2009). Many look up to their children (most of who are either under-employed or un-employed) for social security at retirement.

In Nigeria, the analysis of labour statistics indicates that the unemployment rate for university

graduates may be around 25% and that their prospects for being employed have worsened over time. According to the 2006 provisional census figure, Nigeria has a youth population of over 80 million, or 60% of her total population, of this population, more than 80% are unemployed while about 10% are underemployed. Data provided by the National Manpower Board and Federal Bureau of Statistics indicated that only about 10% of the graduates released into the labour market annually by Nigerian universities and other tertiary institutions are unable to get paid employments (Chile, 2013). These graduates who are members of various families roam about the street with no job, thereby engaging in all manner of undesirable activities such as violence, forgery, armed robbery, kidnapping, etc; this scenario is a serious source of concern and a vital step to tackling this problem is the promotion of a family business. PWC (2012) further showed that family firms are robust, vigorous and successful – they're ambitious, entrepreneurial, and delivering solid profits, even in the continued uncertain economic environment. Various studies focus on the assessment of entrepreneurial traits, skill acquisition, product development, government intervention programmes etc for the unemployed/under-employed graduates with little or no study on the promotion of family business. Consequently, this concept paper focuses on utilisation of human and non-human resources of an individual member of a family to develop creative ideas in either product or service delivery for a family fashion/clothing business for sustainable family income.

Clothing/fashion business

Clothing is one of the basic needs of man and it includes different garments and ornaments worn by individual members of a family. Clothing serves as a medium of socio-cultural expression, a form of non-verbal communication that sends different kinds of messages about who we are, who we want to be, where we come from and among adults especially in the Western world. It is a subtle signal of sexual orientation (Webb-Lupo and Lester, 1987). Psychological and social perception of clothes is that it portrays one's identity and sense of satisfaction; it defines one's position in the society and the type of family one comes from (Orpin, 2010).

Fashion is a global business. It is an exciting, dynamic and creative business (Hines and Bruce, 2008). Fashion is about self expression, emotion and identity. Fashion reflects and pushes cultural and social boundaries. The mix of aesthetics, technology and business makes fashion a special and fascinating industry. Fashion is a big business and employs large numbers of people with different talents and skills to bring fashion apparel to the consumer. The industry is concerned with every aspect of design, manufacture, marketing and distribution (Hines and Bruce, 2008).

The global market for apparel, accessories and luxury goods was estimated to be worth US\$1217 billion in 2006 and is expected to grow approximately US\$1800 billion by 2011 (Easey, 2009). The company with the largest share of this vast market is Christian Dior and despite this great success, the company has approximately 1% of the global market. Global fashion remains one of the largest sectors of world trade that is truly competitive, consequently, starting a family fashion/clothing business is rewarding in alleviating family financial crises as a result of unemployment, underemployment or retirement.

Family business is a big and profitable business

The family firms have been the backbone of many continental European economies for decades. A family business is one that is owned or controlled by one family with a sense of responsibility, atmosphere of belonging and common purpose (Burns, 2007). It is estimated that as many as 70% of UK businesses are family owned and employ 50% of the country's work force (Institute for Small Business Affairs, 1999). In the European Union, the proportion of family firms is claimed to be 85% whilst in the USA, the proportion is as high as 90% (Poutziouris and Chittenden, 1996). Family owned companies account for a substantial proportion of the value of the stock market (Burns, 2007:413).

Decision-making is very different when it's your own money that's at stake, and as a result family

firms tend to have a long-term commitment to jobs and local communities, which gives a significant but often under-rated stability to national economies (PWC, 2012). Family firms have some of the strongest brands in business today (Burns, 2007). In Britain, many family firms are household names- Barbour and Sons (maker of the very British waxed jackets founded in 1894), R. Griggs Group (maker of the famous Doc Martens Boots, founded, 1901), J. Cadbury and Sons (maker of the best-known chocolate and cocoa manufacturer found in 1924); (Burns, 2007). Not only have these firms been around a long time, the values and beliefs on which they were established are well known and respected. Familial brands build consumer trust over long periods and can be valuable assets, (Burns, 2007).

Advantages of family business

Many people start up a business with friends that are known and trusted who possess complementary skills. In the same manner, husband and wife teams can work very successfully also, just like Anita and Gordon Roddick of Body Shop (Burns, 2007). For some couples, being together all the time can help in their personal as well as business relationships; for others, it might be a recipe for divorce and business failure, (Burns, 2007), in such cases conflicts is most likely to arise in decision making. Nelton (1986) suggested that successful family teams shared the following characteristics:-

- * Marriage and children came first.
- * Partners have enormous respect for each other.
- * Close communication between partners.
- * Partners' talents and attitudes are complementary.
- * Partners defined their individual responsibilities carefully.
- * Partners competed with other companies not each other.
- * Partners kept their egos in check.

Leach (1996) listed seven advantages of family business. These are:

1. Commitment- family enthusiasm and family ties can develop added commitment and loyalty.
2. Knowledge- special ways of doing things in the business can be coveted and protected within the family.
3. Flexibility in time, work and money- putting work and time into the business when necessary and taking money out when the business can afford it rather than according to the dictate of a contract.
4. Long-range planning- because the firm is seen as the family main store of value, something to be passed on to the next, although this may not involve formal planning process.
5. Stable culture- relationship in family firms have had a long time to develop and the company's ethics and working practices are therefore stable and well established.
6. Speedy decision making- family firms can make decisions quickly because of the short lines of responsibilities.
7. Reliability and pride- because of the commitment and the stability of their culture, family firms can be very solid and reliable structure that over time build up good reputations with customers, reputations that the family guards with fierce pride.

Creativity and innovation development in clothing/fashion business

The abilities to innovate and to spot opportunities arising from change are the two most important distinguishing features of a success business. Kanter (1983) defines innovation as the generation, acceptance and implementation, of new ideas, processes, products and services which involves creative use as well as original invention. Mellor (2005) defines innovation as either creativity +application or invention+ application. Creativity is the starting point whether it is associated with invention or opportunity spotting; this creativity is turned to practical reality e.g. a product, Bolton and Thompson (2000). Consequently, creativity leads to innovation. Mintzberg (1983) defined innovation as the means to break away from established patterns by doing things really differently. Schumpeter (1996) described five types of innovation:

- * The introduction of a new or improved good or service

- * The introduction of a new process
- * The opening of a new market
- * The identification of new sources of supply of raw materials
- * The creation of new types of industrial organisation.

Burns (2007) emphasise that what is needed to make innovation successful is for it to be linked to customer demand- existing or in the future- that is market opportunity. Consequently, innovation and creativity with a vision of commitment to satisfy customers are vital values for a successful fashion/clothing family business.

A prerequisite to all creative process is the generation of awareness of different ideas and ways of doing things through reading and travelling widely, talking with different people with different views about the world and documenting such information; give time to mull over the tremendous amounts of information- incubation period; ideas can come up unexpectedly during the incubation period and select the most promising idea (Burns, 2007). Consequently, individual members of the family could utilise his/her human resources to develop creative ideas in either product or service delivery of the fashion/clothing business such as designing and construction of formal/ informal male or female clothing, bridal wears, costumes jewellerys, outing accessories, ready to wear garments, leisure, work or school clothing, house hold articles such as bedcovers, duvet, curtains, head and arm rest, plates mats or a service fashion business as advice on garment co-ordination, laundry services, tattoos, cosmetic/make-up artist etc.

Conflicts of cultures and resolving conflicts in family business

At the heart of the family firm are its distinctive values and beliefs- its culture. Family culture can strengthen the business, for instance J. Cadbury and Sons were built around strong religious ethics where the success of the firm was shared with the work force (Burns, 2007). In many ways the work becomes an extended family and relationships are cemented with trust and respect for the founding family. Family culture is based on emotion emphasising loyalty, caring, sharing, inward looking and lifetime membership. In contrast, business culture is unemotional, task oriented and it's based on self interest. Conflict between the two cultures is unlikely to start up, but as the firms grows and time passes, the potentials for conflicts increases. Building a successful business can become an obsessive, single-minded occupation that drives family life into shadows, creating tensions at home as well as at work. To survive, a family must learn to separate family and business life without disrupting family harmony; this is not always easy (Burns, 2007).

Leach (1996) advocates the development of family strategic plan in the form of constitutions that sets out the family values and policies in relation to the business in resolving conflict. He advocates four stages:

- I. Addressing critical issues relating to family involvement in the business- how are conflicts between family and business interests to be addressed?
- II. Establishing a family council to provide a forum in which members can air their views and participate in policy making. The council should develop ground rules as to how it should operate.
- III. Drawing up a family constitution which involves a written statement of family's values and beliefs leading to the development of policies and objectives, share ownership and disposal, board membership, selection of chairman and managing directors, family council meetings, job and remuneration etc.
- IV. Monitoring the family's progress and maintaining communication within the family through regular council meetings.

Leach, (1996), also advocates giving sons and daughters managerial autonomy within part of the business to help them grow and mature; separating out roles for other members of the family so as to minimise sibling rivalry.

Succession of family business

Poutziouris and Chittenden (1996) observe that four out of five businesses are managed by the first generation, which benefits from the entrepreneurial drive of the founder. However, less than one third of founders successfully pass ownership and management control of the family to the second generation. Only, 10% of second generation family firms are transferred to third generation and less than 5% ever reach beyond the third generation of family management. However, not all founding family business owner want to establish dynastic family firm. Burns and Whitehouse (1996) found that only 32% of British owner –managers wanted to pass their business on within the family, most (68%) preferring to sell the firm to a trade buyer in order to make a capital. This contrasted strongly with Germany (57%), Italy (62%), and Spain (74%) where most owner –managers wanted to keep the firm in the family, passing it down to their children.

If succession is the chosen option it will need careful planning on who should be the successor? Do they possess the necessary skills and temperament? If not can they be developed through training and experience within available time frame? What are the financial, tax and pension consequences? etc. (Burns, 2007). Accepted as publishable in International Journal of Leach (1996) proposes the following approach to succession:

- a. Start planning early- the most successful successions are those that involve the next generation early in the process so as to allow them to grow into the role rather than coming as an unexpected event.
- b. Encourage inter-generational team work- it is important that all issues surrounding the succession are addressed and agreed by all the next generation, not just the chosen successor.
- c. Develop a written succession plan- this is an action plan setting down what has to be done by whom and when. It will include details of the founder's reducing involvement and the successor's expanding role and responsibilities. It also addresses the structure of the management team.
- d. Involve the family and colleagues in your thinking, when complete, show them the succession plan. This is about communication and getting commitment from everybody to plan.
- e. Take advantage of outside help. Succession has important financial, tax and pension consequences for the founder and the family. Consulting the firm's accountant and lawyer early in the process is vital.
- f. Establish a training process- the plan should layout how the succession is expected to develop the skills needed to take over the firm and over what time frame. This might involve education and training as well as job or work experience.
- g. Plan for retirement- the owner-manager needs to be prepared financially and emotionally for retirement
- h. Make retirement timely and unequivocal- when the time table for succession is set, it is important to stick to it and not hang on in the job.

CONCLUSION

Starting up a clothing/fashion family business can be attractive because of the emotional support and helping hands that may not expect to be paid. As the business grows, family firms can foster loyalty, responsibility, long term commitment and pride in the family tradition. These virtues are often welded into a desire to transfer the firm from one generation to the next and to preserve it in difficult financial times. Therefore, family business especially in clothing/ fashion products or services should be embraced for sustainable family income.

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EVALUATION OF ORGANOLEPTIC CHARACTERISTICS OF SOUP PREPARED FROM UFUKU SEED: AN UNDERUTILIZED OILSEED

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ABSTRACT

Oilseeds are widely used for culinary purposes especially in soup preparation in Nigeria. Ufuku (Hildegardia barteri) seed is an underutilized oilseed in Nigeria and its nutrient composition suggests its significance for culinary uses. The objective of this study was to evaluate the organoleptic characteristics of soup prepared from Ufuku (Hildegardia barteri) seed and its possible replacement of Egusi soup in Nigerian homes. Ufuku seeds were processed and its soup was prepared with the same procedures as for Egusi soup and the organoleptic characteristics examined by 20 panellists who preferred Egusi soup in all characteristics examined. The major disparity was notable in the texture of the mgbom from the Ufuku seed and the characteristic flavour of the seed that was not removed by cooking alone. Other processing techniques like soaking is therefore recommended in preparing Ufuku seed and composites of Ufuku seed and melon should be used to prepare soup as this might improve its acceptability.

Key words: *Ufuku, Egusi, mgbom, organoleptic characteristics, Nigerian soup, underutilised oilseed*

INTRODUCTION

Oilseeds comprise those seeds that contain reasonably high percentages of oil and protein. Seeds included in this category are groundnut, soya bean, palm kernel, cotton seed, locust bean, melon seeds, conophor nut, castor bean, African oil bean, sunflower seed, rapeseed, sesame seed, linseed, safflower and other such seeds. Some of these seeds are presently not well known and thus grossly underutilized in relation to their probable use in culinary purposes. One of these lesser known oilseeds is Ufuku (*Hildegardia barteri*) seed. An analysis of the Nutritional and Physical Properties of *Hildegardia barteri* seeds by Ogunsina, Olaoye, Adegbenjo, and Babawale (2011) clearly implies that *Hildegardia barteri* seed is an oil seed with its high percentage of oil and protein, 37.5% and 17.5% respectively.

Species of oilseeds which enjoy wide acceptance in Nigeria for culinary purposes are found with the cucurbitaceae family. The most commonly used are melon and fluted pumpkin. Other oilseeds of food value in Nigeria are *Parkia africana* (African locust bean), *Pentaclethra macrophylla* (African oil bean), *Arachi hypogaea* (peanuts) *Irvingia gabonensis* (bush mango) and *Butyrospermum paradoxum* (shea butter tree). These oilseeds are widely used in preparation of Nigerian soups. Most of the Nigerian soups are serve as a rich and nourishing food made from fish, vegetables and/or meat, and are often thickened with ingredients such as palm nuts, groundnuts, Egusi, ogbono, yam, cocoyam or cassava. Egusi Soup is prepared from melon (*Cococynthis citrullus*) seeds and is enjoyed in most parts of Nigeria (Ejoh & Ketiku, 2013). Melon seeds are rich in protein and fats. The soup is usually complimented with leafy vegetables, which makes it more nutritive and appealing. Ufuku (*Hildegardia barteri*) is primarily an ornamental tree in West Africa grown only for its beautiful flowers which blossom during the dry season (Ogunsina, Ogunsina, Olaoye, Adegbenjo & Babawale, 2011). Ufuku is found in dry tropical forest in West Africa from Ivory Coast to south eastern Nigeria. It is a tree growing from 10 to 30 meters high (Lameed & Ayodele, 2010). The fruit

is borne on long gynophores (Dike & Aguguom, 2010), which is twice the length of the persistent calyx, and is composed of about five spreading, membranous, one-seeded carpel, each about 5 centimetres in length. The matured carpels/seed pods drop completely when dry. The seeds are smooth and light yellow in colour with a peculiar resemblance to groundnuts. Common names of *Hildegardia barteri* in West Africa are Ando bomole in Ivory Coast, Adangme-krobo and Akan-asante fante in Ghana, *Ufuku* (Ibo), *Eso*, *Okurugbedu*, *Shishi* (Yoruba) and *Kariya* (Hausa) in Nigeria.

Ufuku (*Hildegardia barteri*) is largely limited in Nigeria to an ornamental plant and the production and utilization of seeds are not documented. This is maybe owing to the fact that the seeds are inconspicuously covered by a rough leathery shell and further enclosed in a long leafy gynospore. The matured seed pods are gathered and burnt indiscriminately with the intension of keeping the environment clean, as the seeds and its economic importance are not yet known and therefore grossly underutilized.

The proximate analysis of Ufuku seed as reported by Ogunsina, Olaoye, Adegbenjo, and Babawale (2011), indicated that the ash content of 2.8 %, obtained for *Ufuku* seed in this study is highly comparable to that from raw *Egusi* (4.15%) as reported by Okorie and Abiara (2012) and above the range of 1.5-2.5% recommended for seeds and tubers for animal feed formulation. The fat content of 37.5% obtained from *Hildegardia barteri* seed in this study is lower than that obtained in *Egusi* seed 55.3% (Okorie & Abiara, 2012) and peanut 47.00 + 0.03% (Atasie, Akinhanmi & Ojiodu, 2009), but however, too high compared with 27.15±0.05% obtained for soybean flour (Tharise & Nurminah, 2014). The protein content of 17.5% is lower than 28.35% of *Egusi* (Okorie & Abiara, 2012). This value does not compare favourably with the 38.61+0.07% crude protein in groundnuts (Atasie, Akinhanmi & Ojiodu, 2009). The 6.5% crude fibres contained in *Ufuku* seed is higher than that in *Egusi* 3.05% (Okorie & Abiara, 2012) and lower than 3.7 + 0.03% obtained in groundnuts (Atasie, Akinhanmi & Ojiodu, 2009).

The proximate composition of *Ufuku* seed suggests that this unconventional plant seeds are of significant nutritive value and therefore can be used as sources of nutrients and may have the potential of broadening the present narrow food base in the tropical regions if given research attention. Antinutrients, though present, were not in appreciable amounts. However, occurrence of antinutrients in plant food is a notable disadvantage for their utilization if unprocessed. Consequently, plant foods have been traditionally processed for human consumption in various ways such that toxicity is largely eliminated. For example, phytohaemagglutinins and trypsin inhibitors (TIs) are heat labile and as such are readily destroyed by treatment of plant material with moist heat or autoclaving, dry heat being less effective. Levels of oxalates, tannin, nitrate/nitrite and various other antinutrients in food may be reduced by soaking and/or boiling in water, toasting and by fermentation (Onyeike, 2012). The elimination of antinutrients in *Hildegardia barteri* seed through processing will improve the organoleptic properties of its food products and improve its acceptability.

The organoleptic properties of food are the aspects of food or other substances as experienced by the senses, including taste, sight, smell, and touch, in cases where dryness, moisture, and stale-fresh factors are to be considered. According to Eze and Davidson (2010) organoleptic properties of foods affect consumption pattern and acceptability of food. This study aims at evaluating the organoleptic properties of soup prepared from Ufuku seeds and its possible replacement of *Egusi* soup in Nigerian homes.

Purpose of the study

The main objective of this study was to evaluate the organoleptic characteristics of soup prepared from *Ufuku* seed. Specifically, the study;

1. Prepared soup with Ufuku (*Hildegardia barteri*) seed
2. Compared the organoleptic characteristic of soup prepared from Ufuku seed with melon (*Egusi*) soup.

Hypothesis

Ho: There is no significant difference on the organoleptic characteristic of soup prepared from Ufuku seed with melon (Egusi) soup.

METHODOLOGY

Materials used

Hildegardia barteri seeds used in this study were gathered from three (3) Hildegardia barteri trees in Michael Okpara University of Agriculture, Umudike, Abia State. All ingredients for the preparation of soups were purchased from the Umuahia main market, Abia State, Nigeria.

Sample preparation

The seeds were dehusked manually and allowed to dry in the sun. Then, the seeds were cleaned to remove sand particles from the husk, sorted to remove stones and mouldy seeds. Five (5) cups of this cleaned seeds were ground to fine particles using a corona traditional corn mill and stored in an airtight container.

Preparation of *Ufuku* seed soup

Ingredients	Quantity
Ground <i>Ufuku</i> seed	600g
Ground <i>osu</i> (<i>Pleurotus tiber reguium</i>)	½ cup
Beef	500g
Stock fish	250g
Crayfish	50g
Palm oil	½ cup
Onion	50g
Vegetable (ukazi)	30g
Fresh pepper	25g
Salt	15g

Method of preparation

1. The ground *osu* and 400g *Ufuku* seed were blended together by pounding, adding small quantity of warm water to form a hard paste. The paste was rubbed till oil starts coming out of it.
2. The paste was then formed into small balls (*mgbam*), added to already boiling water and cooked till the insides of the *mgbam* are clear.
3. Meat and stockfish were washed, seasoned and boiled until tender.
4. Meanwhile, the vegetable and onions were washed and shredded; fresh pepper was washed and ground into paste.
5. Palm oil and 50ml water were heated in a saucepan to boiling, then the remaining ground *Ufuku* seed was added to the boiling mixture and stirred till the oil mixes well and the water thickened.

6. The cooked meat and stockfish with their stock and the *mgbam* were added to the mixture in the saucepan covered and simmered for another 10 minutes, and was stirred occasionally.
7. The shredded vegetables were added, the soup stirred and simmered till the vegetables were tender.
For *Egusi* soup, the ground *Ufuku* seed was replaced by ground melon seed and the same procedure was taken to prepare the soup.

Organoleptic evaluation

Instrument of data collection

The instrument for data collection in this study was a descriptive 9-point hedonic scale validated by experts in the field of Home Economics in Michael Okpara University of Agriculture, Umudike. The validated questionnaire was made up of sensory evaluation for the following attributes – taste, colour, texture, flavour and general acceptability. A score of 9 represents extremely liked and 1 extremely disliked. Alphabet codes of M and N were assigned to Ufuku seed soup and Egusi soup.

Panel of judges

The population was made up of the entire students of the College of Applied Food Sciences and Tourism, Michael Okpara University of Agriculture, Umudike. A sample of 20 students were purposefully drawn from 3rd year to final year students who have better knowledge of foods and sensory evaluation and give better interpretation on what would be required of them.

Statistical analysis

The means of sensory ratings were statistically analysed using the t-test and significance was accepted at p

Sensory characteristics	Sample M	Sample N	t-value (p-value)
Colour	1.85 ± 0.75	3.25 1.45	3.85 (0.004)
Flavour	2.10 0.85	3.75 1.92	3.52(0.001)
Texture	2.60 1.23	3.65 1.46	2.46(0.019)
Mouth feel	2.25 0.97	4.40 2.19	4.02(0.003)
Taste	2.10 0.85	4.75 2.17	5.08 (0.000)
General acceptability	2.30 0.98	4.80 1.90	5.21 (0.000)

Sample M – *Ufuku* Seed soup

Sample N – Egusi (melon seed) soup

Number of replicates = 25

Scores are based on a nine point hedonic scale rating

Values are Means ± SD

The results of the sensory scores in quality attributes of the samples M (Ufuku seed soup) and N (Egusi soup) in terms of colour, flavour, texture, mouth feel, taste and general acceptability are given in Table 1. The sensory evaluation results indicated that there was a significant difference between the mean ratings of Ufuku seed soup (sample M) and Egusi soup (sample N) at p<0.05 in colour, flavour, texture, mouth feel, taste and general acceptability. The researcher observed that the characteristic flavour of the Ufuku seed was still evident in the soup even after cooking. This characteristic flavour is a bit unpleasant and new to some panellists. This contributed to the lower scores awarded to sample M soup by panellists. Also, the *mgbam* in sample N formed better than the *mgbam* in sample M. The texture and mouth feel of the soup is determined by the *mgbam* and the panellists reported that of sample M as too smooth and sticks to the gum and preferred that of sample N which has a rough texture, larger and do not stick to the gum. Furthermore, the panellists described

sample M as having a bland taste. This could be that the panellists are used to the taste of sample N (*Egusi* soup) as this soup is as opined by Kayode, Okafor, Adeyoju, Etoamaihe and Ozumba (2008), is the most popular soup eaten in Nigeria and its taste is regarded as standard by the panelists.

CONCLUSION

The study has shown that *Ufuku* (*Hildegardia barteri*) seed soup organoleptic characteristics –colour, flavour, texture, mouth feel, taste and general acceptability - did not compare favourably with that of *Egusi* (melon) soup. The largest disparity is seen in its mouth feel and taste between the soups. Although this underutilized oil seed from literature is rich in nutrients, it could not replace *Egusi* seed in soups in the cuisines of Nigerian homes.

Recommendations

Nutrient composition of *Ufuku* (*Hildegardia barteri*) seed is very significant for culinary uses. The researcher recommends therefore, that other processing techniques like soaking, blanching and even roasting should be used in preparing *Ufuku*. Furthermore, composites of different levels of *Ufuku* seed and melon should be used to prepare soup as this might improve its acceptability. Also, *Ufuku* seeds should be further processed as it could be of interest in areas where melon seed, peanut and its related products and other oilseeds found useful applications.

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DESTINATION SERVICES AND TOURISM PATRONAGE IN OSOGBO, OSUN STATE.

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ABSTRACT

The study examined the influence of destination services on tourism patronage in Osogbo, Osun State, Nigeria. A purposive sampling technique was employed to select 180 tourists, who were 18 years and above and were not resident in Osogbo, in Osun State. The study relied on primary data which was collected through self administered questionnaire. Data were described using frequency count, percentage and mean. Hypotheses were tested using correlation analysis to determine the significant relationship between destination services and tourism patronage while ANOVA was also employed to determine the significant difference between male and female tourists based on destination services. Findings revealed that accommodation ranked first among other destination services with a mean of 15.85. Also, majority of the respondents have patronized Osogbo on 1-3 tours (67.1%) and have spent less than a day on each tour (78.1%). The findings revealed further that only accommodation ($r = -0.191, p < 0.05$) had a negative significant relationship with tourism patronage while food and beverages ($r = -0.042, p > 0.05$), local cuisines ($r = -0.041, p > 0.05$), transport ($r = 0.068, p > 0.05$), information ($r = 0.024, p > 0.05$), tour guide ($r = -0.017, p > 0.05$), recreation ($r = -0.029, p > 0.05$), shopping ($r = 0.043, p > 0.05$), and cultural entertainment ($r = 0.045, p > 0.05$) had no significant relationship with tourism patronage. Also, there was no significant difference ($F = 1.015, p > 0.05$) between male and female tourists based on destination services. Based on the findings, the study recommended that future studies should deepen their findings by analyzing the relationship between Osogbo's destination services and tourism patronage using accommodation outlets in the study area.

Keywords: Destination services, Tourism in Osogbo, Tourism patronage pattern, Tourism Offerings.

INTRODUCTION

Tourism has become increasingly important to communities around the world and the need to make it sustainable has also become a primary concern of all the stake holders (Richard & Hall, 2000). The growth has therefore increased considerably such that nations all over the world strived to develop one thing or the other in order to attract tourists (Mowford & Munt, 1998). What therefore makes the difference of course is the way tourism facilities are packaged for both local and international consumption (Ajala, 2008). In Nigeria though, the national economy is essentially petroleum-driven and tourism does not play a significant role in the economy (Olugbamila, 2005), Osun State on the other hand promotes cultural tourism through festivals and celebrity (Enemuo, 2012). Meanwhile, the state is equally blessed with natural resources which are natural phenomena that are usually of interest to tourism worldwide and which if developed, will help to generate employment for the people and boost the local economy (Emmanuel, 2005). Some of the popular tourist centers that abound in Osogbo, the state capital of Osun are the Osun Grove (a UNESCO World Heritage Site and the venue of the internationally recognized Osun Osogbo Festival), the Mbari-Mbayo Cultural

Heritage, Idi-Baba Cultural Centre, Adunni Susuan Wenger's Centre and Nike Arts Gallery. Also, patronage to tourism centres has been very low in developing countries (Ogunbodede, 2012). To a large extent, tourists in some cases are not aware of the richness of such centres as publicity through prints and visual media are absent (Ogunbodede, 2012). Potential tourists therefore may not be fully harnessed, if they are not aware of the location and richness of tourist centres. Today, travel destinations now entice event tourists through various tourism offerings, such as quality of accommodation, leisure and nightlife entertainment, lower cost of travel and lower event admission fees, exotic food, and other destination-specific tourism products (Getz, 2007). In addition, these destination services have been widely acknowledged as travel incentives and play a central role in destination selection (Chacko & Fenich, 2000; Fenich, 2001; Comas & Moscardo, 2005; DiPietro, Breiter, Rompf & Godlewska, 2008).

Tourism destination is a country, state, region, city or town which is marketed or markets itself as a place for tourists to visit (Holloway, 2006). Also, it is an area or resort with facilities and services that meet the need of the tourist, and may contain one or more tourist attractions. Therefore, destination services refer to the products or services offered by the various businesses in a destination. Multiple attractions provide added value and will improve the chance of a successful destination (Zhou, 2005). However, the long term success of tourist destinations will be significantly enhanced if the benefits they offer are unique. It is worthwhile to note that the more benefits a place can offer, the greater the attraction of the destination. Thus, prosperity of a destination's tourism is highly related to its provision of numerous ancillary services (Dwyer & Kim, 2003). In fact, tourism, by itself, can be deemed as a service industry. Services exist in the whole processes of a tourist's visitation, such as in transportation, shopping, diet, accommodation, and administration (Zhou, 2005). Provision of reliable and responsive visitor services can significantly enhance a destination's competitive advantage. Research shows that the range of services is the main characteristic in growth or decline of most destinations (Haber & Lerner, 1998).

Generally, services of a destination can be evaluated by its quality, especially the quality perceived by tourists. If a tourist receives low-quality services at a destination, and becomes dissatisfied with the trip, the future re-visitation to the destination might be in doubt (Chadee & Mattsson, 1996 cited in Zhou, 2005). On the other hand, a good quality of services received by a tourist may increase the perception of 'trip-value', and in turn, increase the tourists' likelihood to visit the destination again and recommend the destination to other people. Thus, service is an important characteristic for a destination to attract more tourists. According to the report of European Communities (2003), the majority of tourists make use of the transport services in the destination at some point during their holiday and encouraging tourists to make more use of collective transport is a means of reducing traffic congestion and improving ambient air quality. Also, accommodation is arguably the single most important ingredient of any holiday. However, the quality of the accommodation and transport services has to meet the tourists' expectations or this can cloud the rest of the holiday, especially the quality of accommodation. In addition, information is another destination service and it involves the availability of Tourist Information Centres (TICs) which are an important communication point between the tourist and the tourism industry in many destinations, forming a market place where the tourist services in the destination, primary places to visit, can be advertised to the tourists. In reporting eating and drinking as part of destination services, the European Communities (2003) revealed that most tourists find their ways into a restaurant or cafeteria during their holidays, and many dine at the services provided by the accommodation where they are staying. Therefore, there has to be a satisfactory choice of eating and drinking establishments in the destination, and they should be of sufficient quality. More so, some tourists are relieved to find the food that they eat at home is available when they are on holiday, however, the importance of providing a range of traditional local cuisine to tourists cannot be overemphasized. This serves to maintain traditions and identity and can even boost sales of local agricultural produce and fresh fish caught locally. Furthermore, activities as part of destination services are an important part of holiday products in

most market segments. The provision of things to do in the destination should meet the tourists' expectations, and be of a sufficient quality (European Communities, 2003). Owing to tourism's rapid and continuing growth and associated contributions, it is not surprising that the competition of attracting tourists is getting keener (Zhou, 2005). Research shows that the range of services is the main characteristic in growth or decline of most destinations (Haber & Lerner, 1998). Also, a good quality of services received by a tourist may increase the perception of 'trip-value', and in turn, increase the tourists' likelihood to visit the destination again and recommend the destination to other people. Thus, service has been identified an important characteristic for a destination to attract more tourists. Therefore, based on the importance of destination services, this study examines the role of destination services in attracting tourists to Osogbo as a destination.

Objectives of the study

The main objective of the study is to assess the destination services and tourism patronage in Osogbo, Osun State. The specific objectives are to:

- i. assess the various destination services in Osogbo; and
- ii. assess the tourism patronage pattern of the tourists.

Hypotheses of the study

Therefore, the study was based on the following hypotheses:

Ho1. There is no significant relationship between destination services and tourism patronage.

Ho2. There is no significant difference between male and female tourists based on destination services.

METHODOLOGY

The study was carried out in Osun Grove, Osogbo in Osun State of Nigeria. The annual Osun Osogbo Cultural Festival that usually comes up in August is held along the banks of the Osun River bearing in Osun Grove and it attracts thousands of devotees from across the country and beyond. Visitors at the festival include nationals of Brazil, Cuba, Trinidad, Grenada, and other nations in the United States of America. Osun Grove, the shrine of the annual rites of the deity was declared a World Heritage Site in 2005. Therefore, the study area was purposefully selected based on its international reputation and relative high patronage.

The 9 items related to destination services were derived from the report of European Communities (2003) and the study of Zhou (2005) supported by Getz (2007). The services were further classified into 2, namely; Basic Destination Services (Accommodation, Food and Beverages, Local Cuisines, Transport) and Adjunct Destination Services (Information, Tour Guide, Recreation, Shopping, Cultural Entertainment). Also, each item response categories ranged from “strongly disagreed” to “strongly agreed”. Thus, a quantitative analysis method was adopted to measure the nine (9) destination services and tourists' patronage pattern by assigning numerical values to the various categories. That is, “strongly agreed” was assigned “4” while “strongly disagreed” was assigned “1”. As the study was based on demand side to expose the tourists' perception of the destination services, a descriptive research design was employed in the study. Primary data were collected from 180 purposefully selected tourists (tourists that were not less than 18 years old and were not resident in Osogbo) at Osun Grove in Osogbo by using a structured questionnaire. The reliability of the study was further improved by carefully managing the valid questionnaire; those questionnaires which were perfunctorily finished or contained answers with clear irregularities were discarded as invalid questionnaires. Hence, only 155 questionnaires were considered valid and analysed.

The valid data collected were described using descriptive statistical tools such as frequency counts and percentages. Also, the hypotheses were tested with the use of correlation analysis and Analysis of Variance (ANOVA).

RESULTS AND DISCUSSION

Table I: Socioeconomic characteristics of respondents (n = 155)

Variables	Frequency	Percent (%)
Age in years		
18 – 25	86	55.5
26 – 33	41	26.5
34 – 41	14	9.0
42 and above	14	9.0
Sex		
Male	87	56.1
Female	68	43.9
Marital status		
Single	117	75.5
Married	35	22.6
Others	3	1.9
Religion		
Christianity	127	81.9
Islamic	26	16.8
Traditional	2	1.3
Nationality		
Nigerian	150	96.8
Non-Nigerian	5	3.2
Ethnicity		
Yoruba	111	71.6
Hausa	2	1.3
Igbo	19	12.3
Others	23	14.8
Highest level of education		
SSCE/WAEC/GCE	9	5.8
Diploma/OND/NCE	15	9.7
Higher National Diploma (HND)	37	23.9
First Degree	61	39.4
Occupation		
Student	106	68.4
Civil Servant	10	6.5
Private Employee	37	23.9
Unemployed	2	1.3
Monthly income		
Less than ₦20,000	76	49.0
₦20,000 - ₦40,000	39	25.2
₦41,000 - ₦60,000	14	9.0
₦61,000 and above	26	16.8

Source: Field Survey, 2013

The results in Table I indicated that sex of the respondents was not evenly distributed, with 56.1% being male and 43.9% female. More so, majority (82.0%) of the respondents was within the middle age group, that is, 55.5% were between the ages of 18 and 25 years; this is due to the fact that today's generation of young people are more informed, more mobile and more adventurous than ever before (UNWTO, 2011). This explained why the marital status of the visitors was largely single (75.5%) and other marital statuses (1.9%) such as widowed, divorced and separated were the smallest. Majority (96.8%) of the respondents were Nigerians while only 3.2% were Non-Nigerians.

Furthermore, the visitors were classified into ethnic groups: Yoruba (71.6%) being the dominating group (may have been attributed to the location of the study) was followed by other ethnic groups (14.8%) such as Ijaw, Itsekiri, Efik, Fulani and Non-Nigerian; Igbo (12.3%); and Hausa (1.3%) being the smallest of the total visitors. The largest number of the visitors practised Christianity (81.9%) while only a few were Muslims (16.8%) with Traditional religion (1.3%) being the smallest fraction.

The results further showed that a larger percentage of the respondents had a tertiary education (73.0% had a degree equivalent to a Bachelor – HND and First Degree) and the majority of them were students (68.4%) or employed (21%). However, the majority (74.2%) of the visitors were within the lowest income level, that is, 49% earned less than N20,000 and 25.2% earned N20,000 – N40,000. This was partly due to the fact that many of them were students (68.4%) and some of the visitors were private employees (23.9%) who might have been self employed.

Table II: Distribution of respondents on basic destination services
n = 155

	Strongly Agreed F (%)	Agreed F (%)	Disagreed F (%)	Strongly Disagreed F (%)	Mean
Accommodation					15.85
Accommodation facilities like hotel, hostel etc are available in Osogbo	49 (31.6)	63 (40.6)	30 (19.4)	13 (8.4)	
The rooms are comfortable and well furnished	54 (34.8)	73 (47.1)	23 (14.8)	5 (3.2)	
There are varieties of room categories	62 (40.0)	86 (55.5)	6 (3.9)	1 (0.6)	
The rooms are clean	59 (38.1)	86 (55.5)	8 (5.2)	2 (1.3)	
Price of room is relatively low	50 (32.3)	79 (51.0)	19 (12.3)	7 (4.5)	
Food and Beverages					12.63
Restaurant, canteens etc, where to buy food and drinks, are available in Osogbo.	58 (37.4)	71 (45.8)	21 (13.5)	5 (3.2)	
Food and drinks in Osogbo are of wholesome quality	77 (49.7)	64 (41.3)	11 (7.1)	3 (1.9)	
Price of food and drinks in Osogbo is relatively low	71 (45.8)	64 (41.3)	17 (11.0)	3 (1.9)	
There are varieties of food and drinks in Osogbo	36 (23.2)	59 (38.1)	48 (31.0)	12 (7.7)	
Local Cuisines					5.555
Traditional food are available in Osogbo	29 (18.7)	63 (40.6)	44 (28.4)	19 (12.3)	
Price of traditional food in Osogbo is relatively low	34 (21.9)	79 (51.0)	34 (21.9)	8 (5.2)	
Transport					11.35
Transport facilities such as buses, cabs and train are available in Osogbo	49 (31.6)	63 (40.6)	30 (19.4)	13 (8.4)	
Commercial motorcycle services 'Okada' are available in Osogbo.	43 (27.7)	73 (47.1)	25 (16.1)	14 (9.0)	
Transport facilities in Osogbo are of high quality.	14 (9.0)	56 (36.1)	58 (37.4)	27 (17.4)	
Transport fare in Osogbo is relatively low.	57 (36.8)	66 (42.6)	22 (14.2)	10 (6.5)	

Source: Field Survey, 2013

The results in Table II revealed that accommodation had the highest mean value (15.852) and ranked first. Hence, majority (72.2%) of the tourists agreed that there were accommodation facilities such as hotels, hostels etc in Osogbo while only 27.8% disagreed. Also, majority (95.5%) of the tourists agreed that there were varieties of room categories in those accommodation facilities, comfortable and well furnished (81.9%), clean (93.6%) and of relatively lower price (61.9%).

The table also revealed that food and beverages ranked second with the mean of 12.639 and majority (83.2%) of the tourists agreed that restaurant and canteen where to buy food and drinks were available in Osogbo and the food and beverages being sold were of wholesome quality (91%) at relatively lower prices (87.1%). Also, there were varieties of food and drinks (61.3%). In addition, it was revealed that local cuisine ranked ninth with the mean value of 5.555 and traditional food was available in the destination (59.3%) and was of relatively lower price (72.9%).

Also, transport ranked third with the mean value of 11.355 and according to the response of the majority of the tourists, there were transport facilities such as bus, train etc in Osogbo (72.2%), there were commercial motorcycle services (74.8%), those facilities were not of high quality (54.8%) and the transport fares were relatively low (79.4%).

Table III: Distribution of respondents on adjunct destination services n = 155

	Strongly Agreed F (%)	Agreed F (%)	Disagreed F (%)	Strongly Disagreed F (%)	Mean	Rank
Information					5.807	6
There is an information centre for tourist's attractions in Osogbo	50 (32.3)	79 (51.0)	19 (12.3)	7 (4.5)		
Information about Osogbo and its attractions is easily accessible	29 (18.7)	67 (43.2)	42 (27.1)	17 (11.0)		
Tour Guide					5.671	8
There are tour agencies in Osogbo.	24 (15.5)	87 (56.1)	34 (21.9)	10 (6.5)		
There is a tour guide attached to this tour.	29 (18.7)	86 (55.5)	30 (19.4)	10 (6.5)		
Recreation					6.536	4
There are facilities for games/sports (stadium, snooker, ayo etc) in Osogbo	64 (41.3)	80 (51.6)	10 (6.5)	1 (0.6)		
Recreational facilities are in good condition.	56 (36.1)	77 (49.7)	19 (12.3)	3 (1.9)		
Shopping					6.374	5
There are markets in Osogbo	52 (33.5)	82 (52.9)	18 (11.6)	3 (1.9)		
There are shopping malls in Osogbo	55 (35.5)	80 (51.6)	15 (9.7)	5 (3.2)		
Cultural Entertainment					5.677	7
There is an accompanied cultural display in Osogbo	44 (28.4)	77 (49.7)	25 (16.1)	9 (5.8)		
There are cultural events in Osogbo	26 (16.8)	69 (44.5)	43 (27.7)	17 (11.0)		

Source: Field Survey, 2013

The results in Table III revealed that information ranked sixth with the mean value of 5.807 and majority (79.3%) of the tourists agreed that there was an information centre for tourism attractions in Osogbo while only 20.7% disagreed. Also, majority (54.2%) of the tourists disagreed with the statement that “Information about Osogbo and its attractions is easily accessible”. Therefore, though there was an information centre in Osogbo, the information about Osogbo and its attractions was not easily accessible.

The table also revealed that majority (74.8%) of the tourists agreed that there were tour agencies in Osogbo and there was a tour guide attached to the tour (70.9%). More so, tour guide ranked eighth with the mean value of 5.671 among the available destination services.

In addition, recreation ranked fourth with the mean value of 6.536 and majority (78.1%) of the tourists agreed that facilities for games/sports were available in the destination and those facilities were in good condition (61.3%). Also, shopping ranked fifth with the mean value of 6.374 and majority (76.2%) of the tourists agreed that there were markets and shopping malls (75.5%) in Osogbo

According to the response of the majority of the tourists, there was an accompanied cultural display in Osogbo (85.2%) as well as cultural events in the destination (83.2%). Hence, cultural entertainment ranked seventh with the mean value of 5.677.

Table IV: Distribution of respondents by patronage pattern n=155

	Frequency	Percent (%)
Frequency of patronage of Osogbo as a destination in your lifetime		
1 - 3 tours	104	67.1
4 - 6 tours	35	22.6
7 tours and above	16	10.3
Average interval of stay when you patronize Osogbo as a destination		
Less than 1 day	121	78.1
1 – 2 days	19	12.3
More than 3 days	15	9.7

Source: Field Survey, 2013

Table IV revealed that majority (67.1%) of the respondents have patronized the destination 1 – 3 times in their lifetime, 22.6% have patronized 4 – 6 times in their lifetime while 10.3% have patronized 7 times or above in their lifetime. This implied that majority of the respondents did not patronize Osogbo as a destination frequently.

Also, Table IV revealed that majority (78.1%) of the respondents spent less than 1 day on tour when they patronized the destination, 12.3% stayed for 1 – 2 days on tour while only 9.7% spent more than 2 days on tour. This corroborated the results of patronage frequency that majority of the respondents did not patronize Osogbo as a destination frequently.

Test of Hypotheses

Ho1. There is no significant relationship between each of the destination services and tourism patronage.

Table V: Relationship between Destination Services and Tourism Patronage (n = 155)

Variables	r	r ²	P-value	Decision
Accommodation	-0.191**	0.036	0.017	S
Food and Beverages	-0.042	0.002	0.603	NS
Local Cuisine	-0.041	0.002	0.611	NS
Transport	0.068	0.005	0.403	NS
Information	0.024	0.001	0.771	NS
Tour Guide	-0.017	0.001	0.834	NS
Recreation	-0.029	0.001	0.724	NS
Shopping	0.043	0.002	0.594	NS
Cultural Entertainment	0.045	0.002	0.582	NS

**Correlation is significant at the 0.05 level

Table V showed that among the nine destination services, only accommodation had a significant relationship with tourism patronage ($r = -0.191$, $p < 0.05$). Considering the negative relationship, the findings therefore revealed that a decrease in availability of accommodation resulted in increased tourism patronage. The result is in contrast with the report of the European Communities (2003) that stated that “accommodation is arguably the single most important ingredient of any holiday”.

Ho2. There is no significant difference in the perception of destination services between male and female tourists.

Table VI: Analysis of variance (ANOVA) showing mean difference between male and female tourists based on destination services.

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	96.175	1	96.175	1.015	0.315
Within Groups	14498.379	153	94.761		
Total	14594.555	154			

The results of ANOVA in Table VI showed that there was no significant difference between male (mean= 76.161) and female (mean= 74.574) tourists based on destination services ($F = 1.015$). Therefore, both sexes viewed destination services from the same perspective.

CONCLUSION

The findings revealed that there was a significant relationship between the availability of accommodation and tourism patronage in Osogbo though the relationship was negative. This implies that tourists tend to visit Osogbo as availability of accommodation reduces and vice versa. Also, it was revealed that both the male and female tourists viewed the destination services from the same perspective. Therefore, regardless of the sex of the tourist, he/she is more likely going to visit Osogbo as availability of accommodation decreases in Osogbo.

RECOMMENDATIONS

Considering the previous researches on destination services and tourism patronage, the findings of the study is therefore relatively unusual. Thus, based on the findings of the study that only accommodation among nine destination services had a significant and negative relationship with tourism patronage, future studies are recommended to deepen their findings by analyzing the relationship between Osogbo's destination services and tourism patronage using accommodation outlets as the study area.

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MOTHER-CHILD BOND AND EMOTIONAL DEVELOPMENT AMONG UNDERGRADUATE STUDENTS IN FEDERAL UNIVERSITY OF AGRICULTURE, ABEOKUTA, NIGERIA

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ABSTRACT

This study investigates the mother-child bond and emotional development of undergraduate students from Federal University of Agriculture, Abeokuta. Random sampling technique was employed to select 150 respondents from the Federal University of Agriculture Abeokuta, Ogun State. Questionnaire developed by the authors was used in collecting data for the study and has a validity of 0.81. Data collected were analysed using descriptive statistics and Pearson Product of Moment Correlation (PPMC). Result revealed that 78 respondents (52%) strongly agreed that mother-child conversation builds the maternal bond between the child and the mother. The study indicated that eighty-one respondents (54%) agreed that conversation between mother and child brings about emotional attachment. The study showed that there was strong maternal bond between mother and child and child feel secured when interacting with the mother. Result further showed that there was significant relationship between emotional balance and strong maternal bond. The findings of this study indicated that mothers discuss their past emotions with children as it is significant to child's emotional development. The study recommended the creation of strong attachment bond between mother and child in the early life of the child as this will enhance the emotional development of the child.

Keywords: Mother-child, bond, emotion, development

INTRODUCTION

During the early years of life, children undergo major developmental changes across a range of domains. In particular, the entry into “formal language” is one of the most heralded achievements of early development. Language enables children to share meanings with others, and to participate in cultural learning in unprecedented ways. Moreover, language is foundational to children's school readiness and achievement. For these reasons, a vast body of research has been dedicated to understanding the social-contextual factors that support children's early language learning. This work is also central to practitioners, educators and policy makers who seek to promote positive developmental outcomes in young children (Tamis-LeMonda & Rodriguez, 2009). What helps in the development of parent to child conversation or mother to child conversation is communication (Laguttuta, K., and Wellman, H., 2002)

Bowlby's evolutionary theory of attachment suggests that children come into the world biologically pre-programmed to form attachments with others, because this will help them to survive (McLeod, 2007). Bowlby was very much influenced by ethological theory in general, but especially by Lorenz's study of imprinting. Lorenz showed that attachment was innate in young ducklings and therefore has a survival value. He believed that attachment behaviors are instinctive and is activated by any condition that seems to threaten the achievement of proximity, such as separation, insecurity and fear (Thompson, 2006).

During the evolution of the human species, it would have been the babies who stayed close to their mothers who would have survived to have children of their own and Bowlby hypothesized that both infants and mothers have evolved a biological need to stay in contact with each other. These attachment behaviors initially function like fixed action patterns and all share the same function. The infant produces innate 'social releaser' behaviors such as crying and smiling that stimulate care giving from adults. The determinant of attachment is not food but care and responsiveness (Bowlby, 1969) Parents intervene both proactively and reactively to manage children's emotions with their coaching of self-regulatory strategies (Thompson and Meyer, 2007). Research reveals the infant/adult interactions that result in a successful, secure attachment, are those where both mother and infant can sense the other's feelings and emotions. In other words, an infant feels safe and understood when the mother responds to their cries and accurately interprets their changing needs. Unsuccessful or insecure attachment occurs when there is a failure in this communication of feelings. Parents talk more frequently with young children about negative than positive emotions and have more complex discourse with them about negative feelings, perhaps because negative emotions are more perplexing to young children and are more often the targets of regulatory efforts (Laguttuta and Wellman, 2002). If adults misconstrue a child's feelings in the immediate context or when retrospectively reminiscing with the child, it can potentially contribute to young children's mislabeling of their emotional experience, blending of the adult's emotional attribution with their own, or confusion about what they truly felt (Denham, Bassett and Wyatt, 2007). Good communication skills in a family may build self-esteem, because a child learns of his capabilities from what his family tells him of himself. As the parent becomes more positively engaged with the child, while learning to set firm limits, the relationship and the child's behavior begin to improve (Zisser & Eyberg, 2010).

Statement of problem

During the early years of life, the bond between mother and child may be weak due to poor conversation and non-effective communication within the family. This poor conversation may lead to emotional imbalance in the lives of children especially female children and may be responsible for lack of self-trust.

Also, poor conversation has been known to lead to low self-esteem and self-identity confusion in the lives of children especially adults in the society. Various works (Thompson, 2008; Laible and Panfile, 2009; Volling, Mahoney, and Rauer, 2009) have been done on attachments and emotional regulation of a child but less emphasis was placed on impact of parents and mother-child conversation in the emotional stability of a child.

Therefore, the study seeks to obtain empirical data on the mother-child bond and emotional development of undergraduate students in the Federal University of Agriculture, Abeokuta.

Research questions

Two research questions have been raised to guide the conduct of the study.

1. How strong is the bond between mothers and children in the family?
2. How secured do children feel when interacting with their mothers?

Hypotheses

The following null hypotheses were postulated for the study.

1. There is no significant relationship between emotional balance and strong maternal bond
2. There is no significant relationship between emotional balance and child's security.

METHODOLOGY

The study employed the descriptive research survey design. Random sampling technique was employed in selecting 150 respondents from the nine (9) Colleges in the Federal University of Agriculture, Abeokuta which has a total population of less than thirteen thousand students. Fifteen (15) students were randomly selected from each College except from COLNAS with 30 students because the student's population was higher than other Colleges. The instrument used to obtain

relevant data for this study was developed by the researcher after a review of relevant literature. The questionnaire contains 10 items designed to elicit information on the impact of parental role and mother-child conversation in the emotional development of a child (Mother-Child Bond Questionnaire). The data collected were analyzed using descriptive statistics and Pearson Product Moment Correlation.

RESULTS

Research question I: How strong is the bond between mothers and children in the family? This question was answered with data from respondents' information on how strong the bond between mothers and the children in the family are. Summary is given in Table I.

Table I: Distribution of respondents on bond between mothers and children in the family

S/N	ITEMS	SA	A	D	SD
1.	Mother-child conversation builds the maternal bond between child	78(52.0%)	66(44.0%)	6(4.0%)	0(0%)
2.	Conversation between mother and child brings about emotional attachment	56(37.3%)	81(54.0%)	11(7.3%)	2(1.3%)
3.	Child is happy when the mother is around.	57(38.0%)	72(48.0%)	18(12.0%)	3(2.0%)
4.	Child prefers spending time with friends than mother.	25(16.7%)	58(38.7%)	53(35.3%)	14(9.3%)
5.	Long conversation with the mother builds the maternal bond between mother and child.	50(33.3%)	80(53.3%)	19(12.7%)	1(7%)

Table I shows that 78 respondents (52%) strongly agreed that mother-child conversation builds the maternal bond between child which conforms with the findings of NRC and IOM (2000) that identified how crucial the attachment bond is to a child's development. This form of communication affects the way the child develops mentally, physically, intellectually, emotionally, and socially.

Eighty-one respondents (54%) agreed that conversation between mother and child brings about emotional attachment; the Segal, Glenn and Robinson (2013) study found that the critical aspect of the child–primary caretaker relationship is NOT based on quality of care, educational input, or even the bond of love that develops between parent and infant. Rather, it is based on the quality of the non-verbal communication process that takes place between the mother and the child.

Fifty-three respondents 35.3% disagreed that child prefers spending time with friends than mother which contradicts the findings of Anita (2012) which says that the friendship bonds that children form with their peers can be among the most important and rewarding relationships of their lives and are vital to their development and success in a social world.

Research question II: How secured do children feel when interacting with their mothers? This question was answered with data from respondents' information on how secured children feel when interacting with their mothers. Summary is given in Table II.

Table II: Distribution of respondents on children's feeling of security when interacting with mothers.

S/N	ITEMS	SA	A	D	SD
1.	Mother-child conversation is confidential.	49(32.7%)	83(55.3%)	17(11.3%)	1(7%)
2.	Conversation is used against the child.	12(8.0%)	41(27.3%)	74(49.3%)	23(15.3%)
3.	Child feels comfortable when discussing with the mother about anything.	52(34.7%)	72(48.0%)	24(16.0%)	2(1.3%)
4.	Mother-child conversation is secured due to family structure (monogamous, polygamous etc.)	43(28.7%)	76(50.7%)	22(14.7%)	9(6.0%)
5.	Mother judges child based on what they have discussed.	26(17.3%)	73(48.7%)	38(25.3%)	13(8.7%)

Table II shows that 72 respondents (48%) agreed that child feels comfortable when discussing with the mother as this is significant to child's security, which is consistent to the findings of Laible and Panfile (2009). It showed that mothers in secure relationships would subsequently describe the child's emotions in a manner more consistent with the child's own self-report, reflecting their greater sensitivity to the feelings of offspring. Also, 55.3% showed that mother-child conversation is confidential, 49.3% disagreed that conversation is used against the child while 8.7% strongly disagreed that mother judges child based on the conversation as this is significant to child' security or freedom.

Hypothesis one: There is no significant relationship between emotional balance and strong maternal bond

Table III: Result of Pearson Product Moment Correlation analysis for relationship between emotional balance and strong maternal bond

Variable	Mean	Standard deviation	N	R	P
Emotional Balance	14.8733	2.3324	150	.321	.000
Strong Maternal Bond	15.7133	1.8258			

**Sig. at 0.01 level

It is shown in the above table that there was significant relationship between emotional balance and strong maternal bond ($r=.321^{**}$, $N=150$, $P<.01$). Null hypothesis is rejected. Strong maternal bond had positive significant relationship with emotional balance in the study which corroborates the study of Segal and Jaffe (2013) which states that the mother-child attachment bond shapes an infant's brain, profoundly influencing your self-esteem, your expectations of others, and your ability to attract and maintain successful adult relationships. By learning about attachment, you can build healthier, attuned relationships, and communicate more effectively.

Hypothesis Two: There is no significant relationship between emotional balance and child's freedom/security.

Table IV: Result of Pearson Product Moment Correlation analysis for relationship between emotional balance and child's freedom/security

Variable	Mean	Standard deviation	N	R	P
Emotional Balance	14.8733	2.3324	150	.383**	.000
Child’s Freedom/Security	14.3267	2.1814			

**Sig. at .01 level

It is shown in Table IV that there was significant relationship between emotional balance and child's freedom/security ($r=.383^{**}$, $N=150$, $P<.01$). Null hypothesis is rejected. Child's freedom/security has positive significant relationship with emotional balance in the study which is in line with the study of Robinson et al., (2013) where it was affirmed that the success of this wordless relationship enables a child to feel secure enough to develop fully, and affects how he or she will interact, communicate, and form relationships throughout life. By understanding how you can better participate in this emotional interaction, you can ensure that your child has the best foundation for life.

Discussion of findings

The result obtained from this study shows the impact of mother-child conversation in the emotional stability of a child. The findings indicate that 82.7% agreed that child feels comfortable when discussing with the mother as this is significant to child security, which is consistent to the findings of Laible and Panfile (2009). It showed that mothers in secure relationships would subsequently describe the child's emotions in a manner more consistent with the child's own self-report, reflecting their greater sensitivity to the feelings of offspring. Second, we were interested in how attachment security was associated with the ease with which children would talk with their mothers about an upsetting event in light of the importance of such forums for maternal coaching about emotion regulation (Laible and Panfile, 2009). This study revealed that 81.3% agreed that mother discusses their past emotions with children as it makes it significant to child's emotional balance which corroborates with the research findings of (Thompson and Meyer, 2007) who affirmed that parents also contribute to the development of emotion regulation when they later talk with children about recent experiences involving emotional arousal.

According to Kochanska et al. (2004) who affirmed that attachment security also promotes the child's orientation and attention towards the parent, which causes the child to have a happier mood toward the parent, and leads to more willing compliance as this is in lined with the study, 86.6% agreed that long conversation with the mother builds the maternal bond between mother and child. Researchers emphasize, however, that many factors can hinder parents from providing these kinds of supports. Some parents may be grappling with outside stressors, time and resources constraints, or unfamiliarity with what role they might play. Therefore, parents' involvement and capabilities differ based on their unique contexts (Grolnick, Friendly and Bellas, 2009). But while resources can limit parents' ability to become involved, that should not be taken to mean that their desire to do so is also limited.

Research also revealed that parents in secure attachments may appraise children's feelings and their causes more accurately and insightfully, and thus provide more effective assistance. They may subsequently talk with the child about distressing experiences more thoughtfully and sensitively, and offer greater understanding of useful strategies for managing these feelings. In short, the characteristics associated with attachment security may foster emotion regulation in children in many ways.

CONCLUSION

Parents who value the influence of emotions in their own experience and believe in the merit of acceptance is more likely to be attentive to the feelings of their children. They tend to have secured attachment with the child to enable child's emotional development. The finding of the study showed that children feel comfortable when discussing with the mother as this is significant to their security. It can be concluded from the study that mothers discuss their past emotions with children as it is significant to child's emotional development. Child's freedom/security has positive significant relationship with emotional balance. Other key characteristics of securely attached individuals include having high self-esteem, enjoying intimate relationships, seeking out social support, and an ability to share feelings with other people.

Recommendations

Parents should create a strong attachment bond in the early life of the child as this will enhance the emotional stability of the child in later life. Strong conversation between mother and child should be practiced to enhance the child's identity. Parents should discuss their past emotional experience with children as this supports child's self-emotion regulation. Mothers should be active listeners as this will help them to reflect on what the child has said instead of assuming what they already know which strengthens the security of attachment.

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FACTORS INFLUENCING EFFECTIVE TEACHING OF CLOTHING AND TEXTILES CURRICULUM IN SENIOR SECONDARY SCHOOLS IN EDUCATIONAL DISTRICT IV, LAGOS STATE

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ABSTRACT

This research was designed to determine the factors influencing effective implementation of clothing and textiles curriculum in senior secondary schools in Lagos State. The population for the study consisted of thirteen thousand, three hundred and sixty-five (13,365) students in senior secondary schools in Education District IV, Lagos state. Sample for the study was three hundred and ninety-five (395). Purposive sampling technique was used to choose the schools offering clothing and textiles. Taro Yamane statistical method was used to determine the sample size. A validated questionnaire was used for data collection. Data was analysed using mean. Findings revealed among others that lecture and demonstration methods were the teaching methods mostly used by teachers in teaching clothing and textiles courses (mean=3.51 and 3.02 respectively). Also, many teachers do not commonly use pictures and real objects as instructional materials in teaching clothing and textile courses (mean=2.08 and 1.98 respectively). It was therefore recommended among others that high quality stimulating materials such as computers should be provided and there should be adequate funding for the provision of appropriate instructional materials.

Keywords: Clothing and textiles, curriculum, effective teaching, senior secondary schools

INTRODUCTION

Clothing and Textiles is one of the three major areas of Home Economics taught in Senior Secondary Schools. It is basically skill and activity oriented which when properly taught will equip the learner with saleable skills needed for self-reliance. Arubayi (2009) observed that the value of the quality of instruction in the teaching of Clothing and Textiles in schools to national development and the economic empowerment of individuals is not in doubt. Clothing and Textiles is a lucrative and an interesting aspect of Home Economics which is of inestimable value to society. Anyakoha (2006) sees Clothing and Textiles and related arts as an area of Vocational and Technical Education which enables an individual to acquire the necessary skills, knowledge, abilities and attitudes require to function effectively for the development of self and the society, thus contributing to the economic advancement of the nation.

Clothing is one of the basic needs of man, which influences an individual's health, wellness and status (Ukpore, 2009). Clothing and Textiles is among the elective Home Economics subjects which students are expected to study at the senior secondary school level of education. Arubayi (2003) implied that the aim of Clothing and Textiles is to help learners acquire knowledge, skills and techniques for meeting personal and societal clothing needs. The aim of Clothing and Textiles curriculum at the secondary schools is to teach the learners how to strategically plan and use available resources in his/her environment to improve his/her home, family and societal clothing needs (Osifeso, 2004). Clothing and Textiles in school curricula also provides students with an apprenticeship in clothing, textiles and fashion, which if properly carried out will equip them with strategies for earning income in the future (Mberengwa, 2006). Through the subject, students would be trained for homemaking and employment in textile mills and clothing factories (Wright, 2010). In

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addition, clothing and textile skills are needed not just for the home and classroom, but for the job market.

Students are supposed to learn practical skills which would be useful to them in higher education or enable them get jobs in industries or other formal sectors of the economy. Hence, self-reliance and income generation activities are stressed in Clothing and Textiles (Nhundu, 2007). Arubayi and Obunadike (2011) stated that the teacher has enormous role to play in motivating and imparting knowledge in clothing and textiles to students. The effectiveness of the teacher depends on the application and transfer of technical and professional skills, knowledge and competencies to the learner and the management of the learning environment.

Quigley, Marshall, Deaton, Cook, & Padilla, (2011) asserted that educators are charged with the great challenge and responsibility of engaging students in learning so that they develop the skills and knowledge needed to function in today's world. Questions and concerns abound on how to instil the skills and the values necessary to experience success in the present and in the future. Nwazor (2012) mentioned that there is a need to provide opportunities for students to move beyond being passive recipients of knowledge to become knowledge builders, capable of creative and innovative solutions to problems. Students need to be equipped with the requisite knowledge, skills and dispositions to solve the daunting problems of present age. It is the teacher who imparts the knowledge, skills and competencies to students, and the students acquire these and make meaningful use of them. Hence, the teacher's ultimate task is to influence and facilitate effective learning in students.

Farrant (2010) asserts that the behaviour of teachers in the classroom finally determines the achievement of the goals of education with contention that an effective teacher is the one who adopts and uses techniques that facilitate and enhance learning in students therefore acting like a catalyst actively stimulating learning. The effectiveness of the teacher as seen by Cock and Hughes (2008) depends on the application and transfer of technical and professional skills, knowledge and competencies to the learner and the management of the learning environment. Entwistle (2006) contends that the demand for teaching in secondary schools involves deep-learning processes which require teachers to set clear and precise aims and objectives with better understanding of the knowledge and skills they transfer. Blankenship and Moercher (2009) establish that, instructional strategies and materials that teachers use account for their success. They emphasize that, teachers who use greater variety of instructional technique instructional materials to support their learning are more likely to promote greater learning among students. This suggests that teachers' variability and clarity are what characterize higher degree of students' learning. It is noted that students are expected to have learnt when they have experienced permanent change in their understanding, attitudes, knowledge, abilities and skills. Thus, in every learning situation, the learner should consciously or unconsciously exhibit competence and capabilities which he did not possess prior to the learning experience (Chavhan, 2009 & Wright, 2011). It is evident from the foregoing discussion that, teachers must be knowledgeable, have greater understanding of what students should learn, set clear and achievable aims and objectives, choose and use varieties of appropriate and suitable teaching techniques and materials to achieve effective teaching and learning.

Anyakoha (2006) also observed that clothing and textiles curriculum is wide and demanding, but she urged teachers to use appropriate instructional methods in teaching. Given the students' responses in this study, it appears that Clothing and Textiles teachers' combination of subject matter; understanding and pedagogical skills are unimpressive. Entwistle, (2006) argue that lecture method is the most widely used method of teaching as it is convenient and could reach a larger number of students and provide wider range of information which may not be easily available for students at a given time. However, lecture method makes learning, teacher centred, as it makes teachers the sole participants and directors of the lesson and as a result discouraged learning in students. Brown (2008) affirms the fact that teachers' effectiveness is achieved through a combination of lecture and discussion strategies.

Through demonstration lessons, students are assisted to understand some difficult terms and new techniques thereby making the learning packages real to them. It also motivates students to have the desire to learn many essential skills (Entwistle, 2006). Demonstration must be followed by practical lesson to enable students to conduct and experience things themselves through conversion of the knowledge acquired into practicality. Dearning (2007) emphasizes that practical lesson is geared towards skill acquisition; lecturers should therefore plan their demonstration lessons clearly to capture majority of the objective set for the lessons to promote skill training.

Arubayi (2014) mentioned that funding is the life-wire of any educational programme and the bed rock for any effective acquisition of practical skills. No practical skill can be acquired without the provision of funds for procurement of consumables and non-consumable resource materials. If Clothing and Textiles is to meet the national goals as stipulated in the policy document on Education (2004), the program should be properly funded. Funds are required for the provision of facilities such as classrooms, libraries, laboratories, workshops, furniture and the maintenance of these facilities. The Clothing and Textiles laboratories need equipment suitable for the skill to be acquired in such laboratories. The laboratories need to be equipped with consumables and non-consumables for practical purposes.

Secondary school students' interest and enrolment in Clothing and Textiles as a subject is low. Lemchi (2010) noted that some students have no interest in the subject in Nigeria secondary schools. Attitudes associated with Home Economics in Nigeria appear to affect students' enrolment in Clothing and Textiles as a subject and impact performance in the subject. Owolabi et al. (2010) also indicated that a serious disconnection exists between clothing and textiles training in secondary schools and the needs of the labour market, as students that do not proceed to higher education have been found to be incompetent in the field. Where students consistently perform poorly, the implication is that adequate teaching and learning may have been taken place in schools. The focus of this study therefore is to examine the factors influencing effective teaching of Clothing and Textiles Curriculum in secondary schools in Lagos State.

Purpose of the study

The major purpose of this study was to examine the factors influencing effective teaching of Clothing and Textiles Curriculum in Senior Secondary Schools in Educational District IV, Lagos State. Specifically, the study sought to:

1. examine the different methods of teaching Clothing and Textiles;
2. ascertain the techniques of teaching Clothing and Textiles; and
3. determine the factors influencing effective teaching of Clothing and Textiles in Senior Secondary Schools in Lagos State.

Research questions

The following research questions guided the study:

1. What are the different methods of teaching clothing and textiles adopted by the teachers in Education District IV,
2. What are the techniques of teaching clothing and textiles in senior secondary schools in Education District IV, Lagos State?
3. What are factors influencing effective teaching of clothing and textiles curriculum in senior secondary schools in Education District IV, Lagos State?

METHODOLOGY

Design of the study: The research design adopted for this study was descriptive research design.

Population for the study

The population of this study was the entire Senior Secondary School Three (SSS 3) students in the five schools in Education District IV which is an estimate of thirteen thousand, three hundred and sixty-five students (13,365). The schools were purposively chosen because they offer clothing and textiles subjects. The schools are Federal Science and Technical College, Yaba; Morocco Senior High School; Yaba College of Technology Staff School; St. Finbars College, Yaba; and University of Lagos, Staff School.

Sample and sampling technique

Sample size for the population was three hundred and ninety five (395). This was determined using “Taro Yamane” statistical method of determining sample size. According to Uzoagulu (2011), “Taro Yamane” statistical method of determining sample size is used to determine sample sizes of populations whose numbers/estimated numbers are known. Purposive sampling technique was used to choose the schools offering clothing and textiles. Seventy nine students were chosen from each of the five schools using simple random sampling technique.

Instrument for data collection

A structured questionnaire titled 'Factors Influencing Effecting Teaching of Clothing and Textiles' Curriculum (FIETCTC) developed by the researchers was used for data collection. The questionnaire consisted of two sections. Section A sought for the students' demographic data while section B was based on the purposes of the study. The items in section B were rated on a four point scale as follows: Strongly Agreed (SA) = 4, Agreed (A) =3, Disagree (D) = 2 and Strong Disagree (SD) = 1. The questionnaire was subjected to face validation to ascertain the appropriateness of the questionnaire items. Three Home Economics Lecturers were requested to validate the instrument. The experts were requested to identify and make suggestions for improving the instrument towards meeting the objectives of the study. The experts comments and suggestions were utilized in developing the final instrument for data collection. The reliability of the instrument was done using test-retest method. The validated instrument was tested on Senior Secondary School Students in Education District IV, Lagos State. Twenty copies of the instrument were administered to students in Education District IV, outside the sample of this study. After two weeks, the same students were given same instrument to respond to. Cronbach Alpha method was used in determining the internal consistency of the instruments and it yielded reliability co-efficient of 0.92.

Method of data collection

Data for the study was collected by the researchers with the aid of three research assistants. These assistants were given some training and orientation on the purpose and nature of the study, how to distribute, collect and handle the retrieved copies of the questionnaire. The cooperation of the School Principals, Vice Principals (Academics) and classroom teachers were very helpful as it aided in not disrupting the school lessons. However, a total of three hundred and ninety (390) questionnaires representing 99% of the questionnaires distributed were duly filled and returned.

Method of data analysis

Data were analyzed using mean. Mean ratings from 2.5 and above were considered as agreed upon and accepted while mean ratings of 2.49 and below were considered as disagreed upon and rejected.

RESULTS

Personal data of respondents: Result showed that the teachers in Home Economics Department in the five schools used for the study are all females.

Table I: Mean responses on different methods of teaching clothing and textiles adopted by the teachers

Methods of teaching	Mean	Decision
Lecture method	3.51	Accepted
Discussion method	3.02	Accepted
Demonstration method	2.09	Rejected
Practical	2.01	Rejected
Experiment and laboratory	1.95	Rejected
Field trips	0.98	Rejected

Table I shows the mean responses of the different methods of teaching clothing and textiles adopted by the teachers.

Table II: Mean responses on the techniques of teaching clothing and textiles

Teaching techniques	Mean	Decision
Use of Assignment	2.87	Accepted
The use of instructional/teaching aids while teaching	3.0	Accepted
The use of pictures and magazines while teaching	2.08	Rejected
The use of real objects	1.98	Rejected
Use of sketches, diagrams and pattern illustrations	3.00	Accepted
Use of motivation in the form of praises and corrections	2.97	Accepted
Evaluation processes such as quizzes and practical tests	2.69	Accepted
Use of projects	3.52	Accepted

Table II reveals the mean responses of the teaching techniques adopted by the teachers.

Table III: Mean responses of the factors influencing effective teaching of clothing and textiles in senior secondary schools

Factors	Mean	Decision
Inadequate facilities and infrastructures.	3.76	Accepted
Inadequate time for practical classes	3.48	Accepted
Lack of instructional materials	2.94	Accepted
Inadequate tools and equipment	3.55	Accepted
Inadequate laboratories and workshops.	3.54	Accepted
Lack of well-equipped laboratories	3.00	Accepted
Lack of technology tools and equipment in the schools	3.07	Accepted
Inadequate funding of practical classes	3.45	Accepted
Lack of incentives and subsidized materials for practical classes	3.67	Accepted
Inadequate manpower and specialists in Clothing and Textiles.	3.21	Accepted
Teachers method of teaching	3.00	Accepted
Inadequate clothing and textiles teachers	2.85	Accepted
Irregular power supply for using electronic materials	3.56	Accepted

Table III shows that all the listed factors influencing effective implementation of clothing and textiles in senior schools were agreed upon and accepted.

Discussion of findings

Inferring from Table I, it is evident that lecture method is the most commonly used method (mean=3.51) of teaching clothing and textiles by teachers followed by discussion (mean=3.02) and demonstration methods (mean=2.09). Findings indicated that only very few teachers use practical, laboratory/experiment and field trips for teaching. This finding corroborates Entwistle (2009) that lecture method is the mostly widely used method of teaching as it is convenient and could reach a larger number of students and provide wider range of information which may not be easily available for students at a given time. However lecture method makes learning teacher centred as it makes teachers the sole participants and directors of the lesson and as a result discouraged learning in students. Contrary to this, Brown (2008) stresses the fact that teachers' effectiveness is achieved through a combination of lecture and discussion strategies.

It is also found from Table I that most of the teachers do not use demonstration method for teaching. It must be noted that, in every aspect of clothing and textiles, there should be high level practical lessons as the programme is career and technology oriented. Students are expected to acquire employable skills to make them fit into the fashion and textile industries. Demonstration lessons are very important in this regard, thus, while teachers demonstrate, students see and get to know what is expected of them in the field of their own practice and products development (Brown 2008). Through demonstration lessons, students are assisted to understand some difficult terms and new techniques thereby making the learning packages real to them. It also motivates students to have the desire to learn many essential skills. (Entwistle, 2009). Demonstration must be followed by practical lesson to enable students to conduct and experience things themselves through conversion of the knowledge acquired into practicality. Dearnig (2007) also emphasize that practical lesson is geared towards skill acquisition; as such, teachers should plan their demonstration lessons clearly to capture majority of the objective set for the lessons to promote skill training.

Findings from Table II reveal the responses of the teaching techniques adopted by the teachers. All the items were agreed upon as the techniques used in teaching clothing and textiles courses except items 3 and 4. The table revealed that the teachers do not use real objects as instructional material while teaching. This could minimize the rate of learning among the students. This is in consonance with Anozie (2007) that the extent to which students learn depends often on the teacher and the teaching devices available at his disposal. These teaching devices may include sewing machine and other sewing tools and equipments. In the same view, Arubayi and Obunadike (2011), points out that for clothing and textile courses to be effectively implemented in schools, there should be no instructional hindrances. There should be improved pedagogical skills, availability of funds, adequate teaching techniques, adequate methods in curriculum and teachers should not fail to improvise and utilize appropriate instructional material for learning. Ozioko (2006) posits that clothing and textiles courses can be effectively implemented if governments can modify the educational curriculum in such a way that students can be taught to be creative at an early stage through the provision of appropriate and adequate instructional materials. He further stated that creativity can be inculcated in the individual students by allowing them discover new ways of using existing resources and materials to produce completely new or changed revisions of existing goods and services in clothing and textile and that teachers should teach students how to be self reliant through various tasks and skills in clothing and textile programmes. Brown (2005) attest that the principal stakeholders involved in the teaching and learning activities are the teacher and the learner. It is the teacher who imparts the knowledge, skills and competencies to students, and it is the students' duty to acquire these and make meaningful use of them. Farrant (2010) assert that the behaviour of teachers in the classroom finally determines the achievement of the goals of education with contention that an effective teacher is the one who adopts and uses techniques that facilitate and enhance learning in students therefore acting like a catalyst actively stimulating learning.

Findings from Table III indicated that all the items were agreed upon as factors influencing effective implementation of clothing and textiles courses in senior secondary schools in Lagos state. The mean rating of all the items ranged from 2.85 to 3.76 which is above average. Some of the items on the table revealed teachers as factors capable of influencing effective implementation of clothing and textiles courses. This finding is in agreement with Arubayi and Obunadike (2011) that the teacher has enormous role to play in motivating and imparting knowledge in clothing and textiles to students. They further stated that the effectiveness of the teacher depends on the application and transfer of technical and professional skills, knowledge and competencies to the learner and the management of the learning environment. Also, Quigley, et al (2011) assert that educators are charged with the great challenge and responsibility of engaging students in learning so that they develop the skills and knowledge needed to function in today's world.

Lack of incentives and subsidized materials for practical classes were among the factors influencing effective implementation of clothing and textiles curriculum in senior secondary schools. This is in consonance with Anyakoha (2006) that appropriate instructional methods and materials are capable of bringing about effective implementation of the teaching learning process in clothing and textiles curriculum. Entwistle (2009) is also of the view that demonstration should be followed by practical lesson through incentives and subsidized materials to enable students conduct and experience things themselves through conversion of the knowledge acquired into practicality.

Lack of funding for practical classes through the provision of adequate tools and equipments, well equipped laboratories, adequate facilities and infrastructures and instructional materials were found to be among the factors influencing effective implementation of clothing and textile curriculum in Lagos state. This confirms Arubayi (2014) that funding is the life-wire of any educational programme and the bedrock for effective acquisition of practical skills. In his words “No practical skill can be acquired without the provision of funds for procurement of consumables and non-

consumable resource materials”. According to Arubayi (2014), If Clothing and Textiles is to meet the national goals as stipulated in the policy document on Education (2004), the program should be properly funded. Funds are required for the provision of facilities such as classrooms, libraries, laboratories, workshops, furniture and the maintenance of these facilities. The Clothing and Textiles laboratories need equipment suitable for the skill to be acquired in such laboratories. The laboratories need to be equipped with consumables and non-consumables for practical purposes. In other words, this will bring about effective implementation of clothing and textile curriculum.

Summary

Findings of the study have shown that the implementation of clothing and textiles curriculum in senior secondary schools is beset with a variety of factors. These factors are summarized as curriculum and instructional impediments ranging from inadequate teacher quality and quantity, dearth of stimulating materials, inappropriate teaching methods and techniques, to lack of pedagogical skills among teachers, and lack of funds and incentives.

Under the situations mentioned above, the desired goals of the teaching and learning of Clothing and Textiles can hardly be attained. There is no doubt that Clothing and Textiles, just like other vocational subjects is an expensive programme. The programme is practical oriented, where emphasis is on skills acquisition. Therefore, the desired objectives cannot be achieved without making provision for these basic resources in the right proportion.

CONCLUSION

The study examined the factors influencing effective teaching of clothing and textiles curriculum in Education District IV, Lagos state. Results from the study revealed that lecture and demonstration methods were the teaching methods mostly used by teachers in teaching clothing and textiles courses. Also, many teachers do not commonly use pictures and real objects as materials in teaching clothing and textiles courses. This could minimize the rate of learning among the students. The study showed that all the listed factors influencing effective teaching of clothing and textiles curriculum in senior secondary schools were agreed upon and accepted.

RECOMMENDATIONS

Based on the findings of the study, it was recommended that:

1. Teachers should endeavour to expose students to ways that will assist them to acquire key skills and competences to maximize their potentials for successful employment.
2. Teachers should make their teaching learner centred by using demonstration and practical teaching methods.
3. High quality stimulating materials such as computers should be provided.
4. There should be adequate funding for the provision of appropriate instructional materials.
5. Clothing and Textiles teachers should regularly be sponsored to seminars and workshops.

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A COMPARATIVE ANALYSIS OF THE CHALLENGES FACED BY GOVERNMENT AND SELF-EMPLOYED MOTHERS IN UMUAHIA METROPOLIS OF ABIA STATE: IMPLICATION FOR FAMILY STABILITY.

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ABSTRACT

Working mothers refer to mothers who work outside the home for income, in addition to the responsibilities of raising their families. Working mothers, whether government or self-employed face challenges in balancing career and family life. Consequently, the study sets out to make a comparative analysis of the challenges faced by government and self-employed mothers. Survey research design was employed for the study. The study was guided by four research questions and one null hypothesis. Two hundred (200) respondents made up of 100 self-employed and 100 government employed mothers were randomly selected for the study. Comparative analysis of challenges faced by government and self-employed mothers (CACFGSEM) questionnaire designed and validated by three measurement and evaluation experts from Michael Okpara University of Agriculture Umudike was used for data collection. Mean analysis was used to answer the research questions while t-test statistics was used to test the hypothesis at 0.05 level of significance. The study revealed among others that both self-employed and government employed mothers face challenges. However, the self-employed mothers face greater challenges than government employed mothers. Based on the findings, it was recommended that working mothers should set limits on the time allocated to household chores and ensure effective time management.

Key words: Working mothers, challenges, family, self-employed (SE), government employed (GE).

INTRODUCTION

Traditionally, women were regarded as child bearers, whose activities are usually limited to the home. Recently, the family roles are changing. Women are seen in their large numbers in the work force due to economic necessities. Material inspiration and the necessities of daily life have compelled mothers to work, maintain an effective career and be financially independent (Crawley; 2000). This class of women constitutes working mothers. Women magazine (2001) defined working mothers as mothers who work outside the home for income, in addition to the responsibilities of raising their families. In other words, any woman whether in government paid job or in a private venture, working outside the home to earn money is regarded as a working mother.

Working mothers, whether government or self-employed face challenges in balancing career and family life. Women's reproductive and domestic roles such as house work, food preparation, caring for the young, old and disabled family members is generally perceived to be their primary functions and this restricts them from being productive in their career (Boyede, 2001). Working mothers need to be clear of their priorities. Working mothers juggle work life and home; it is not really easy to cope with the pressure of high stress job and the demands of caring for the family (Wilson, 2006).

Working mothers face some common difficulties which are inevitable and unavoidable. Bringing up the children while working may be strenuous for the modern successful mothers. Today, the modern working mothers are faced with the demand of balancing motherhood and professional advancement. They struggle with two contradictory forces; the need for economic independence and at the same time, they want to be with their children (Romito, 2007). There are many mothers who would like to give up their jobs to spend quality time raising their families. However, lack of necessary finance creates a real barrier and some mothers resume work in order to help maintain the family budget (Edelman, 2002).

Cherlin (2003) observed that diverse challenges can confront working mothers as a result of juggling career and raising of family, especially, when the children are young. Therefore, creating time to be with the family is a major concern for working mothers. When mothers are out working all day, it may be difficult to actually create quality time to be with the family. Kestenbaum (2004) stated that working mothers are constantly involved in the tasks of managing the home which requires full attention from their spouses, children and relatives. He further stated that the primary responsibility of family care often lies on women and as a result, working mothers report high level of anxiety and fatigue. Such task, according to Pezzni (2005) really affects the working lives of mothers.

The modern Nigerian mother has to contend with the problem of being perceived as one who put career needs above that of the family. However, Heiman & Okimoto (2008) observed that the effects of maternal employment on children are sometimes positive and negative. Hence, the need to make a comparative analysis of the challenges faced by government and private working mothers in Umuahia metropolis with the view of recommending solutions to reduce such challenges.

This research work will be of great value to all working mothers exclusively. The study will go a long way to enlighten the working mothers to imbibe home management processes which involve planning, organizing, implementing and evaluating their time and resources. It will also enable the working mothers to maintain balance in the home and work places.

Statement of problem

The challenges faced daily by both the self-employed mothers and government mothers are enormous. For example, most employers do not allow mothers to attend to the needs of their children or family during working hours. The mother who absents herself from work without prior knowledge of the management, may loose part of her salary. Even mothers who engage on private enterprise loses some business deals as a result of not being at their duty post at the appropriate time.

However, the challenges faced by government working mothers and those in private enterprises may differ. For the working mothers to effectively cope with the tasks of looking after the family and the job requirements there is need to carry out a study that compares both groups of working mothers. Presently, no study seems to have been done as to compare the challenges as well as strategies to be adopted to reduce the challenges faced by both government and self-employed mothers.

Purpose of study

This study compared the challenges faced by government and self-employed mothers in Umuahia metropolis of Abia State. Specifically, the study identified some of the challenges faced by these groups of working mothers. It also determined either of the working mothers whose families suffer the effects of these challenges more and which that yield more to the strategies for reducing the challenges.

Hypothesis

There is no significant difference between challenges faced by government employed mothers and self-employed mothers.

METHODOLOGY

The research design used for the study was descriptive survey. The study was carried out in Umuahia Metropolis of Abia State. Umuahia Metropolis is the capital of Abia State and was considered as an area where both government and self-employed mothers are available. A total of 200 working mothers were randomly selected, comprising 100 government and 100 self-employed mothers.

The Researchers Developed questionnaire on the comparative analysis of challenges faced by government and self-employed mothers (QCACFGSEM) was used for data collection. The questions are based on a 4 point scale strongly agree (4), agree (3), disagree (2) and strongly disagree (1).

The instrument was duly validated by three experts in the field of measurement and evaluation while the reliability coefficient of 0.89 was obtained through test re-test method. Copies of the questionnaire (QCACFGSEM) were administered to the respondents by the researchers for completion and the 200 copies were completed and returned.

Mean was used in analyzing the four research questions. Decision rule was based on the result of 2.5 and above as being high and anything below as being low. The hypothesis generated was tested using t-test to identify if significant difference existed in the challenges faced by government and self-employed workers at 0.05 alpha level of significance.

Research question 1: What are the challenges faced by government and self-employed mothers?

Table I: Mean analysis of challenges faced by government employed and self-employed mothers.

S/N	Items	Σ	Government Employed			Σ	Self Employed		
			\bar{X}	SD	Remarks		\bar{X}	SD	Remark
1	Household chores	373	3.55	0.50	Challenge	310	3.10	1.14	Challenge
2	Children's upkeep	329	3.29	0.46	Challenge	360	3.60	0.49	Challenge
3	Time to spend with the family	265	2.65	1.15	Challenge	300	3.00	0.78	Challenge
4	Conflicts in the home	213	2.13	0.91	No Challenge	260	2.60	1.11	Challenge
5	Meeting up with the demands of husbands, children and aged parents	319	3.19	0.87	Challenge	340	3.40	0.92	Challenge
6	Keeping up the hygiene level in the home	263	2.63	1.09	Challenge	280	2.80	0.98	Challenge
7	Making a successful career	269	2.69	1.08	Challenge	294	2.94	0.86	Challenge
8	Meeting up with office demands	319	3.19	0.87	Challenge	288	2.88	1.30	Challenge
9	Worry and stress over who takes care of the children during work hours	293	2.93	1.07	Challenge	320	3.20	0.68	Challenge
10	Low productivity at work place	236	2.36	1.19	No Challenge	220	2.20	1.08	No Challenge
11	Prejudice at work place	206	2.06	0.85	Challenge	215	2.15	1.11	No Challenge

The result of Table I shows that out of the eleven items listed, items 4, 10 and 11 pose no challenges to government employed mothers while items 10 and 11 does not pose a challenge to self-employed mothers. This is because the items that pose challenge to both working mothers have mean values above the cut-off point (2.50) while items that do not pose challenges to them have mean values below the cut-off point.

Research question 2: Which group of the working mothers faces more challenges?

Table II: Mean analysis on the comparison of challenges faced by self-employed and government-employed mothers

S/N	Items	Government employed			Self employed	
		Σ	\bar{X}	SD	Σ	\bar{X}
1	Self-employed mothers have less closer relationship with members of their families than government working mothers.	231	2.31	1.13	305	3.05
2	Self-employed working mothers face more prejudice/discrimination than government working mothers.	213	2.13	1.03	254	2.54
3	Self-employed working mothers manage their home better than government employed working mothers.	177	1.77	0.62	220	2.20
4	Self-employed working mothers provide more enriching home environment than government working mothers.	199	1.99	0.78	225	2.50
5	Self-employed working mothers have more time to spend with their families than government working mothers.	233	2.33	1.20	255	2.55
6	Self-employed working mothers are more relaxed and less stress up than government working mothers.	241	2.41	1.10	215	2.15
7	Self-employed working mothers attend more to the needs of the family than government working mothers	225	2.25	1.01	210	2.10
8	Self-employed working mothers have more peaceful homes than government working mothers.	229	2.29	1.15	202	2.02
Pooled mean		2.19			2.39	

The result on Table II showed that the self-employed mothers with higher pooled mean of 2.39 face more challenges than their counterparts (government employed mothers) with pooled mean of 2.19.

Research question 3: Which group of the working mothers do these challenges have more effect on their families?

Table III: Mean analysis of the effect of the challenges prevalent in the families of working mothers.

S/N	Items	Government employed			Self employed		
		Σ	\bar{X}	SD	Σ	\bar{X}	SD
1	Conflict between spouses.	260	2.60	0.91	294	2.94	1.07
2	Delinquent children.	236	2.36	0.97	245	2.45	0.98
3	Unorganized home.	230	2.30	1.08	272	2.72	1.21
4	Dirty environment.	183	1.83	1.00	295	2.95	1.08
5	Mothers always tired and stressed up.	295	2.95	0.74	331	3.31	0.91
6	Poor family relationship	248	2.48	1.04	304	3.04	1.12
7	Divorce	189	1.89	1.09	278	2.78	1.16
Pooled mean			2.34	0.98	2.39	2.88	1.08

Table IV: Mean analysis of the effective strategies in reducing the challenges of working mothers.

S/N	Items	Government employed			Self employed	
		Σ	\bar{X}	SD	Σ	\bar{X}
1	Time management will enable working mothers to balance motherhood and career.	330	3.30	0.96	352	3.52
2	To achieve balance in the home and workplaces, working mothers should engage the services of house helps.	263	2.63	0.84	260	2.60
3	Working mothers should involve their children in household chores.	359	3.59	0.49	390	3.90
4	Working mothers with kids should register them in well organized day care.	307	3.07	0.82	333	3.33
5	The husband of the working mothers should be very supportive for her to succeed in her career.	389	3.89	0.31	380	3.80
6	Working mothers should engage in part time employment than full time employment.	147	1.47	0.50	204	2.04
7	Working mothers should live within/very close to their working places.	323	3.23	0.42	322	3.22
Pooled mean			3.03			3.20

The result on Table III shows that self-employed mothers have higher pooled mean (2.88) than the government employed mothers (2.34). This shows that the challenges faced by working mothers have more effect on the families of self-employed mothers than government employed mothers' homes.

Research question 4: Which of the two groups of working mothers will these strategies be more effective in reducing the challenges?

Results in Table IV showed that self-employed mothers have higher pooled mean of 3.20 when compared with the government employed mother with grand mean of 3.03. This indicates that the strategies stated on the table are more effective in reducing the challenges of the self-employed mothers than the government employed mothers.

Hypothesis

There is no significant difference between challenges faced by self-employed mothers and government employed mothers.

Table V: The t-test analysis of the challenges faced by self-employed and government working mothers.

Working mothers	N	\bar{X}	SD	Df	Std error	t-cal	t-crt	Remarks
Self employed	100	2.90	0.95	198				
Government employed	100	2.79	0.90		0.14	0.79	1.96	Accepted HO

Significance level = 0.05

The result on Table V showed that the calculated t-value of 0.79 was less than the critical t-value of 1.96 at 0.05 level of significance. Thus, the hypothesis was retained. This shows that there is no significant difference in the challenges faced by self-employed mothers and government employed mothers in Umuahia Metropolis of Abia State.

Discussion of findings

The research questions of the study focused on comparative analysis of challenges faced by self-employed and government employed mothers, how it affects their families and strategies that can be used to reduce these challenges. The result on Table I shows that both self-employed and government employed mothers face a lot of challenges. The result is in agreement with Charlin (2003), who observed that diverse challenges confronts working mothers as a result of juggling career and raising a family especially when the children are young. When mothers are out working most of the day, it may be difficult to actually create quality time to be with their children (Wilson, 2006).

Kestenbaun (2004) asserted that working mothers are constantly involved in the task of managing the home which requires full attention from spouses, children and relatives. Stress loads can be quite high amongst working mothers and these may sometimes affect their relationship at home. The study also compared the challenges faced by self-employed and government employed mothers. The result of the study showed that self-employed mothers face more challenges than government

employed mothers. This is as a result of the grand mean showing self-employed mothers as having (2.39) while the government employed mothers have (2.19). This might be because the government working mothers have more time to attend to their children since they have stipulated time to start and end work each day. The self-employed mothers in the bid to make profit and meet up with the demands of their clients/customer move out, leave very early in the morning and sometimes come home late. This may bring problems in the family.

The results of the study further revealed the effect of these challenges on the families. For the self-employed mothers, all the items listed such as conflict between spouses (2.94), unorganized home (2.72), dirty environment (2.95), mothers always tired and stressed up (3.31), poor family relationship (3.04) and Divorce (2.78) except item 2, delinquent child (2.45) are effects of the challenges in the family. For the government employed mothers, only two items - conflict between spouses (2.60), and mothers always tired and stressed up (2.95) were indicated as effects of challenges on the family.

In line with the findings of the study, Lomano (2001) says mothers who work only create problems for their families and the rise in juvenile delinquency is also attributed to mothers who work outside the home. Wilson (2006) observed that the incessant divorce rate in recent times is attributed to lack of spouses spending time together as a result of fatigue and crowded activities and work for the working mother. Based on the result, when working mothers come home from work, they become very tired and stressed up after a busy work schedule. This makes spending quality time with the children at home a major challenge for working mothers. During those period, the children may be in need of their mother's attention which may not be forth coming (Wilson, 2006). Methrota (2002) revealed that children may feel neglected and might seek stimulation outside the home. This may lead to juvenile delinquency. The grand mean showed that the effects of these challenges are more prevalent in the self-employed mothers' homes (2.88) than government employed mothers' homes (2.34). This might be because government employed mothers have more time to spend with their families since they have stipulated time they spend in their offices. They have time to spend with their families after work while the self-employed mothers come home late almost everyday.

The study further revealed that the management strategies for reducing the challenges of working mothers such as time management, involving children in household chores, husbands being very supportive, engagement of house helps, registering their children in a well organized day care and working mothers living within or very close to their working places were rated high by both the self-employed and government employed mothers as effective strategies. The grand mean of the two groups of working mothers indicated that they accepted the strategies as effective in reducing the challenges. The only strategy the two groups rejected was that working mothers should engage in part-time employment.

Good time management could serve as a solution as revealed. Being a working mother is very challenging and involves a lot of responsibilities. Time management is the process of planning, organizing, implementing and evaluating the use of time in order to accomplish certain tasks. The ability to manage time effectively can give direction to life (Anyakoha and Eluwa, 1999). Working mothers should also delegate household duties to family members especially, the children; this will go a long way of teaching responsibilities and equipping them for the future (Wilson, 2006).

The analysis of the significant difference between challenges faced by self-employed mothers and government employed mothers showed that the calculated t-value of 0.79 was less than the critical t-value of 1.96 at 0.05 significant level. This shows that there is no significant difference in the challenges faced by both group of working mothers. Although there may be differences but it was not significant. Both group of mothers experience challenges as working mothers and they agreed on the number of effective strategies that could be used in reducing these challenges. The result of the findings however, revealed that self-employed mothers face more challenges than government employed mothers.

CONCLUSION

Working mothers today in many fields of endeavour are faced with the demand of balancing motherhood and professional advancement. Working mothers struggle with two contradictory forces; they need economic independence at the same time, want to be with their families (Romito, 2007). The story is the same for both self-employed and government working mothers. These challenges affect the stability of the home. It may lead to conflict between spouses when they fail to fulfil the demands of each other. Since working mothers are not always there for their children, they may become violent, depressed and delinquent.

Working mothers constantly strive to balance work and family. It is always next to impossible to have the best of both worlds. Unfortunately, today's world does not give many mothers the option of staying at home, a place they would have truly loved to be. Being a working mother is not dangerous rather it takes a very strong determination to survive and succeed. However, some working mothers have succeeded in making a successful career and happy home as a result of effective time management.

Recommendations

The findings of the study revealed that both self-employed and government employed mothers experience challenges which have effects on their families. The following recommendations were therefore made:

1. Working mothers should know their limits and capabilities. Mothers should set limits on the time allocated to household chores and utilize the use of time management.
2. Working mothers can make their tasks easy by involving their children in performing household chores. Careful planning will help working mothers to retain their sanity in times of stress.
3. Working mothers should endeavour to spend quality time with their children and spouses when at home as this will help to establish better bonds with them.
4. The husbands of working mothers should be very supportive to their wives by taking up some responsibilities in the home in order to ease the bulk of work for the wife. There should be mutual understanding between the spouses. This will bring less conflict in the family.
5. Working mothers with kids should register their ward in day care centres for adequate and effective care. This will lessen the stress of the working mothers when they are sure their children are in safe hands.

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PERCEPTION OF ADOLESCENTS ON MODERN APPAREL AND SEXUAL BEHAVIOUR IN OSOGBO METROPOLIS

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ABSTRACT

The study investigated the perception of adolescents on modern apparel and sexual behaviour in Osogbo Metropolis, Osun State. The study was guided by 3 research questions and 2 hypotheses. Related literatures were reviewed. A sample of one hundred and twenty (120) respondents from Osogbo metropolis were selected randomly. The data was analyzed using frequency counts, mean, standard deviation and t-test to test the null hypotheses at 0.05 level of significance. The result showed that there is no significant difference between male and female adolescents' modern apparel and sexual behaviour in the study area. Also, there is no significant difference between perception of male and female adolescents as regards the relationship on their modern apparel and sexual behaviour in the study area. Therefore, the two null hypotheses were accepted. Based on the findings, conclusions were drawn. Among the recommendations stated is that government, parents and school authority should act decisively towards stopping the continued growth of all attitudes and behaviour that increase immoral behaviour among the adolescents in Osogbo metropolis.

Keywords: Perception, adolescent, apparel and sexual behaviour.

INTRODUCTION

Authors had written on history of apparel, fashion and costumes. There are always stories on what man put on with emphasis on design and colours. Anene – Okeakwa (2011) explained that man clothed himself with leaves of plants stitched together with strings and pieces of tree barks. In the process of spinning these leaves were spun into real textiles for protection and adornment, other ways were looked into. From this, other discoveries were made on how best to manufacture textiles that could be used for fabrics for different apparel design. Design is the intended arrangement of materials to produce a certain result or effect. The principles of design can be seen clearly in the direction of line, shape and colours. If this effect is obtained, the design will be harmonized (Igbo, 2006).

Clothing apparel is an important component of physical body protection and appearance. It includes all different garments worn by people in order to protect, adorn or communicate and intent (Anyakoha and Uzonkwu 2005). These apparels include suits, dress, shirts, slacks, skirts, jackets, coats, hats, vests, sweaters among others. The market for clothing apparel seems to be large in that it can be sold in offices, homes, streets, shops, stores, supermarkets and lately through catalogue and the internet.

Generally, clothes are worn to protect the body from the elements of weather such as rain, sun and wind. Clothes also cover and adorn the body. They are also used in maintaining modesty and fixing status. According to Adebisi (2006), clothing is one of the basic needs of man, an individual health and wellness are greatly influenced by textiles worn as well as those encounter in living and working places. Anyakoha and Eluwa (2002) opined clothing as one's social, mental and economic values expressed by his/her personality to others. What we wear is determined by several factors, they are: protection, custom, religion, improvement of mental attitude, social class, fashion and money available. Clothing can also impair or enhance health, dirty clothes can harbor germs which can

cause skin infection and restrictive or tight clothing can interfere with free movement and blood circulation.

Arubayi (2009) explained that adolescents and young adults have long recognized the significance of clothing. These are inform of signal, connectedness and in differentiation. Group of young people adopt styles of apparel that express particular distinct identity, Odeleye (2004) observed that in making clothing choices, adolescents are demonstrating awareness that a style or mode of appearance has meaning. Ojesina (2000) also asserted that clothing in any culture is a means of communication. This implied that clothing conveys message when member of a society who shares a given culture have learnt to associate with these types of clothing. Through this customary association, certain types of clothes become symbol of mood social role, social economic status or political class. To buttress this point, black colour all through signifies mourning, big flowing apparel shows social rule and wearing of decent and expensive cloth shows economic status in the society.

Arubayi (2009) confirmed that adolescents nowadays dressed in modern apparel such as wearing of mini skirt and tight blouse, bright colour cosmetics and colour riot now called colour blocking. This shows their body contours, brightly, elegantly dressed and thereby attract opposite sex that arouse the sexual behaviour. This study therefore aims at investigating the perception of adolescents on modern apparel and sexual behaviour in Osogbo metropolis.

Statement of problem

In recent time, it has been observed that there are changes in the mode and styles of the adolescent apparels. The apparels that were used and regarded as fashion which is described as period of desirable appearance is been turned to apparel which is regarded as an established patterns of dressing (Rubinstein 2005). Adolescents' sexual behaviour in the past few years has been a source of concern to many parents, guardians, religious leaders and researchers. Through utilization of these apparels, some of the adolescents perceived that their dressing portray certain factors in the society and it might allies to our culture since it does not support nudity. Nudity does not attract only men but also the rapists. In fact, good dressing is regarded as a cultural value in Nigeria society especially in the study area. In this side of traditional setting, women who go to fetch water from wells are not allowed to leave their hair uncovered, expose their chests and arms. In addition, women do not climb trees because of their nature of dressing. Furthermore, sitting down with legs open, men crossing women legs, women walking at night are not permitted. Young girls are taught to sit down properly, dress to cover nudity and dress decently early in their upbringing. This is sufficed to say therefore that modernity is not a license for young adolescent and women to dress indecently and behave anyhow.

In the recent time, adolescents have been confirmed for premarital sexually or coitus experimenting, multi-sexual pattern, heterosexual, breast-stimulation and genital stimulation that might lead adolescent to early pregnancy and abortion (Ojo, 2000; World Health Organization, 2001; Albrechat and Teachman, 2003). In addition, Fasuba and Ojo (2004), Okonofua and Kautman (2001) and Ayo, et al. (2005) explained further that through the utilization of some of these modern apparels, some of these adolescents are exposed to sexually transmitted diseases and contacting of Acquired Immune Deficiency Syndrome (HIV AIDS). World Health Organization (2001) also asserted to this statement.

Broad objective

The broad objective of the study is to investigate the perception of adolescents on modern apparel and sexual behaviour in Osogbo metropolis.

Specifically, the objectives are to

1. examine the demographic characteristics of the adolescents in the study area.
2. assess factors influencing modern apparel and sexual behaviour of the respondents in the study area.
3. identify relationship between adolescents' modern apparel and sexual behaviour.

Research questions

- (1) What are the demographic characteristics of the adolescents in the study area?
- (2) What are the factors influencing modern apparel and sexual behaviour of the respondents in the study area?
- (3) Is there any relationship between the adolescents' modern apparel and sexual behaviour?

Research hypotheses

The study was guided by two (2) null hypotheses that were formulated and tested at 0.05 level of significance. These are:

- Ho1:** There is no significant difference between the perception of male and female adolescents as regard the factors influencing their modern apparel.
- Ho2:** There is no significant difference in the perception of male and female adolescents as regards the relationship between the modern apparel and sexual behaviour in the study area.

Significance of the study

The study is significant to adolescents, parents, guardians, religious leaders, teachers etc. to be more conscious on apparel selection to purchase and utilize in the society bearing in mind the culture, religion and their personality of individual in our society.

Furthermore, the stakeholders should be more abreast on the negative effects associated with some of these modern apparels.

METHODOLOGY

Design of the study: descriptive field survey was used to carry out this study.

Method of data collection: Both primary and secondary data were used for this study. The primary data was collected from Osogbo residents in Oke-Bale, Oja Oba and Ita-Olokan. Questionnaire titled "perception of adolescents on modern apparel and sexual behaviour was used to solicit information from the respondents. Secondary data was collected through internet, bulletins, magazines, textbooks and journal articles.

Population and sampling techniques: The sample of the respondents was one hundred and twenty (120) Osogbo adolescent residents. This was done with the assistance of four (4) Osogbo Local Government officers through door to door visitation. The questionnaires were administered and collected immediately. Eighty (80) female and forty (40) male adolescents from the three (3) areas are used for the study.

Data collection: The instrument titled perception of adolescents on modern apparel and sexual behaviour in Osogbo metropolis was used to collect data was consisted of three sections. Section A consisted of a designed structured information on demographic characteristics such as gender, age, religion, marital status and level of education of parents.

Section B consisted of 13 items of factors influencing modern apparel and sexual behaviour of the respondents. The subjects were required to respond to each item by choosing whether Strongly Agreed (SA), Agreed (A), Disagreed (D) and Strongly Disagreed (SD).

Section C was a 9 item statement that focused on modern apparel in relation to sexual behaviour.

Methods of data analysis: The data were analysed using frequency counts, mean and standard deviation. The rating was done by percentage and 40% was used as the decision rule for agreeing to the statement. The two hypotheses formulated for the study were tested using t-test at 0.05 level of significance.

RESULTS AND DISCUSSION

Demographic characteristics of adolescents' modern apparels and sexual behaviour in Osogbo Metropolis

Research question one: What are the demographic characteristics of the adolescents in the study area?

Table I: Demographic characteristics of the respondents

S/N	Variable	Demographic characteristics	Frequency (120)	Percentage (%)
1.	Gender	Male	40	33.3
		Female	80	66.7
2.	Religion	Muslim	72	60.0
		Christian	30	25.0
		Traditional believer	10	8.3
3.	Marital status	Married	10	8.3
		Single	110	91.6
4.	Occupation of parents/ guardian	Public servants	34	28.3
		Self employed	72	60.0
		Apprentice	8	6.7
		Unemployed	6	5.0

Source: Field Survey (2012)

Table I showed the demographic characteristics of adolescents' modern apparel and sexual behaviour in Osogbo metropolis, Osun State. On sex, 33.3% of the respondents are male while 66.7% are female. This means that majority of the respondents are female. On religion, 60% of the respondents are Muslims 25% are Christians while 8.3% of the respondents practised traditional religion in the study area. This indicated that majority of the respondents in the study area are Muslims.

On marital status of the respondents, only 8.1% of them are married while 93.3% are single. On occupation of the parents, 28.3% of their parents are public servants, 60% self-employed, 6.7% are apprentice and 5.0% are unemployed. This indicated that majority of the respondents' parents are self-employed.

Factors influencing modern apparel and sexual behaviour of adolescents in the study area.

Research question two: What are the factors influencing modern apparel and sexual behaviour of the respondents in the study area?

Table II: Factors influencing modern apparel and sexual behaviour of the respondents.

S/N	Items	SA		A		SD		D	
		F	%	F	%	F	%	F	%
1.	Season	50	48.3	52	43.3	6	5.0	4	3.3
2.	Income	50	41.7	60	50.0	6	5.0	4	3.3
3.	Culture	30	25.0	80	70.1	5	4.2	-	-
4.	Fashion in vogue	25	20.8	55	45.8	28	23.3	12.	10.0
5.	Personality	40	33.3	60	50.0	12	10.0	8	6.7
6.	Social approval	80	66.7	20	6.70	20	16.7	-	-
7.	Protection	60	50.0	50	41.7	6	5.0	4	3.3
8.	Custom	50	41.7	20	16.7	32	26.7	18	15
9.	Social class	90	75.0	10	8.3	6	5.0	14	11.7
10.	Mood	40	33.3	70	58.3	5	4.16	5	4.16
11.	Environment	60	50.0	20	16.7	24	20.0	16	13.3
12.	Education	55	45.8	55	29.1	30	25.0	10	8.3

Source: Field Survey (2012)

Note: SA-Strongly Agree, A-Agree, SD-Strongly Disagree, D-Disagree

Table II indicated factors influencing modern apparel and sexual behaviour of the respondents. The respondents agreed that all the twelve (12) items are factors that influenced their modern apparel and sexual behaviour in the study area. The decision rule of 40% and above is for strongly agreed or agreed to the statement items while below 40% was regarded as disagreed or strongly disagreed.

Modern apparel in relation to sexual behaviour.

Research question three: Is there any relationship between the adolescents' modern apparel and sexual behaviour in the study area?

Table III showed the data of adolescents' modern apparel in relation to their sexual behaviour. From the data, wearing of trousers to show figure type was 28 (23.3%), wearing of mini skirt and blouse to unveil oneself was 28 (23.3%), wearing of tight skirt and blouse to show I am available was 18(15.0%), wearing of multi coloured dresses for self-advertisement was 10(8.3%), wearing of colourful accessories for self-recognition was 6(5.0%), using shouting cosmetics to attract and seduce individual was 6(5.0%), wearing of skimpy skirt and shirt to show body contour was 14(11.7%), wearing of body hug for modelling and attraction was 5(4.2%), wearing of see through dress to seduce opposite sex was 5(4.2%).

Table III: Perception of respondents on modern apparel in relation to sexual behaviour

S/N	Items	Frequency (120)	Percentage (%)
1.	Wearing of trousers to show figure	28	23.3
2.	Wearing of mini skirt and blouse to unveil oneself	28	23.3
3.	Wearing of tight skirt and blouse to show I am available	18	15.0
4.	Wearing of multi coloured dresses for self-advertisement	10	8.3
5.	Wearing of colourful accessories for self-recognition	6	5.0
6.	Using shouting cosmetics to attract and seduce individual	6	5.0
7.	Wearing of skimpy skirt and shirt to show body contour	14	11.7
8.	Wearing body hug for modelling and attraction	5	4.2
9.	Wearing see-through dress to seduce opposite sex	5	4.2

Source: Field Survey (2012)

This implied that all the respondents perceived that modern apparel has relation to sexual, behaviour in the study area. There are relationship between modern apparel and sexual behaviour in the study area.

Test of hypotheses

Hypothesis one (Ho1): There is no significant difference between the perception of male and female adolescents as regard the factors influencing their modern apparel and sexual behaviour.

Table IV: T-test analysis on perception of male and female adolescents as regard factors influencing modern apparel and sexual behaviour.

S/N	Adolescents	N	\bar{X}	SD	Df	t-cal	t-tab	Remarks
1.	Male	40	37.81	27.36	118	1.48	1.96	S**
2.	Female	80	39.62	29.75				

Source: Field Survey (2012).

S** = Not Significant with $t\text{-cal } 1.48 < t\text{-tab } 1.96$.

Table IV showed the t-analysis on perception of male and female adolescents as regard factors influencing modern apparel and sexual behaviour. The male mean score of 37.81 is less than the female mean score of 39.62. Significantly, the t-calculated of 1.48 is less than t-tabulated 1.96. This implied that there is no significant difference between the perception of male and female adolescents as regard the factors influencing modern apparel. Therefore the null hypothesis is accepted.

Hypothesis two (Ho2): There is no significant difference between the perception of male and female adolescents as regards the relationship on their modern apparel and sexual behaviour in the study area.

Table V: T-test analysis on perception of male and female adolescents as regards the relationship between modern apparel and sexual behaviour.

S/N	Adolescents	N	\bar{X}	SD	Df	t-cal	t-tab	Remarks
1.	Male	40	77.58	04.10	118	1.38	1.96	S**
2.	Female	80	80.02	30.86				

Source: Field Survey (2012).

S** = Not Significant with $t\text{-cal } 1.38 < t\text{-tab } 1.96$

Table V showed the t-test analysis on perception of male and female adolescents as regard the relationship between the modern apparel and sexual behaviour. The mean score of male adolescents (77.58) is less than the mean score of female (80.02). The t-calculated score of 1.38 is less than t-tabulated score of 1.96 hence, the null hypothesis is accepted. Therefore, there is no significant difference between the perception of male and female adolescents as regard their modern apparel and sexual behaviour.

Discussion of the findings

The findings indicated factors influencing adolescents' modern apparels and sexual behaviour. The respondents perceived that all the items stated are in line with their opinions. Anyakoha and Eluwa (2002) opined that clothing is one's social, mental and economic value which expressed individual personality to others. They explained further that what one wears is determined by several factors such as protection, custom, fashion in vogue, social class, money available to mention but a few. In addition, Ojesina (2000) asserted that clothing in any culture is a means of communication. This

implied that it conveys message when member of a society shares a given culture and associate with themselves.

Adolescents' sexual behaviour in the past few years has been a source of concern to many people because it allies to the culture. Ojo (2000), World Health Organization (2011) and Albrecht and Teachman (2005) explained that in the recent times, adolescents have been confirmed for premarital sexually or coitus experimenting, multi-sexual pattern, heterosexual, breast-stimulation and genital stimulation. Also, Fasuba and Ojo (2004), Okonofua and Kautman (2001) and Ayo, et al. (2005) explained further that through the utilization of some of these modern apparels, some of these adolescents are exposed to sexually transmitted diseases and contacting of Acquired Immune Deficiency Syndrome.

Furthermore, the findings also indicated that adolescents' modern apparels affect their sexual behaviour. These include wearing of mini skirts and blouses, tight skirts and blouses, wearing of multi-coloured dresses, colourful accessories, shouting cosmetics, skimpy skirt and shirt, body hug and see-through dresses. This is in line with Arubayi (2009) that asserted that adolescents dressed to distinguish themselves from others, adopt styles of apparel that express their particular distinct identification. Above all, no significant difference was established between male and female adolescents as regard their relationship between modern apparel and sexual behaviour.

CONCLUSION

In conclusion, apparel worn depicts partly the kind of behaviour and attitude a person could exhibit at any time and that clothing is an extension of personality. It is possible to infer the kind of person one is from one's attitude and dressing habit. Candidly, there is nothing wrong in dressing the way one wants but sanity and moral justification should be parts of the variables to be considered along with ones culture when putting on some attitudes. There should not be any agitation if a young Briton lady or an American lady dresses according to the dictate of her culture with the hindsight of her weather but will be abnormal for a young African lady to dress contrary to the dictate of her culture and without respect for the weather in the name of fashion in vogue. Also, mature and decent dressing promotes one personality since the way one dressed determine the way one will be addressed.

Recommendations

On the basis of this study, the following recommendations are made:

- (1) Parent must enforce decent dressing and teach their children more on moral of the society.
- (2) Intensive discipline should be given by the parents/guardians to any child that decides to be deviant in the family. Instil in them the words and fear of the lord always.
- (3) Government should act decisively towards stopping the continued growth of all attitudes and behaviours that increase the immoral behaviour among the adolescents.
- (4) Dress code should be introduced to the tertiary institutions while dressing style specifications should be adopted at the post primary institutions where style and kind of uniform are dictated.
- (5) Schools should teach family life education as a compulsory subject. Government too should orientate the public on the need to be wearing body friendly clothes instead of uncomfortable, tight-fitted types as presently worn by adolescents and some elders in the community through the mass media.
- (6) Clothing and textiles teachers and guidance counselors should be employed in both post-primary and higher institutions available in the South-western Nigeria especially in the study area.

These professionals in all ramifications have a lot to contribute to personality growth and development of the youths in the school settings. They have a lot to offer if they are properly equipped to function effectively and efficiently.

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FAMILY HISTORY & LIFESTYLE AS RISK FACTORS OF CORONARY HEART DISEASE (CHD) IN HEALTHY ADULTS IN LAGOS STATE.

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ABSTRACT

Coronary Heart Disease (CHD) remains a major cause of morbidity and a leading contributor to mortality worldwide. This study was conducted to assess the prevalence of family history and lifestyle as risk factors of CHD in apparently healthy adults in Ikeja, Mushin, Alimosho and Ojo local government areas (LGA) in Lagos State. Five hundred healthy subjects were selected using systematic sampling technique. Data were collected using a pre-tested, semi-structured questionnaire to obtain information on socio-demographic characteristics, family history, physical activity and lifestyle. Also, Systolic and diastolic blood pressure were taken. Data were analysed using Pearson Product Moment Correlation to establish relationships among variables. The results showed that 21.6% of urban and 10% of rural subjects had family history of heart disease. About 17.6% urban and 10.8% rural subjects were cigarette smokers while 29.6% of urban and 36% of rural subjects consumed alcohol. Systolic blood pressure was high in 27% urban and 19.2% of rural subjects while diastolic blood pressure was high in 21.2% and 18% urban and rural subjects respectively. There was positive relationship between blood pressure and nature of job ($r = 0.033$, $p < 0.01$), blood pressure and age ($r = 0.122$; $p < 0.01$), blood pressure and alcohol consumption ($r = 0.021$, $p < 0.05$). This study has established high blood pressure, tobacco smoking, alcohol consumption and physical inactivity as prevalent risk factors of CHD in healthy adults in Lagos state.

Key words: Lifestyle, family history, risk factor, coronary heart disease, healthy adults.

INTRODUCTION

Coronary Heart Disease (CHD) has been discovered to be a major form of cardiovascular disease and a leading cause of mortality worldwide (WHO 2004). It is a condition in which the arteries that supply the heart muscle with oxygen and nutrients are narrowed by fatty deposits such as cholesterol and triglycerides. This diminishes the blood supply to the heart muscle and may cause a heart attack. The reduction of the incidence can be accomplished by the individual because some of the factors responsible are preventable and reversible (American Heart Association, (AHA) 2003). CHD is a chronic process that begins during adolescence and slowly progresses throughout life. Independent risk factors include a family history of premature coronary artery disease, cigarette smoking, diabetes mellitus, hypertension, hyperlipidaemia, sedentary lifestyle, and obesity. Research showed that as developing countries were undergoing an epidemiologic transition, chronic diseases in general, and CHD in particular, were increasing. This transition was associated with the adoption of unhealthy lifestyles, such as smoking, excessive consumption of alcohol and many others resulting in an ever-increasing prevalence of known CHD risk factors, which predicted CHD in African Americans (WHO 2002)

There is certainly a genetic component to the development of CHD. This genetic component may be related to endothelial function or cholesterol metabolism. CHD death rates are higher in individuals with these disorders of cholesterol metabolism than in the population as a whole. In some cases, familia hypercholesteremia that is caused by genetic abnormalities in lipoprotein clearance and lipid metabolism results in early death from disease. In many other cases, hypercholesterolemia is the result of environmental influences rather than a genetic trait.

Bailar and Gornick (1997) opined that a history of CHD in the family is a predisposing risk factors when parents or siblings experienced evidence of the atherosclerotic disease process before the age of 55 and 60 and that individuals with a previous history of metabolic disease problems are at known risk and have a higher likelihood of CHD than those that are apparently healthy.

Nigeria has witnessed tremendous socio-economic changes and rural-urban migration which have led to emergence of non-communicable diseases (Emiola, 2007). The development of CHD is promoted by major risk factors among which are family history excessive alcohol consumption, physically inactivity and smoking. These risk factors are independently associated with CHD risk and are common among adults both in the developed and developing countries. The identification of these major risk factors and the implementation of control strategies (such as community education and target of high risk individuals) have contributed to the fall in CHD mortality rates observed in industrialized nations. Based on this, this study is aimed at assessing the prevalence of family history and lifestyles as risk factors of CHD in healthy adults.

SUBJECTS AND METHODS

Survey area

Lagos State is an administrative division of Nigeria, located in the south-western part of the country. The smallest in area of Nigeria's states, Lagos State is the second most populous state and arguably the most economically important state of the country, the nation's largest urban area.

Subjects

The subjects for the study were members of the public and apparently healthy (asymptomatic), that is had no physical disability and believed to be in a good state of health and between the ages of 30-59years.

Sample size

The sampling frame covers members of the public in four local governments were randomly selected for the study. The sample size was calculated using the formula:

$$n = \frac{t^2 \times p \times (1-p)}{m^2}$$

Where n = the minimum sample size

t = 1.96 Confidence interval

P = 20% of all form of coronary heart related diseases

m = level of precision (5%)

$$n = 246$$

5% was added for contingencies = 248

The minimum number of subjects required for this work was calculated to be 248 but the number was increased to 500 apparently healthy individuals.

Sampling procedure

The twenty local government areas in Lagos state are stratified into urban and rural. Two local governments were randomly selected from the urban (Ikeja and Mushin) and two from the rural (Alimosho and Ojo) local government. Purposive sampling method was used to select 50% of the wards in each local government considering the population of each local government. Since total of 500 apparently healthy subjects were to be considered, systematic random sampling was used to select 33 households in each wards and for a household to be eligible, a subject must be between 30-59 years and apparently healthy but where many subjects were eligible in a house, simple random sampling was used to select the subject after adequate information and consent of each household and participant was sought.

Method of data collection

The data was collected using a structured sectionalized questionnaire. The questionnaire has information on personal data, demographic data, family history, life style and physical activity. Blood pressure (BP) was measured in the left arm in the sitting position with the aid of a mercury sphygmomanometer using the auscultation method. The systolic blood pressure was recorded at phase I Korotkoff sounds while the diastolic blood pressure was recorded at phase V Korotkoff

sounds. All measurements were taken twice and the average of the 2 readings was taken as final.

Data analysis

Descriptive statistics such as mean, frequency and percentages as well as charts were used to describe and summarize the data from the socio-economic characteristics, family history, physical activity, life style such as alcohol consumption and cigarette smoking of the subjects. The blood pressure data was analyzed using European Society of Cardiology Guideline 2003. Pearson Product Moment Correlation (PPMC) was also used to test for significant relationship between the risk factors. The significance was tested at 5% and 1% probability level.

RESULTS

Table I shows the age, gender, educational achievement and income of respondents. The highest percentages of respondents (60.8%) were within the age range of 30-40 years, 27.6% were within 41-50 years while 11.6% were within 51-59 years. Sixty percent (60.0%) of the respondents were males and 40.0% were females. The percentage of the respondents with post secondary education was 53.4% while those with secondary education and primary education were 32.8% and 12.2% respectively. Almost half of the respondents (49.0%) were civil servants and 38.2% engaged in trading while 12.8% were artisan. Two third of the respondents (66.0%) earned less than N100, 000 as monthly income and 19.6% earned between N100, 000 and N199, 000 monthly income.

TABLE I: Socio-economic characteristic of respondents

Age group (years)	Urban L.G.A (n=250)		Rural L.G.A (n=250)	
	Frequency	%	Frequency	%
30 – 40	141	56.4	163	65.2
41 – 50	82	32.8	56	22.4
51 – 60	27	10.8	31	12.4
Gender				
Male	150	60.0	150	60.0
Female	100	40.0	100	40.0
Educational status				
No education	2	0.8	6	2.4
Primary school	25	10.0	36	14.4
Secondary school	77	30.8	87	34.8
Post secondary	146	58.4	121	48.4
Occupation				
Trading	63	25.2	128	51.2
Civil servant	147	58.8	98	39.2
Artisan	40	16.0	24	9.6
Monthly income				
<19,000	32	12.8	50	20.0
20,000- 49,000	66	26.4	82	32.8
50,000- 99,000	54	21.6	46	18.4
100,000 – 199,000	46	18.4	52	20.8
200,000 – 299,000	25	10.0	18	7.2
300,000 – 399,000	12	4.8	0	0
400,000 above	15	6.0	2	0.8

Figure I shows that one in every five (21.6%) of urban and figure II indicate that 10.0% of rural subjects had history of heart disease in their family while 74.4% (urban) and 77.6% (rural) did not. The remaining respondents were not sure if it existed in their families.

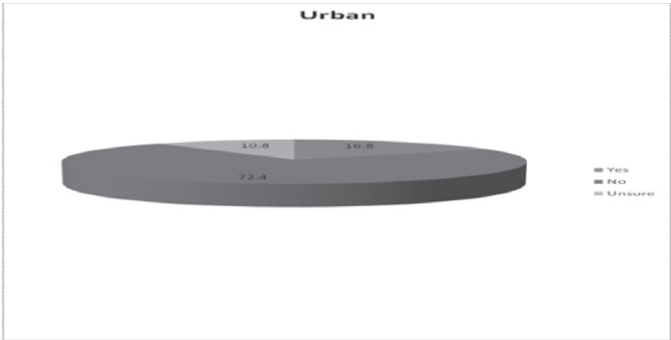


Figure I: History of heart disease in the family of urban subject.

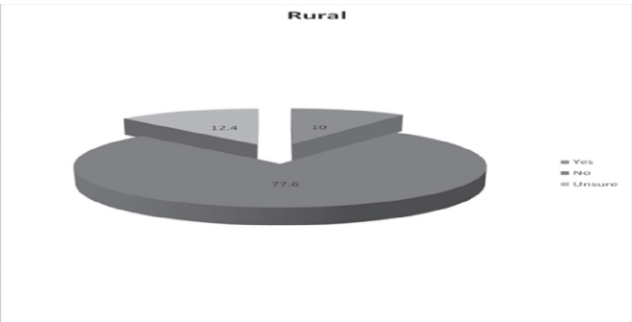


Figure II: History of heart disease in the family of rural subject.

Alcohol consumption was encountered in the subjects. The percentage of respondents that drank in the urban LGA was 29.6% while those of the rural LGA were 36.0%. The frequency of consumption was also assessed (Table II). Few respondents from both urban (16.8%) and rural (19.6%) LGA consumed alcohol once daily while fewer urban (7.6%) and rural (10.4%) respondents consumed alcohol twice a day. The percentages of the respondents that consumed alcohol three times daily were 5.2% each in both LGAs while only 0.4% (urban) and 0.8% (rural) consumed alcohol about four times daily.

Table II: Use of alcohol among healthy subjects

	Urban L.G.A (n=250)		Rural L.G.A (n=250)	
Use of alcohol				
Yes	74	29.6	90	36.0
No	176	70.4	160	64.0
Alcohol consumption/day				
Once	42	16.8	49	19.6
Twice	19	7.6	26	10.4
Thrice	13	5.2	13	5.2
More than 3times	1	0.4	2	0.8
None	175	70.0	160	64.0

The result on the level of awareness among the subjects between alcohol misuse and heart diseases on Figure III revealed that majority of the subjects in both urban (69.2%) and rural (58.0%) LGA believed that alcohol misuse has a lot to do with heart diseases while 12.8% (urban) and 16.0 % (rural) did not know if alcohol had anything to do with heart diseases. The remaining 18.0% (urban) and 26.0% (rural) were not sure of any implication that alcohol misuse may have on the heart condition.

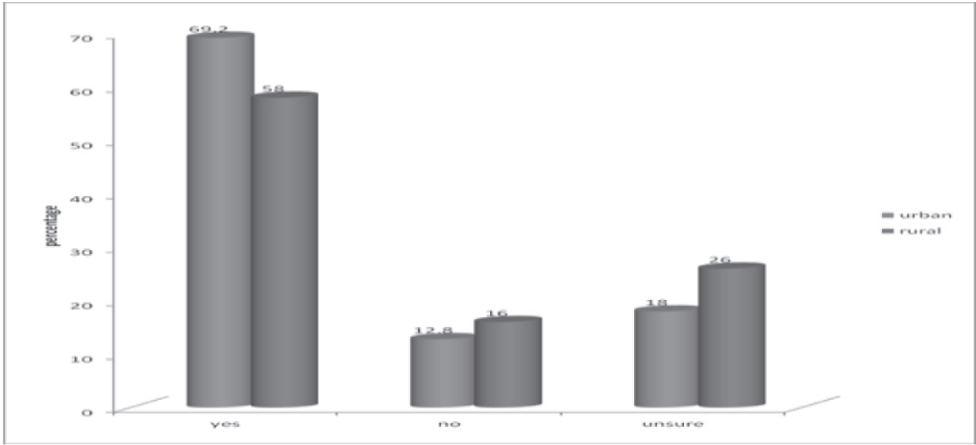


Figure III: Awareness of alcohol misuse and heart disease.

The frequency of subjects that smoked on Table III shows that 17.6% (urban) and 10.8% (rural) of the respondents were smokers while 13.2 % (urban) and 9.6% (rural) had stopped the habit and the remaining respondents were none smokers. Among the respondents that were smokers 25.2% (urban) and 18.4% (rural) smoked cigarettes while 3.2% (urban) and 2.0% (rural) smoked cigars. The urban LGA had 2.4% of the respondents that were used to pipe smoking while none of the respondents in rural LGA smoked pipe.

The number of sticks (cigarette or cigar) consumed daily by respondents varied. Table III shows that 16.8% (urban) and 7.2% (rural) smoked between 1-3 sticks of cigarette daily while 9.6% (urban) and 12.0% (rural) smoked 4-6 sticks of cigarette daily. The respondents that smoked more than 6 sticks of cigarette daily were 4.4% (urban) and 1.2% (rural). Commencement of smoking on Table III shows that 14.4% respondents in urban LGA started smoking in the previous 1-4yrs while 10.8% in the rural LGA started smoking 5-8yrs previously. The table also shows that 3.6% urban and 2.8% rural had been smoking for over 8years. While the number of respondents' that already stopped smoking were 30.3% in urban and 29.2% in rural stopped smoking in the previous 5 months while 24.2% (urban) and 37.5% (rural) had not smoked for the previous 6-12months. Also, 45.5 % (urban) and 33.3% (rural) had stopped smoking for more than a year.

Table III: Smoking habit of healthy subjects

Type	Urban L.G.A		Rural L.G.A	
	Frequency	Percentage	Frequency	Percentage
Cigarette	63	25.2	46	18.4
Cigar	8	3.2	5	2.0
Pipe	6	2.4	0	0
None	173	69.2	199	79.6
Total	250	100.0	250	100.0
Number of cigarettes/day				
1 – 3 sticks	42	16.8	18	7.2
4 – 6 sticks	24	9.6	30	12.0
Above 6 sticks	11	4.4	3	1.2
None smokers	173	69.2	199	79.6
Commencement of smoking				
1 – 4yrs	36	14.4	17	6.8
5 – 8yrs	32	12.8	27	10.8
Above 8yrs	9	3.6	7	2.8
None smokers	173	69.2	199	79.6
Total	250	100.0	250	100.0

The first part of this section was to ascertain if the respondents engaged in any physical activity. Table 4 shows that 64.0% urban and 68.8% rural subjects engaged in some form of physical activities. The activities included jogging, walking, playing football, cycling and press-ups. The results also show that majority of respondents in the urban LGA preferred press – ups (24.4%) as a form of physical activity while trekking (31.2%) was the major activity in the rural LGA.

The intensity of the physical activities performed by the respondents revealed that the physical activities of majority of the respondents in both urban (41.6%) and rural (43.2%) LGA were light in nature while moderate activities were recorded for 17.6% and 16.0% in both urban and rural LGA.

Only 4.8% and 9.6% of the respondents in urban and rural LGA respectively engaged in heavy physical activities.

Table IV: Physical activities of respondents

Physical activity	Urban L.G.A (n=250)		Rural L.G.A (n=250)	
	Frequency	%	Frequency	%
Yes	160	64.0	172	68.8
No	90	36.0	78	31.2
Total	250	100.0	250	100.0
Type of physical activity				
Press –ups	61	24.4	39	15.6
Walking	35	14.0	78	31.2
Football	21	8.4	22	8.8
Cycling	3	1.2	0	0
Jogging	40	16.0	33	13.2
None	90	36.0	78	31.2
Total	250	100.0	250	100.0

The results of blood pressure measurement in the two LGAs are shown in Table 4. It is obvious that more urban subjects were at different stages of high blood pressure when compared with their rural counterpart. Futhermore, the urban subjects LGA had higher mean value for both systolic and diastolic blood pressure. The correlation of blood pressure profile of the featured LGAs reveals that more subjects were at higher risk of developing heart disease in Urban than Rural LGAs. Both the mean value for systolic and diastolic bp were higher in Urban than in Rural and this was also statistically significant (p<0.05).

Table V: Mean Blood pressure values by LGA

Variable	Urban LGA		Rural LGA	
	Frequency	%	Frequency	%
Systolic (mmHg)				
Less than 120	44	17.6	46	18.4
121-129	73	29.2	116	46.4
130-139	65	26.0	40	16.0
140 above	68	27.0	48	19.0
Total	250	100.0	250	100.0
Diastolic (mmHg)				
<80	46	18.4	56	22.4
81-84	117	46.8	112	44.8
85-89	34	13.6	37	14.8
90 above	53	21.0	45	18.0
Total	250	100.0	250	100.0

The result further shows that systolic blood pressure has a lot to do with age and alcohol consumption; because they are positively related among the respondents. Also diastolic blood pressure and cigarette smoking were positively related in male respondents. Table 6 shows the results of the logic regression fitted to explain the factors that influences the development of CHD conditions. The factors that significantly influence the development of CHD condition were alcohol intake, physical activity, and systolic blood pressure.

Table VI: Effects of some risk factors on CHD

Variables	Coefficient	Sign
Constant	1.939	0.637
Sex	0.026	0.934
Alcohol	0.587	0.053**
Physical activity	-0.021	0.014**
Age	0.004	0.822
Systolic	0.021	0.010**
Diastolic	0.015	0.268
BMI/BSI	0.014	0.014**
Smoke	0.048	0.862

Cox and Snell’s R² = 0.494

DISCUSSION

According to projections from the Global Burden of Disease Project, from 1990 to 2020, the burden of CHD faced by African countries will double. A large proportion of the victims of CHD will be middle-aged people. The poor will suffer disproportionately as a consequence of their higher disease risk and limited access to health care. The financial and social costs of this CHD epidemic are likely to have a negative impact on development and the alleviation of poverty (Kanala et al 2001). The present study was carried out to determine the prevalence of family history and life style as risk factors of coronary heart diseases in healthy individuals (30-59years). The socio-demographic information revealed that majority of the respondents had history of heart disease in their family and poor life style.

Majority of the subjects were within the age range 30-40 years who constitute the major working force of the country. Their income level reflects that majority of the respondents earned less than hundred thousand naira (\$63) in a month. Considering the standard of living in the study area, it can be concluded that the income of most respondents was low because 50% of the respondents earned less than hundred thousand naira monthly. Some studies have in fact shown that low economic status is associated with heart disease (Kanala et al 2001).

The findings also revealed that 16.8% in the urban and 10.0% of the rural respondents had history of heart disease in their family. Bailar and Gornick (1997) concluded that a history of CHD in the family is a predisposing risk factors when parents or siblings experienced evidence of the atherosclerotic disease process before the age of 55 and 60 and that individuals with a previous history of metabolic disease problems are at known risk and have a higher likelihood of CHD than those that are apparently healthy. Family history is one of the risk factor of CHD that cannot be

modified, if there is strong family history of heart disease (a father or brother who developed heart disease or a stroke before they were 55, or in a mother or sister before they were 65) it is most likely that the subject may develop heart disease later on (James et al, 2006). A study revealed that 35% of the subjects with heart disease in their family also develop the same later in life (Johnson et al, 2006). Since family history is one of the risk factor of CHD that cannot be modified, it will not be a surprise at the end if the subjects with former history of heart disease in the family are later diagnosed for the same condition.

In this study, the percentage of subjects that drank alcohol was 29.6% in the urban and 36.0% in the rural LGAs respectively, a higher frequency than the one reported by another author (Amin et al, 2007). It was reported that alcohol in moderation may reduce the risk of CHD. However, consuming too much alcohol places the health at risk in a number of ways. When taken in excess, alcohol is detrimental to the heart and other organs. It can directly damage the heart muscle and cause irregular beating of the heart. Alcohol can contribute to obesity, high triglycerides, high blood pressure, strokes and cancer, not to mention accidents and violence.

The findings also show that 17.6% urban and 10.8% rural respondents were smokers. Cigarette smoking has been seen to be one of modifiable risk factors for CHD, the chemicals in cigarette known as nicotine stimulate the sympathetic nervous system causing an acute increase in heart rate and blood pressure and this makes the heart to work harder. The carbon monoxide in the cigarette binds with haemoglobin thereby reducing oxygen transport and accelerates atherosclerotic process. Smoking also causes blood platelets to adhere to each other and this speed up the rate of internal blood clotting and make the clots formed tough to dissolve. It also narrows the blood vessels to the arms and legs which make smokers vulnerable to peripheral vascular diseases and this can lead to gangrene and eventual amputation (Caspersen and Health, 2000). Cigarette smoking in Africa has increased by over 40% over the past two decades (WHO 2003). This trend is generally believed to be because of rapid urbanization, acculturation and the heavy export of tobacco products to Africa. The Durban study by Seedat et al. (1993) reported that smoking was common among black men, with 28.1% of the male subjects having smoked 10 or more cigarettes per day compared to 3.4% in women. The Rwandan study of disease patterns of elderly patients reported that the average age at the inception of smoking was 20 years, and 22% of the population started smoking before the age of 18 years (Mets, 1993). Another study reported a per capita cigarette consumption in developing countries as 300 per year compared to 2500 elsewhere. The mean cigarette consumption rates were 10.8/day and 7.6/day for men and women, respectively (Roemer, 1982). A study in 1976 on secondary school students in Nigeria reported that 13.6% of men aged 16–18 years and 10.3% of women of the same age were current smokers (Elegbeleye, 1976). Similar figures were obtained from the Accra Civil Servant Study with 32.5% of adult men and 4.9% of women being active smokers. In the same study, it was observed that over 90% of the smokers smoke less than 15 cigarettes a day (Pobee, 2006).

The percentage of smokers in this study was higher than the value reported by Amin *et al*, (2007) but in line with the study that reported 8.2% smokers among offshore and onshore workers in the petroleum industry in Nigeria. Another study reported 28.1% smoking in their findings (Seedat, 1999). However, the correlation analysis show that there is a significant relationship between smoking and blood pressure (r=0.133, p<0.01) among these subjects studied which agrees that smokers are liable to coronary heart diseases.

After smoking, excess alcohol consumption is the second most common cause of preventable death (Anderson et.al., 1991, Akinkugbe et al., 1991, Akinkugbe 1991 and American Heart Association 2003). Alcohol is toxic to virtually every organ in the human body, but when consumed in moderate amounts, it is detoxified by the liver and does little or no harm. Alcoholic beverages contain ethyl

alcohol (ethanol), which is metabolized in the body to acetaldehyde. In large amounts, both ethanol and acetaldehyde interfere with normal functions of organs throughout the body, including the heart. (Raphael et al., 2005).

The blood pressure measurements have to do with systolic pressure which is the maximum pressure in an artery at the moment when the heart is beating and pumping blood through the body and diastolic pressure which serves as the lowest pressure in an artery in the moments between beats when the heart is resting. Hypertension is widely prevalent in most black African communities (Akinboboye *et al.*, 2002). In a recent national survey, the prevalence of hypertension in the general adult population in Nigeria was found to be between 10 and 12%. Furthermore, an increased prevalence of hypertension was noted at both extremes of socioeconomic strata (Akinboboye, *et al.*, 2002). Also, the urbanized population, however have been repeatedly found to have higher mean blood pressure with a risk of hypertension in such population. In line with the studies is that of Senegal (Lang et al., 1988; Astagneau et al., 1992), Ghana (Pobee, 1993), Zaire (M'Buyamba-kabangu *et al.*, 1986) and Kenya (Poulter et al, 1984).

The result differs from that of study conducted on the prevalence of risk factors for cardiovascular disease among Nigerian youth that reported only 3.8% subjects with blood pressure above 140/90mm Hg. Possible explanations for this difference might be the age of the subjects and the areas of study.

The findings of this study also show positive relationship between blood pressure and nature of respondents job ($r=0.033$, $p<0.01$), blood pressure and age ($r=0.122$; $p<0.01$) and finally blood pressure and alcohol consumption ($r=0.021$, $p<0.05$). This explains how nature of individual job (sedentary, light or hard), age and alcohol consumption affects blood pressure variables. It shows that the higher the level of all these factors, the higher the blood pressure and the more the risk of heart diseases in those apparently healthy subjects.

CONCLUSION

This study has shown the factors that significantly influence the development of CHD condition among the healthy respondents between the ages of 30-59 years were alcohol intake, physical inactivity, and Systolic blood pressure. The relationship between CHD and physical activity was negative, which means as physical activity increases (a less sedentary lifestyle) the probability of developing CHD reduces.

Also, the relationship between CHD and alcohol intake was positive. The implication is that the higher the intake of alcohol, the greater the problem of developing CHD conditions. The relationship between CHD and systolic blood pressure was positive which means that the higher the systolic blood pressure value, the more the possibility of CHD risk.

Recommendation

Based on the outcome of this study, the following recommendations are made:

Emphasis on lifestyle education and physical inactivity during formal and informal teaching sessions, so as to ensure a healthy adult population for the country.

Increasing corporate taxes on tobacco and alcohol manufacturers and distributor and using the money realised through such taxation to address public health problems related to tobacco and alcohol consumption.

Comprehensive approaches that combine environmental policy and legislative interventions at the individual and population levels, especially for the prevention and control of high blood pressure, tobacco use and physical inactivity should be introduced by the Government because it is likely to have a significant impact on the status of people in the local Government under consideration.

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EFFECT OF ACCESS TO EXTENSION SERVICES ON FARMERS' PRODUCTIVITY IN OSUN STATE, SOUTH WEST NIGERIA

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ABSTRACT

This study examined the effect of farmers' access to extension services on their productivity in Osun State, South West Nigeria. A well-structured questionnaire was used to elicit data from 180 extension-contact arable crop farmers selected through a 3-stage sampling technique. Data analysis was carried out using descriptive statistics while t-Test was used as an inferential statistics. Findings from the study revealed that technology dissemination and capacity building are the main extension services rendered to farmers while loan recovery is ranked least. The frequency of extension visits ranges from once in 2 months to once in 6 months. T-Test analysis showed a significant difference between farmers' farm size, yield, assets and income, before and after access to extension services. The study therefore recommends that more efforts and strategies should be put in place by government and other stakeholders involved in extension activities for more frequent extension-to-farmer contact in order to facilitate the effectiveness of extension services in the area thus enhancing more geometric positive impact in the lives of the farmers.

Key words: Access, arable crop farmers, extension services, productivity, Osun State

INTRODUCTION

Before the discovery of crude oil in large quantities in the 1970s, Nigeria had predominantly an agrarian economy. Agriculture was the major source of income of majority of the population and the most important source of foreign exchange earnings. However, today agricultural productivity is lagging behind its potential productivity level. In order to meet the requirements of rapidly growing population, agricultural production has to be increased. This can be done by adopting modern techniques of farming. New technologies developed by researchers are disseminated among the farmers by agricultural extension agencies and departments. In addition, agricultural extension provides the farmers with management, decision making and organizational skills. It provides feedback and keeps agricultural research abreast of real problems faced by the farmers. Thus extension service play very important role in agricultural development and has been evaluated by many workers (Adekunle, 2013).

In Nigeria, agricultural production such as cassava, wheat and rice production can contribute much more to the annual earnings of rural farmers compared to what these crops are presently contributing. However, efforts should be made to fill the gaps between potential yields and yields obtained by farmers through proper utilization of agricultural extension techniques (Saleem, 1990). In spite of favourable climate and good soil conditions, the crop yield in Nigeria is far below than the yield obtained in advanced agricultural countries.

Extension agents carry out the responsibilities of educating and disseminating useful and timely agricultural information to the farmers and one of the primary responsibilities of extension work in the country is to help farmers make efficient use of available resources to meet the nation's food needs. The ultimate goal of agricultural extension services in Nigeria is to improve standard of living

through the transfer of improved farming practices to the rural people (Okwoche & Asogwa, 2012). Khan (1999) reported that extension services are very influential in bringing changes and solving the farmer's problems related to crop production. Bravo and Evenson (1994) reported that economic efficiency of crop production can be brought about through an improvement in educational status of the farmer and the extension services being provided.

Although extension institution and various sources of information exist in almost every developing country, yet, the coverage of farmers is still very limited. Only about 5% of Nigerian dailies' news contains reports on agricultural issues and this may not sufficiently complement the dissemination of information from other sources (Fawole, 2006). Some of the problems militating against extension service in most developing countries are identified as inadequacy and instability of funding, poor logistics support for field staff, ineffective agricultural research-extension linkage and disproportionate extension agents to farm family ratio among others (Agbamu, 2005).

In view of these, it becomes imperative to study the effect of farmers' access to extension services so as to determine if access to these services has impacted positively on the living standard of farmers in the study area. The general objective of this study is to examine the access to extension services of arable crop farmers in Iwo Agricultural Zone of Osun State, Nigeria while the specific objectives are to: describe the socio-economic characteristics of arable crop farmers in the study area, identify the farmers' sources of agricultural information, examine the frequency of extension visit, years of extension contact and distance to extension station by farmers, identify the types of extension services rendered to farmers in the study area, evaluate the effect of access to extension services on farmers' productivity, identify the constraints of farmers' in accessing extension services.

METHODOLOGY

This study was conducted in Osun State. Osun State is an inland state located in the South West geo-political zone of Nigeria. It has an area coverage of about 9,215 square kilometres. It is bounded in the north by Kwara State, in the east by Ekiti State and partly by Ondo State, in the south by Ogun State and in the west by Oyo State. Osun State is divided into three (3) agricultural zones and twenty five (25) blocks by the Osun State Agricultural Development Programme (OSSADEP). These are Osogbo (7 blocks) Ife/Ijesha (12 blocks) and Iwo (6 blocks). Iwo zone was purposively selected based on the high concentration of arable crop farmers. Iwo agricultural zone is situated in the Osun West geo-political district of Osun State and is geographically located at latitude 7° 58' North of the Equator and Longitude 4° 28' East of the Greenwich Meridian. Mean annual rainfall is between 2,000mm and 2,200mm. Annual temperature ranges between 21.5°C and 32.5°C while the relative humidity is 79.90%. The zone consist of six (6) agricultural blocks namely Ayedire, Isokan, Irewole, Ejigbo, Olaoluwa and Iwo.

The population for this study comprised of all extension-contact arable crop farmers in Iwo Agricultural Zone of Osun state, Nigeria. A 3-stage sampling technique was employed to select the sample for the study. The first stage involved purposive selection of three (3) agricultural blocks from the six (6) agricultural blocks of Iwo agricultural zone. The second stage involved the random selection of four (4) communities from each agricultural block, making a total of twelve (12) communities. Finally, fifteen (15) arable crop farmers from each community were randomly selected, making a total sample size of one hundred and eighty (180). A well-structured questionnaire which was subjected to face and content was used to elicit information from the respondents. The test-retest reliability test was carried out twice within an interval of two weeks by administering the instrument on arable crop farmers outside the sample size. Descriptive statistical tools (frequency counts, percentages and mean) were used to analyse the socio-economic characteristics, sources of farm information and farmers' access to extension services while t-Test was used to compare the differences in the mean of farmers' income before and after access to extension services.

The equation used was as follows:

$$t = \frac{\text{difference between the means of farmers' income before and after access to extension}}{\text{Variability of the means before and after access}}$$

Variability of the means before and after access

RESULTS AND DISCUSSION

Socio-economic characteristics of respondents

Findings on socio-economic characteristics of respondents presented in Table I show that the modal age group for extension-contact farmers in the study area was 31 – 45 years representing 36.7% of total respondents. However, farmers above the age of 45 also make up 30.0% of the contact farmers in the population. 81.1% of farmers in the study area were male and 18.9% were female. Men are mostly the household heads in the study area and have easier access to agricultural land than women, especially when such land is acquired through inheritance.

Majority of the farmers (81.7%) had formal education while 18.3 had no formal education. However, majority of the educated farmers had only primary education (71.7% of total farmers in the study area). Majority of respondents in have small to medium family size with 95.6% of total respondents having a house-hold size of 10 or less. This shows that most of the farmers have very few or no “full dependants” outside their nuclear family. However, the modal house-hold size consists of 6 – 10 members and constitutes 55.6% of total respondents. This might imply that house-hold members are usually involved in agricultural production thus leading to reduction in cost of hired labour and efficient distribution of farm tasks and responsibilities.

All the extension-contact farmers in the study area have secondary occupation and this shows that extension services is a very efficient means of promoting the diversification of income among farmers. Family inheritance is the most common means of acquiring land for agricultural production in the study area as this accounted for 52.8% of total land acquisition for faming. Just 1.1% of farmers have their farmlands unsecured for a very long period of time. 34.4% also had their farmland purchased and this is due to the cheap monetary cost of obtaining land in the study area.

Sources of Agricultural Information

The result of the responses of arable crop farmers as regards their various sources of farm information is presented in Table II. Since all respondents are extension-contact farmers, extension agents are the main sources of information used by farmers in the study area as all the respondents obtain farm information through this medium. Further findings revealed that radio is the most effective sources of farmers' farm information. As observed by Omenesa (1997), timeliness and capability of radio programmes to reach target audience over a wide geographical range coupled with low cost makes the radio a very effective means of disseminating farm information. He further stressed that lack of transportation facility, water and electric power supply are no hindrance to dissemination of information through radio and messages can be carried using farmers' language through radio.

Farmer association, television as well as friends and neighbours were also recorded as main sources of obtaining farm information by farmers in the study area. Newspapers, especially those written in farmers' local language, account for just 43% of farmers' source of farm information. Posters/billboards and internet are poor sources of agricultural information for farmers in the study area as these were used by 32% and 3% of farmers respectively. The low literacy level of farmers and unavailability of internet facilities in farming communities are the underlying causes of poor usage of posters, billboards and internet to obtain farm information by farmers.

Table I: Distribution of the respondents' socio-economic characteristics

Variable	Frequency	Percentage
<i>Age (in years)</i>		
16 – 30	60	33.3
31 – 45	66	36.7
Above 45	54	30.0
<i>Gender</i>		
Male	146	81.1
Female	34	18.9
<i>Level of Education</i>		
No Formal Education	33	18.3
Primary Education	129	71.7
Secondary Education	18	10.0
<i>Household size</i>		
1 – 5	72	40.0
6 – 10	100	55.6
11 – 15	8	4.4
<i>Farming Experience (in years)</i>		
1 – 10	5	2.8
11 – 20	43	23.9
21 – 30	90	50.0
31 – 40	30	16.7
Above 40	12	6.7
<i>Secondary Occupation</i>		
Driving	65	36.1
Trading		

Table II: Sources of agricultural information used by the respondents

Sources	Percentage of Farmers		Rank
	Yes	No	
Extension Agents	100.0	0	1
Radio	90.0	10.0	2
Farmers association	89.4	10.6	3
Television	81.1	18.9	4
Friends and neighbors	80.6	19.4	5
NGOs	66.1	33.9	6
Agro-input dealers	65.0	35.0	7
Newspapers	42.8	57.2	8
Posters/Billboards	32.2	67.8	9
Internet	2.8	97.2	10

Source: Field survey, 2014 N = 180

Access to Extension Services

The data presented in Table III shows that farmers in the study area have been having access to extension services for as long as about 4 decades ago. However, extension agents reached more farmers in the between 11 – 20 years ago than in any other period as 46% of total respondents were reached within this period. This is probably due to the establishment of various poverty alleviation programmes such as Family Economic Advancement Programme, Family Support Programme, Poverty Alleviation Programme and National Poverty Eradication Programme working alongside Agricultural Development Programme during this period. However there was a decline during the last 10 years as just 22% of respondents were reached during this period. Accordingly, this sharp decline is likely a result of non-establishment of new poverty alleviation programmes targeting rural farmers.

From the result presented in the table, extension agents usually contact farmers as frequently as once in every 2 months, once in every 3 months and once in every 6 months with 47% of the farmers reached once in 2 months and 35% reached once in 3 months. This situation is not in line with the Training and Visit system of extension that stipulates that farmers should be contacted once in every 2 weeks. More still need to be done to improve the frequency of access to extension services as there are 18% of farmers that have access to extension services just once in every 6 months.

Half (50%) of the total respondents live less than 10km to the nearest extension station while 33% live as far 11km – 30km to the nearest extension station. 8.3% of respondents live as far as 31km – 40km to the nearest extension station while another 8.3% live as far as 41km – 50km to the nearest extension station. Okwocha and Asogwa (2012) concluded that, in Benue State of Nigeria, farmers that are located closer to Agricultural Development Offices have more access to extension services than those who are located farther away. Staal, Baltenweek, Waithaka, De Wolff, Njoroge (2002) also concluded that clients in remote locations are disadvantaged in accessing extension workers especially in developing countries where the extension units are poorly equipped, widely dispersed and high farmer-extension officer ratio. There is a need to establish extension stations to facilitate farmers' easy access to extension services in areas where farmers live beyond 30km to the nearest extension station.

Table III: Farmers' years of access to extension services, frequency of extension visits and distance to extension station

Variable	Frequency	Percentage
<i>Years of access to extension service</i>		
1-10	40	22.2
11-20	82	45.6
21-30	38	21.1
31-40	20	11.1
<i>Frequency of extension agent visit</i>		
Once in 2 week	0	0
Once in a month	0	0
Once in two months	85	47.2
Once in three months	63	35.0
Once in six months	32	17.8
<i>Distance from nearest extension station</i>		
Less than 10km	90	50.0
1 1km-20km	30	16.7
2 1km-30km	30	16.7
3 1km-40km	15	8.3
4 1km-50km	15	8.3

Source: Field Survey, 2014 N = 180

Extension services rendered to farmers

Table IV revealed the various extension services rendered to farmers in the study area. Technology dissemination was ranked as first with 79% while capacity building was ranked second with 72%. The least ranked service was loan recovery with 53% while organising agricultural film show was ranked second least. This result is also in agreement with the findings of Umunna, Adeeko, Onifade, Adigun, and Apapa (2012) who concluded that extension agents play little or no role in the recovery of agricultural loans with the situation having negative implication for agricultural financing.

Table IV: Extension services accessed by respondents

Extension services rendered	Frequency	Percentage	Rank
Technology dissemination	142	78.9	1
Capacity building	129	71.7	2
Securing market for farm products	123	68.3	3
Arrangement of input supply	122	67.8	4
Home visits	121	67.2	5
Teaching use on input	119	66.1	6
Loan processing	116	64.4	7
Farm visits	111	61.7	8
Organizing agricultural film shows	99	55.0	9
Loan recovery	96	53.3	10

Source: Field Survey, 2014 N = 180

Farmers' production before and after access to extension services

The result in Table V showed the scores of arable farmers' production before and after having access to extension services. Though farmers' farm size did not exceed 10 hectares pre and post access to extension services, 76% of farmers have farm size between the range of 6ha – 10ha after access to extension services showing a 48% increment when compared to 28% of farmers who had this farm size before access to extension services. The percentage of farmers with low annual farm yield value of 1kg – 5000kg per year before access to extension services was also reduced from 49% to 6% after access. Farmers recording a high annual yield of 15000kg to 20000kg rose from 4% before access to extension services to 38% after access to extension services. Similarly, all 6% of farmers who had 3 or less assets before access to extension services had more than 3 assets after access to extension services. Farmers with 7 to 9 assets rose from 14% before access to extension services to 73% after access. Oladipo (1998) also concluded that farmers' assets increase with access to extension services. 72% of farmers earned less than N50,000 per annum before access to extension services while the remaining 28% earned between N51,000 and N100,000 per annum prior to access to extension services. Post access to extension services revealed that the percentage of farmers earning less than N50,000 per annum was reduced to 27% while those earning between N51,000 and N100,000 per annum rose to 56%. 11% of farmers were able to earn between N101,000 and N150,000 per annum while 6% earn between N151,000 and N200,000 per annum after access to extension services.

The implication of this is that farmers' access to extension services has brought about a positive turnaround to their livelihood in terms of increased farm size, yield, assets and income. This shows that activities of extension services in the study area have impacted positively on the lives of the farmers in the study area and with more efforts and strategies put in place increased transformational impact will be felt in the agricultural sector in the area.

Table V: Distribution of farmers' production parameters before and after access to extension services

Variables	Frequency		Percentage	
	Before Extension	After Extension	Before Extension	After Extension
Farm size (in Ha)				
1-5	129	42	71.7	23.3
6-10	51	138	28.3	76.7
Farm yield in (Kg/yr)				
1-5000	89	11	49.4	6.1
5001-10000	62	32	34.4	17.7
10001-15000	21	68	11.71	17.8
15001-20000	8	69	4.4	37.8
Assets				
1-3	12	0	6.7	0
4-6	142	49	78.9	27.2
7-9	26	131	14.4	72.8
Annual income (in N-/yr)				
1000-50000	129	49	71.7	27.2
51000-100000	51	101	28.3	56.1
101000-150000	0	20	0	11.1
151000-200000	0	10	0	5.6

Source: Field Survey, 2014 .N = 180

Effect of access to extension services on farmers' production

The result in Table VI showed that significant differences exists between all measured variables of farmers' production (farm size, yield, asset and income) before and after access to extension services. Farmers in the study area, after having access to extension services, tend to increase their farm size (t = 14.474) by an average of 2.1 hectares and their yield (t = 20.203) increase by 7728kg. Also, they experienced increase in their assets (t= 24.222) by an average of 1.9 and their income (t= 18.438) by N35,597. This reveals that access to extension services has really impacted positively on the productivity and livelihoods of the farmers. This finding agrees with Oladipo (1998) who also concluded that significant difference exists in the productivity of farmers before and after access to extension services. However, land fragmentation and uneven distribution of land in the study area can also be the rationale behind the variability in income (Oladipo, Kareem, Adereti, and Abubakar, 2011).

Table VI: Summary of t-Test analysis of farmers' production before and after access to extension services

Variable	Mean	Mean difference	95% confidence of the interval difference		t	df	Sig (2-tailed)
			Lower	Upper			
Farm size after extension (in Ha)	6.3722	2.10000	1.81371	2.38629	14.474	179	.000
Farm size before extension (in Ha)	4.2722						
Yield after extension (in Kg)	13900.0000	7727.77778	6972.97454	8482.58102	20.203	179	.000
Yield before extension (in Kg)	6172.2222						
Assets after extension	7.0056	1.91667	1.76052	2.07282	24.222	179	.000
Assets before extension	5.0889						
Income after extension (in N)	81286.1111	35597.22222	31787.44554	39406.99890	18.438	179	.000
Income before extension (in N)	45688.89						

Source: Field Survey, 2014.

α = 0.05

Constraints of farmers' access to extension services

The constraints to farmers' access to extension services are presented in Table VII. The major constraints include lack of capital (98%), lack of government support (96%), poor transport facilities (91%), distance from extension contacts (78%), poor communication facilities (72%) and poor teaching method of the extension agent (57%). As earlier mentioned, farmers access to capital in the study area is hampered because of poor knowledge of loan recovery by extension agents, making it difficult for financial institutions to issue loans to the farmers.

Farmers in the study area are not well supported by the government as they hardly get input supplies from the government and when they do, they pay heavily for it. Most of the roads leading to farming communities are in very poor state, making it difficult for commuters to ply and thus hindering the transportation of perishable farm produce to the market on time. The distance of some farmers to the nearest extension contact makes it very difficult for them to have easy access to information. Farmers also find it difficult to access and comprehend information because information received is often ineffective due to noise and poor teaching methods of the extension agent. This result is in agreement with the findings of Okwocha and Asogwa (2012) who concluded that noise is one of the hindrances especially when information is disseminated among target groups. Other constraints to farmers' easy access to extension services include lack of equipments/machineries and farmers' level of education.

Table VII: Respondents' constraints to accessing extension services

Constraints	Frequency	Percentage	Rank
Lack of capital	176	97.8	1
Lack of government support	172	95.6	2
Poor transport facilities	164	91.1	3
Distance from extension contacts	141	78.3	4
Poor communication facilities	129	71.7	5
Poor teaching methods of extension agents	102	56.7	6
Lack of equipment /machineries	99	55.0	7
Farmers level of education	72	40.0	8

Source: Field Survey, 2014. N = 180

CONCLUSION AND RECOMMENDATIONS

Based on the findings of the study, it was revealed that farmers in the area have access to extension services with majority of them contacted by extension agents once in every 2-3 months. Significant difference and positive increment exists between all measured variables of farmers' productivity which include farm size yield, assets and income before and after access to extension services. The study therefore recommends that more efforts and strategies should be put in place by government and other stakeholders involved in extension activities for more frequent extension-to-farmer contact in order to facilitate the effectiveness of extension services in the area thus enhancing more geometric positive impact in the lives of the farmers. Also primary extension services rendered to farmers should be designed to include loan recovery. Financial institution will issue out loans to farmers if there is guarantee that such loans will be recovered.

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FAMILY DEVELOPMENT IN THE 21ST CENTURY: A MYTH OR REALITY?

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INTRODUCTION

All over the world family issues are taken seriously. Nations gather regularly to discuss issues affecting families. Any nation that is interested in molding its future leaders to enviable status take family issues with a lot of care. Wise nations are aware that they can only produce sane and humane leaders through proper focus on the families of their nations. It is very hard to imagine building a successful society without the family. The family is the smallest but most powerful unit of the society.

Throughout history, the family has been recognized as the fundamental building block of the society. It is the oldest and most important social institution of the world. It produces all the members of the society. The family binds together all the people in the society and therefore accounts for the growth of the society. This implies that the survival of any society depends on the viability of the individual families within the society.

The family is very important in the development of any society. Family scholars are aware of the importance of family development. Family development can only occur where the family members are interested in sustaining the norms, principles and focus of the family. Such families have set objectives, targets and benchmarks below which family members are committed to not falling below. This leads to development of family traditions which are passed down from one generation to the other.

A focused family with sustainable family norms and traditions results in the creation of strong families. Strong families are the engine which the overall effort to improve social and economic development revolves. What is the definition of a strong family in the 21st century Nigeria? How many strong families can each community in Nigeria boast of? These are questions, this conference should provide answers.

Strong families are important in the development of strong economic, social and stable society it helps to create sustainable communities and increased global prosperity. Strong families act as an anchor during hard times, thereby providing support systems for its members. People from strong families are reported to be healthier, happier, confident, better adjusted and many times more humane (Salami and Uko-Aviomoh 2004, Wikipedia, 2012).

Concept of the family

The family can be viewed from different perspectives. Sociologists view a family as a social institution and locus of people's social activity. It is a social unit created by blood, marriage or adoption and can be described as a nuclear family (parents and children) or extended family (encompassing other relatives), (Conklin 2012). From the genealogical point of view, a family is regarded as a broader kinship network that links ancestors and descendants of a person (Nam, 2012). Genealogy is the study of family structure and history drawn from birth/death certificates, census, immigration records and other ancestry records that published statistics of family are based on census or household survey questions and answers (Smith and Mineau, 2003).

From the demographic perspective, a family is a group of people that share living facilities under the same roof. Here the binding force is accommodation and people who are not living under the same

roof but are part of the family are excluded. (Conklin, 2012). Horton and Hunt (1994) saw the family as a married couple with or without children, an unmarried couple with children, a group with common ancestors or persons with children kingship group united by blood or marriage. According to Strong and Devault (1986), a family produces and socializes children, acts as a unit of economic cooperation, gives significant roles as children, husband, wives and parents and provides a source of intimacy. Action Health (2003) on the other hand defined the family as the arena in which virtually the entire range of human experiences can take place which include love, tenderness, honesty communal sharing, joy, happiness, poverty deceit, jealousy, envy, violence warfare, guidance and acceptance. Obodunmu (2004) saw a family as a group of closely related people who share a distinct sense of identity and responsibility for each other that outweighs their commitment to others.

Members of the family make up the environment that children grow and interact. Family members need to be trained so that they can transfer positive family values that can help shape the behavior and skills to other family members.

Definition of a family: A family can therefore be defined as a group of people related by blood, marriage or adoption that are committed to their values and beliefs which will empower them to provide love, intimacy, support, guidance to their members and to the society. This definition is not exhaustive there is room for more definitions of a family.

The Nigerian family

The Nigerian family system has many features

- i. Monogamy
 - ii. Polygamy
 - iii. Nuclear and extended family system
- Monogamy is dominant in some religious cycles who are committed to their faith.

Polygamy is rampant even among religious sects where polygamy is not allowed. Educational height and affluence does not affect the polygamous nature of some Nigerians. Keeping of lovers, concubines, mobile wives and husbands is also practiced. All these combine to affect family development.

The nuclear family is hardly nuclear in practice. The extended family system is widely practised in Nigeria. However whatever type of family system that is adopted, care must be taken to ensure that family members conform to the family values and ethics and family members must be trained to maintain a high moral, disciplined and respectful life so that they may become well groomed individuals that will affect the society positively.

Meaning of development

Development means a gradual growth of something so that it becomes bigger or stronger or a new event or news that is going to have effect on the prevalent situation or the act of making something better (Horby 2000). It is also a process of changing and becoming bigger, stronger or more impressive, successfully or advanced or causing somebody or something to change in this way (Adejoh, 2010)

Family development

Family development can be defined as the ability (related by blood with common ancestry or kinship marriage or adaptation and values) to grow, multiply, become stronger and better thereby leaving a positive and progressive impression and order on the society over time.

Family development can be assessed from two points of view:

- a) Development of the mindset
- b) Family life cycle.

a. Development of the mindset

To achieve family development, family members must be ready to adapt to changes. Family development cannot take place if the family members are resistant to changes. Members of any family must be ready to change with the changing times. The mind is the workshop for evolution of all thoughts and ideas. Family members must be ready to develop an open mind that is receptive to new knowledge and ideas' they should also be able to adopt these ideas/knowledge to shape their behaviour and thoughts. Since an attitude will lead to sustainable family development.

Development of a positive mindset will support family development. According to Salami and Uko-Aviomoh (2004), evolution and transition from one stage of development to another is inevitable. The nature of this new mindset is directly related to the oneness of humanity which attains its highest expression in the all-important state of unity. Mankind needs to establish a life of unity within and outside the family.

Family development theory

This is an approach to studying families. It is useful in explaining patterned change, the dynamic nature of the family and how changes occur in the family life cycle. Family development theories have 3 phases: viz;

- Phase I:** This phase focuses on the family life cycle. It includes the process of birth, growth maintenance, shrinkage and death.
- Phase II:** This involves the roles and relationship in families. Family life involves relationships that change with each stage of the family.
- Phase III:** The theories actually took out time to look at limitations and strength of the framework.

From the foregoing, it is obvious that the family developmental theory has two basic concepts i.e. the family life cycle and the developmental task. (Families Development Theories)

Ingredients of family development

The following are some important ingredients of family development

- * Development of a strong family
- * Development of a violent free family
- * Management of mobile husband/mobile wives
- * Protection of family values
- * Financial management /financial education
- * Expanding household food choices
- * Family chores/family education
- * Family crisis management
- * Family politics

Development of a strong family

This is inevitable as far as family development is concerned. Development of a strong family begins with the personality, ethics and mindset of parents. It requires discipline, perseverance and

endurance. Such attributes can manifest only in parents that have focus and targets and are committed to family life. Such parents usually carve out a niche for themselves. They are open and honest to each other. They live an exemplary life that commands respect from their children (without their knowing). When they chart a pathway for their children, there is every tendency that they will obey because they believe, trust and respect them.

Development of violent free family

Many families undergo conflict at one point in time or the other. Domestic conflict involves misunderstanding, disagreement or argument among family members during the normal family living. These misunderstanding occurs because of inherent differences among people (Gyuse, 2008) they range from conflict of ideas, actions, believes and religion. Conflicts translate into violence when a spouse or partner intentionally uses physical abuse that causes pain or injury to the partner.

Conflict is a part of human relationship and must not be allowed to degenerate into violence. Violence in the family must be avoided because its consequences are terrible. Some of the consequences of domestic violence are: bruises, cuts, black eyes, broken bones, knife wounds, damage to joints, hearing and vision impairment. Domestic violence accounted for 27.9% of all visits of women to the trauma units in Alexandria, Egypt (Heise Ellsberg and Gottemmeeller, 1999), women are also known to spend a lot of money on medical treatment from injuries caused by their partners while others loose working hours and even pregnancies. Domestic violence can also lead to death of women.

Violence in the family can lead to hatred, trauma, bitterness, passiveness, hard heartedness and fear in the wife and children. Women and children from violent families do not always look forward to returning home. Violence in the home turns the marriage and the home upside down, scares away family happiness, cuts family ties, increase family health care bills, reduces self esteem and produces weak families. This is very alien to family development. According to Hughes (2005): "One of the most dangerous place to be apart from a war zone or in a riot is in a violent home" Parents should be committed, transparent, and forgiving to each other so that conflicts can be resolved amicably without deteriorating into violence. A violent- free family will lead to family development.

Management of mobile husband and mobile wives

Mobile husband and mobile wives are those husband(s) or wife(s) who are not legitimately married to a man or woman but are performing illegal conjugal roles yet the families and society accept them. They may or may not be living together, may or may not have children. If they have children, the children are regarded as legitimate because in Nigeria there is nothing like an illegitimate child by law. Some mobile wives or husbands at times turn out to be a blessing to the family thus enhancing family development.

On the other hand, the presence of mobile wives or husbands in a family brings so much conflict and family crisis in such a way that they hardly have any advantage, if anything they tear families apart and slow down family development.

Protection of family values

Family value is the belief of what is right and wrong by a family. Different families take issues differently. Some families may see an action as a very serious offence and frown at it seriously while others will take a simplistic look at the same offence and laugh over it. Family values start from what is socially accepted by religion, family foundation and society. These include attitudes, conducts, beliefs and morals. (Iwegbu and Okobia, 2010).

Loss of a family value will result in loss of values and standards in the lives of family members and later groups, communities and even a nation. Traditional values are fast fading away in Nigerian family value system. This could be as a result of acculturation through increased interaction within the western world physically or through the internet. Also parents spend longer working hours in the office than at home thus little time is spent with children and other family members to reinforce family values thus the loss of morality and decency is very pronounced in today's families. This issue must be addressed otherwise family development will remain a myth in Nigeria. At the end of the day, parents are and will remain the primary communicators of values whether in the nuclear or extended family system (Salami and Uko-Aviomoh 2005, Iwegbu and Okobia, 2010). Parents with little or no value hardly have anything to transfer to their children because it is generally known that nobody can give what he/she does not have.

Financial management/financial education

Management of family resources for the benefit of the family and beyond is a very important aspect of family development. One of the important functions of a family is to cater for all the family members. Proper budgeting should be amicably drawn by the couple to ensure that all members of the family are adequately catered for. When parents display financial discipline, children will follow their footsteps. Such parents will live a happy and contented life.

Children and other family members need financial education that will ensure that they live within their means. It helps family members to live a contented life, free from greed and indebtedness and disciplined. It also teaches family members to be prudent when it comes to resource management. These are the features of future leaders that our society needs. Disciplined families can supply the society such leaders which of course will promote family development.

Expanding household food choices

Nigerian foods offer very limited and monotonous choices. A family's function includes provision of nutritious and interesting meals to their family members. A popular adage says “The easiest way to a man heart is through his stomach. It is the duty of the home maker to produce interesting and nutritious meals. This calls for creativity, adventure and new product development. A home maker should be dynamic, she is expected to try out new recipes, develop new products and add it to the family menu. Creating new meals eliminate monotony, upgrades nutrient intakes as it stimulates appetite and sustains the interest in family meals.

Family members are expected to look forward to their meals because of the delicious food the mother provides. Family meals should be inviting, efforts should be made to ensure that the family eats at least a meal together per day during the weekdays and at least two meals per day during the weekends; this will help in strengthening family ties and promote family development.

Family chores/family education

Family chores: In Traditional African societies family chores are very gender sensitive. Certain household chores are unconsciously associated with the girl child. Male children are hardly given jobs like plate washing, cutting or picking vegetables, cooking, cutting meat or fish, food purchase, child-care to mention but a few. These are jobs dumped on the girl-child. Male children are made to feel superior to the girl child from inception at the family level and she grows up with this inferiority complex. Male children are made to wash cars, dust the chair or television set, clean Daddy's shoes or lay the table when food is ready. All sorts of discrimination has been documented against the female child in the area of participation in decision making about household chores and the lopsidedness of sharing of domestic duties. Parents need to look at this critically so that the self esteem of the girl child can be upgraded and she should not be used as the beast of burden.

Family education: Family education in Nigeria generally is meant for an immediate induction into the society. It starts from infancy up to adulthood when the child can fend for him/her self. It is a process of transmitting to the child culture, attitudes, abilities and other forms of behaviour which are of positive value to the society in which the children live. (Uko-Aviomoh, 2005). The curriculum is very elastic and rich. The education can take place during leisure time at home, when children are playing, during family prayers, when they are doing household chores, when interacting with the environment and so on.

It should emphasize social responsibility, job orientation, political participation, spiritual and moral values (Fafunwa 1974). It is important to teach children about their families. Children can also be made to know about their families from birth through interaction. Relationships such as cousins, uncles and aunts are easy for children to group. Step and half siblings are difficult and take time to understand. At age 1-5, it is advisable to introduce the family to the child as people they live with who love and care for him/her. Introduce family photographs and explain family relationships. You can also draw a house to represent the family and fix all the family members' photographs. A family tree can also be made or introduce a pictorial family book. Another method is to use a map to identify cities where your family members stay (Timothy, 2012; Cowing, 2012). However, Smith and Mineau (2012) argued that construction of a family tree may not give a true picture of the family especially where you have family members of questionable paternity. On the whole learning about the family is an important aspect of growing up and family development.

Children can also be educated to become future leaders of our country. Children should be taught to be patriotic, honest, humane, accountable, compassionate, and diplomatic. They should be taught the consequences of fraud, corruption and embezzlement of public funds.

Family crisis management

Crisis in the family is part of family development. Family crisis can arise from conflicts within the immediate family or the extended family members. Family relationship should be managed skillfully to forestall the eruption of family crisis. Different family roles peculiar to different family members should be well spelt out and each family member should strive hard to fulfill their obligation to the other family members by ensuring that they carry out their responsibilities without any pettiness or strife. Family members should acquire a social skill which involves the courtesies of life, awareness of other people's needs and feeling and the sense of responsibilities. Salami and Uko-Aviomoh (2005) added their social skills also include ability to bring out the best in other people, (including family members) creating innumerable opportunities for cooperation, civilized discussions, entertaining people of different ages and for gaining confidence and sight.

However, no matter how careful one is, once in a while we find that the faults of our contemporary family and by extension the society are many and may cause individuals to react to negative circumstances one encounters. Such reactions are emotional and could be an outburst of abuses, exchange of blows or bitterness. The society is gradually changing with value orientations therefore family crisis becomes eminent. The following are some of the causes of family crisis:

Family income management, Internet pornography, television viewing, family security, family relations, family traditions, customs and values, morality, religion, parenting instinct, meal preparation, uncontrolled child spacing, incompatibility, lack of good communication skills, conflict in ideas, jealousy and so on.

Whatever is the source of conflict in the family patience, kind words, trust, maintaining each other's self esteem and open communication can help in family conflict resolution.

Family Politics

The family whether we like it or not is a political outfit that needs careful management. The family as an agent of socialization, no doubt serves the purpose of socio-economic, political and technological transformation of the state. According to Fayam (2008), Uko-Aviomoh and Ajuluchi (2010) the state is an embodiment of coordination of family activities towards national growth and development. At the family level, it is well known that parents have a soft spot for specific children for some reasons. It is advisable not to make such likeness very palpable by other children so that there will be no bitterness, feelings of resentment or abandonment or development of low self esteem.

Political skills and networking is needed to manage family members especially the extended family system that is widely practiced in Nigeria. From historical perspective, it is clear that nature rested power on the male personified by the head of the family the father and this transcends to the sons and the male generations. Thus the political activity at the family level is patriarchal. This explains the socio-economic and political discrimination against the female child in the family and by extension the state. In the Nigerian state, there have been all sorts of discrimination against the female child which trailed her from the family level. Today, the female child is still discriminated against in the area of participation in decision making, education, right to inheritance, acquisition of sensitive political positions. According to Fayam (2008) the family was totally neglected during the institution of stable democracy in Nigeria. The family was never liberalized to adopt a democratic principle that allows free access to decision making and accommodation of divergent views. This scenario Fayam (2008) explained must have been why the first, second and third republic could not survive, under a substructure that was dictatorial. This, he argued was basically because of the undemocratic nature of the Nigerian family. Nigerian families have not injected democratic values into the Nigerian people.

The family as the primary institution with the greatest influence on the people was neglected thus in the third republic, the Nigerian family remained static, unreformed and neglected as a means of enhancing democratic survival.

Family Development in the 21st Century**A myth or reality**

Family development in the 21st century can remain a myth or turned to a reality depending on our mindset. We are living in a very dynamic society that does not give room to generational gap. This implies that no matter how old we are we must be ready to rectify our mindset to change with the changing times. If we can achieve this, everything will fall into place for we will be able to change with the changing technological developments, maintain our relevance in the life of family members. It will enable us to still retain our authority and power over family members. In effect we will have the chance to influence the family members and tactfully transfer our values and discipline to the younger family members. Thus, strong families will emerge and family development can be ensured in the 21st century and beyond.

However, on the other hand, if we remain on the fence with our archaic ideas, blocked minds and never ready to change with changing times, we will run into crisis with the younger generation. More time will be spent on family crisis management at the expense of family development. Family development will therefore remain a myth.

CONCLUSION

Family development is an important aspect of family life. It requires an active participation of family members to attain set family goals; conserve family values thereby transfer such values to the family members. It requires determination to work on the mindset, leave the comfort zone of old-fashioned ideas and embrace new ideas that will move the family forward to development. Family members need love, peace, happiness, care, security and various forms of education to develop strong facilities that can enhance family development.

RECOMMENDATION

The following recommendation are advanced to promote family development

1. Families should have family values and family traditions with the intention of transferring same to their children.
2. Parents should ensure that children get acquainted with their family members
3. Parents should teach their children financial education and family chores.
4. Parents should live a conflict-free life and should show love and understanding to themselves and family members.
5. Parents should not show favoritism to any family members.
6. The name should be inviting in all ramifications love, care, peace, good and nutritious meals, warmth and security.

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NUTRITIONAL STATUS OF CHILDREN (6-12) YEARS AND ENVIRONMENTAL HYGIENE PRACTICES OF MOTHERS IN KETU-IKOSI LOCAL GOVERNMENT IN LAGOS STATE

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ABSTRACT

The nutritional status of children depends to a great extent on environmental conditions. Children of school age are not usually included in nutritional data; therefore there is a dearth of information on children (6-12 years). This study focused on the relationship between nutritional status of children (6-12 years) and environmental hygiene practices of mothers in Ketu-Ikosi Local Government Area of Lagos state.

Structured questionnaire was used to elicit information from the 105 mothers with children of 6-12 years of age. Weight and height of children were measured using standardized equipment, which were used to determine the nutritional status. The environmental hygiene was assessed using both 'spot check scale' and environmental hygiene practices to determine the level of hygiene. Data were analysed using SPSS descriptive and inferential statistics. Nutri-survey software was used to analyse nutritional status.

Results showed that 44.8% of the children were males while 55.2% were females, 53.3% and 31.4% of children had weight of <30kg and height range of 131-140cm respectively. Majority (89.6%) scored above 5 points out of the 6 points obtainable in the environmental hygiene condition. There is no significant difference in the nutritional status of boys and girls ($p = 0.408$). Underweight and Overweight had significant relationships with environmental hygiene ($r = 0.332, p = 0.002$) and ($r = 0.243, p = 0.013$) respectively.

It was concluded that the environmental hygiene practice is high, which positively affected the nutritional status of children in the study area.

Keywords: Children, nutritional status, hygiene, environmental condition, Lagos

INTRODUCTION

It is well recognized that school children are a nutritionally vulnerable segment of population, also very susceptible to morbidity due to infections. Undernutrition is associated with impaired immune function and consequent increased susceptibility to infections. Interaction between nutrient intake, nutritional status and morbidity in school children are complex. Prevalence, severity and frequency of morbidity due to infections also depend upon nutritional status of the child and environmental hygiene.

Nutritional status is the balance between the intake of nutrients by an organism and the expenditure of these in the processes of growth, reproduction, and health maintenance. (Thompson et al, 2002). Nutritional status can be measured for individuals as well as for populations.

Studies show that the environment plays a direct role in the transmission of infections, due to the length of time some pathogens can survive in the environment (Weber, et. al., 2013). Lack of access to safe, clean drinking-water and basic sanitation, as well as poor hygiene cause nearly 90% of all death from diarrhoea, mainly in children. (Clasen et al, 2014). While 87% of the world's population now have access to improved water sources, 39% still lack access to improved sanitation

(WHO/UNICEF, 2010). Moreover, in developing countries 1.1 billion people still defecate in the open, and hand washing with soap is practised, on the average only after 17% of toilet uses (Curtis et al, 2009).

Children with diarrhea experience the largest weight losses. It has being pointed out that it is the effect of diarrhea on the child's appetite, and the tendency for the mother of a child with diarrhea to withhold foods that is the largest contributor to the effect of illness on energy availability. Diarrhea and infectious disease cause a marked reduction in energy intake and hence reduces the nutritional status of the child. Such infections or diseases that can be caused due to lack of proper environmental hygiene include malnutrition (undernutrition), diarrhea, cholera, trachoma, typhoid, malaria, hookworm infections, schistosomiasis, scabies and so on, maintaining cleanliness not only provide for children's comfort and a positive stimulus, it also impacts on infection control. Hence environmental hygiene helps nutritional status.

It has been shown that proper environmental hygiene practices decreases the rate of infections among children and hence enhances proper nutritional status in children. The high risk of infections is due to the increase in lack of proper environmental hygiene practices.

About 2.4 billion people globally live under highly unsanitary conditions and have such poor hygiene behaviors that their exposure to risks of incidence and spread of infectious diseases, are enormous (WHO, 2012). Therefore, this study was conducted to assess the relationship between nutritional status of school aged children and environmental hygiene practices in urban settings of Lagos in Nigeria. The study hypothesized that there is no significant relationship between nutritional status and environmental hygiene practices of the respondents and that there is no significant relationship between the socio-economic characteristics of mothers and the nutritional status of school children.

METHODOLOGY

Area of study

The study was conducted in Lagos state, Lagos is an urban setting in Nigeria. Lagos lies in 6°27'11"North, 3°23'45"E? ast, 6.45306°North and 3.39583°East. The urban area is 999.6 km2 (385.9 sq m) with total population of 7,937,932 according to 2006 population census and density 7,941/km2 (20,170/sq mi). Lagos is a port city and the most populous city in Nigeria. The people in the area are mostly workers, traders and very few farmers. There is a huge spectrum of wealth distribution among the people that reside in Lagos. It ranges from the very wealthy to the very poor. Lagos has attracted many young people and families seeking a better life from all parts of Nigeria and beyond. Lagos is primarily known as a business-oriented and a fast paced community. The women work in banks, companies, and a fraction as civil servants. Lagos comprises of all the tribes in Nigeria, Yoruba indigenes and non-indigenes. For the purpose of this study, Magodo residential estate located within Ketu-Ikosi- Local government was investigated. Magodo is typically an elite environment.

Sample size and sampling technique

A simple random systematic sampling technique was used to choose the households that met the inclusion criteria of households with children within 6-12 years of age. A total of 105 mothers were selected.

Research instrument

Questionnaire which consists of socio-economic characteristics, health status, hygiene practices, source of water supply, method of waste disposal and toilet facilities, cooking facilities was constructed for the respondents. Weighing scale was used to measure the weight of the children in

kilograms, while stadiometer was used to measure the height of respondents in centimeters. The environmental hygiene was measured using 'spot check scale' to ascertain the level of hygiene. The following were checked, presence of bushes, feaces of human/ animals, refuse dumps, stagnant water. Overall neatness of the environment was also checked and scored accordingly.

Data analysis

Descriptive statistical analyses such as frequency counts, percentages, cross-tabulations were used to describe the data collected while correlation analysis was used to test hypotheses.

RESULTS

The data in Table I showed that 64.8% of the children fell within the age range of 6 and 9 years, and 35.2% were 10-12 years of age. The mean age was 8.58±2.04. About 45.0 % of the children were male while 55.2% were female. The anthropometry showed that 53.3% of the respondents weighed less or equal to 30kg while 6.7% of the respondents weighed more than 50kg. The mean weight was 31.23±9.08. The result also showed that 17.1% of the children had heights that were less or equal to 120cm while 27.6% of the children had heights that were above 140cm. The mean height was 133.76cm±11.58. The household size was also investigated and 90.5% came from household with less or equal to 6 members and 9.5% were greater than 6 members.

Table I: Child's characteristics

Variables	Frequency N = 105	Percentage
Age (years)		
6-9	68	64.8
10-12	37	35.2
Mean age ± SD	7.58 ± 2.11	
Sex		
Male	47	44.8
Female	58	55.2
Weight (kg)		
= 30	56	53.3
31-40	34	32.4
41-50	8	7.6
> 50	7	6.7
Mean weight ± SD	31.23 ±9.08	
Height (cm)		
= 120	18	17.1
121-130	25	23.8
131-140	33	31.4
> 140	29	27.6
Mean height ± SD	133.76 ±11.58	
Household size		
= 6	95	90.5
> 6	10	9.5
Mean size ± SD	5.44 ±0.92	

The environmental hygiene practices revealed that almost all the respondents (90.5%) and (81.9%) gathered their solid waste in a large trash bin to be removed later by government agency and liquid waste were disposed in septic tanks respectively. Only about 5.0% washed their drainage daily. All the households investigated used water closet toilet type in the study area (Table II). Only 6.7% cleaned their toilet daily, while (61.0%) indicated that toilets were cleaned weekly. Likewise, only 12.4% cleaned their surroundings daily, while almost half (47.6%) cleaned their surroundings monthly.

Table II: Environmental hygiene practices

Variable	Frequency	Percent
Solid waste disposal		
Large trash bin	95	90.5
Burning	9	8.6
Nearby bush	1	1.0
Liquid waste disposal		
Septic tank	86	81.9
Throw them in the surrounding	19	18.1
Frequency of drainage cleaning		
Every day	5	4.8
Every 3 days	69	65.7
Every sanitation day	31	29.5
Type of toilet available		
Pit toilet	0	0
Water closet	105	100
Frequency of washing toilet		
Daily	7	6.7
Once in 3days	34	32.4
Weekly	64	61
How often do you clean surroundings		
Daily	13	12.4
Weekly	42	40.0
Monthly	50	47.6

From the data on spot check observation as shown in Table III, about 10% had bushes around their environment, only 1% had unwashed plates, 30.5% had animals roaming around the compound but no animal faeces were observed around the environment. Very few (5.7%) had refuse dump close to the environment, no stagnant water was observed around the environment. On the scale of 6 points, majority (89.6%) scored 5 points and above in the 'on the spot check' analysis. The mean score was 5.20±1.22.

Table III: Spot check observation

Variables	Frequency	Percent
Bushes around		
Yes	10	9.5
No	95	90.5
Unwashed plates		
Yes	1	1.0
No	104	99.0
Animal around the compound		
Yes	32	30.5
No	73	69.5
Animal faeces present		
Yes	0	0
No	105	100
Refuse dump close		
Yes	6	5.7
No	99	94.3
Stagnant water		
Yes	0	0
No	105	100
Spot check observation score		
3.00	2	1.9
4.00	9	8.6
5.00	24	22.9
6.00	70	66.7
Mean±SD = 5.20±1.22.		

The data of the nutritional status of children as shown in Table IV indicated that 7.6% of the children were underweight, 20% were overweight while 6.7% were obese. Data disaggregated according to sex revealed 4 out of 8 children that were underweight were boys and girls while more girls (15) were overweight than boys (6) whereas out of 7 than were obese, 4 were girls. However, there is no significant difference in the nutritional status of boys and girls (p = 0.408). Underweight and Overweight had significant relationships with environmental hygiene (r = 0.332, p = 0.002) and (r = 0.243, p = 0.013) respectively. The higher the hygiene scores the higher the overweight, while lower hygiene scores, the lower the underweight status (Table V).

Table IV: Children's nutritional status by sex

Variables	Male Freq (%)	Female Freq (%)	Total Freq (%)	P value
Underweight (<5 th)	4(50)	4(50)	8 (7.6)	0.408
Healthy weight(5 th -85 th)	34(49.3)	35(50.7)	69 (65.7)	
Over weight(85 th -95 th)	6(28.6)	15(57.1)	21 (20.0)	
Obese (>95 th)	3(42.9)	4(57.1)	7 (6.7)	

Table V: Correlation analysis showing relationship between environmental hygiene and nutritional status of children

Variables	Correlation coefficient(r)	(r2)	% Determination	P Value
Underweight (<5 th)	0.332	0.110224	11.02	0.002*
Healthy weight (5 th -85 th)	0.032	0.001024	0.10	0.746
Over weight (85 th -95 th)	0.243	0.059049	5.90	0.013*
Obese (>95 th)	0.079	0.006241	0.62	0.425

*correlation is significant at the 0.05 level

Discussion

This study assessed the relationship between the nutritional status of children (6-12 years) and the environmental hygiene practices of households in Ketu-Ikosi Local Government Area of Lagos State. Environmental hygiene practices had been investigated in different research areas such as operating room in the hospital (Jefferson et. al., 2011), in ulcer patients in Benin (Roch et. al., 2015), geophagy in infant and young children (Ngure et. al 2013) among others but little has been documented on the relationship with nutritional status especially among children (6 -12 years).

Child malnutrition is the most widely spread disorder in Sub-Saharan Africa (Food and Agriculture Organization (FAO) of the United Nations, 2006; United Nations Children's Fund (UNICEF), 2007). Malnutrition has been recognized and known to cause a great deal of both physical and emotional human suffering, while it is viewed as a violation of a child's human right to both health and food (Macharia, Kogi-Makan, & Muroki, 2005). The nutritional status of children is of particular concern, since the early years of life are crucial for optimal growth and development. A lot of attention has been given to under five children while little is recorded on older children.

The nutritional status of children impacts their health, cognition, and subsequently their educational achievement. Yet, children of school age are not commonly included in health and nutrition surveys (Best et al., 2010). Nutritional status of children in this study indicated a low prevalence of underweight (7.6%), this could be partly due to the urban nature of the study area, this corroborated study conducted in Latin America, which indicated underweight and thinness to be below 10%. However, studies conducted in South East Asia and Africa indicated high prevalence of underweight (Best, et. al., 2010). Likewise, overweight prevalence is above 20% in this study area, which is in agreement with study conducted by Best, et.al, 2010 in Latin American countries (20-35%), while it is low in Africa, Asia, and the Eastern Mediterranean (below 15%). Lagos is the economic hub of Nigeria with a lot of opportunities; this could be partly responsible for the findings from this study on nutritional status. One of the factors contributing to nutritional status is poor personal/environmental hygiene, but for the purpose of this study, environmental hygiene was investigated.

About 2.4 billion people globally live under highly unsanitary conditions and have such poor hygiene behaviours that their exposure to risks of incidence and spread of infectious diseases, are enormous. Unhealthy environment constitutes enormous threat to the health in societies. World Health Organisation has been at the forefront of environmental sanitation and hygiene action over the past years. Several studies have documented findings on hygiene practices; improved conditions of sanitation and hygiene practices are associated with reduced prevalence of stunting in rural India (Rah, et. al., 2015), children living in a house with less dirty sewage had a significantly lower diarrhea

prevalence compared to those who did not (Rina, et. al., 2013). In this study, “Spot check observation” was used to assess the environmental hygiene conditions of the homes where the children lived (Olumakaiye and Bakare, 2013). Observations that were made on the presence of “bushes around”, “unwashed plates”, “rodents around”, “animal faeces around”, “refuse dump” and “stagnant water”, were scored. Over 80% scored above average. Likewise, environmental hygiene practices were assessed (Table II), less than 10% cleaned the drainage and toilets daily. There existed a relationship between underweight, overweight and environmental hygiene practices in the study area.

In conclusion, the high score obtained in environmental hygiene practices in the study area may likely reduce the prevalence of infection among the children, though not investigated. This could be attributable to the high prevalence of overweight, and low underweight status. There is a need to further investigate the urban slum in Lagos for comparative purposes

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ANALYSIS OF TEXTILE AND CLOTHING EDUCATION FOR CREATIVITY AND INNOVATIVE GROWTH AMONG YOUTHS.

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ABSTRACT

No nation can develop at a good rate when she neglects her youths for innovation and creativity. Since creativity and innovation is problem solving skills, hence creative individuals need special improvement to enable them display their potentials for the benefits of the society. Clothing and textiles is projected as a vocational course that can provide individuals, youths and families with vocational skills for family sustenance, quality living and dependency. The paper examined the ways in which families and youths can achieve sustainable and qualitative living through creative work in clothing and textiles, design, production and merchandize. The paper focuses on the concepts of clothing and textile, design production, merchandize, creative and innovative designs and their relevance to individuals. It further discusses the benefits of educating creative individuals and families, and on how families can be creatively educated for empowerment for national development. The need for improved teaching of clothing and textiles is canvassed with suggestions for making the course more attractive to all individuals, youths and families. Some areas of entrepreneurial initiative in clothing and textiles, design and production are identified. Therefore, early identification creative children and their placement into vocational schools should be encouraged. Also, creativity and innovativeness should be encouraged at all level of education for national development

Keywords: Creativity, innovation, skills, youth, textile and clothing

INTRODUCTION

Human resource development is the framework for helping employees develop their personal knowledge, abilities and, organizational skills. A developed nation is said to be one which has clearly articulated her educational objectives and make sure they are achieved. According to Kelly (2001), the capacity of individuals depends on the access to education, creativity and skills. A nation that can mobilize its resources effectively even if limited, would achieve much. The need for well trained and skilled workers to meet the technological demand of today is apparent now than before. Creativity and innovation through the use of modern technology has given the Western World an immense edge over land, sea and air of African nations. Although, the developed nations have attained nearly the maximum height in physical sciences, they still focus attention on encouraging creativity.

According to Effiong (1992), creative skills were inherent in Nigerian culture from time immemorial. It is as old as mankind in Nigeria. Such skills as designing, sewing, knitting, crocheting, decorating, embroidery and more have been the means of survival for people and these are transferred from generation to generation. It is therefore imperative that creative ability and innovation in individual be stirred and developed at all levels of education (primary, secondary and tertiary schools). The concern of this paper is to determine the concept of creativity and innovation in clothing and textiles production and benefits of training to both individuals and organizations. The conceptual framework of human resource development and the role of clothing and textiles design in human resources development were identified. The study also examined the problems facing clothing and textiles design, production and merchandize. The paper concludes that there is a significant impact of creativity and innovation as a tool for human resource development and sustainability of family

because, clothing and textiles design, production and merchandize provides employable skills, skilled manpower, self development and also reduce unemployment and poverty reduction.

Clothing and textiles is a Home Economics course that deal with fibres, fabric, garment making, craft making among others. This is to say that a lot can be achieved if instructions are observed and carried out through practical and creative work. The knowledge and application of handcraft will lay better foundation for making life worth living because, it offers a lot of job opportunities for families.

Concept of clothing, textiles, innovation and creativity

Clothing: Clothing serves an important social purpose which, if well chosen and used by families will enhance one's appearance. It gives sign language or impression to onlookers and also makes one confident and poised. Clothing is an important article used by people into first impression and plays a part in the selection of friends and acquaintances (Ryan, 1996).

Citeve (2007) defined clothing as any body covering related to personal adornment and it encompasses all forms of body decoration. An individual whose clothes do not fall within a recognize range or situation attracts attention, which most often is negative. Clothes can give the individual satisfaction, self confidence and respect if the individual's clothes fit his or her figure and occasion. A family is a social institution made up of people related through marriage, blood or adoption, living with common beliefs and values. The family, being a social setting, seeks to socialize by inculcating in them the societal family norms and values which include clothing and personal adornment. Clothing and textiles add extra touch of creativity to your reversible sewing when you create your own one – of – a – kind fabrics, with etching, rembossing, stamping and stenciling. While stenciling is sometimes easier to position on a finished fabric panel the rest of these treatments are best applied to the fabric before it is cut and sew (bespoke). When it is a technique to save you time or sanity, add a professional finishing touch, or just give you an idea, these little tricks and ideas are sure to add to your reversible sewing pleasure, hence this can only be determined through education of the knowledge it involves and creativity.

On the other hand, the word textile comes from latin word “texrene” meaning “woven” which in turn comes from latin verb textere meaning “to weave”. In textile science, however, a textile is freely defined as any product made from fibre, thus, the term does not only refer to woven fabric, but also to non woven fabrics. Textiles can be made from a variety of materials from animal skin, vegetable, mineral origins and man-made fibres. Textiles is a field of study with which the pure sciences, the arts and social science/humanities are applied to solve personal or individual clothing problems in society and that of the nation by extension (Dickerson, 1995).

Textiles are fabrics or cloths that are used for making clothes and other household articles such as bed sheets, chair covers, curtains, blinds etc. the characteristics of any fabric depends on those of bares that make it up. The major two classes of fabrics which are natural and man-made are use during fabric construction. Each process of constructing these fabrics affect the appearance, texture, durability, use and how to take care of them. Natural fibres are gotten from vegetable (cotton and linen, ramie and sisal) and Animal (wool, silk and Hair). All natural fabrics have their different characteristics that possess the use and durability of the consumers' choice. Man – made or synthetic fibres are also gotten from cellulose based or non – cellulose based with the addition of chemical treatment of certain raw materials, cellulose based fabric are produced from wood pulp or cotton linters e.g. rayon while non cellulose based fibres are also produced from extracts of mineral crude oil e.g. nylon polyester etc. (Anyakoha and Eluwa, 1999).

Concept of creativity

Creativity is a mental process undertaken by an individual to produce new ideas, concepts and process information in such a way that the result is original, meaningful and capable to solve problems (Adeyanju, 1996). Therefore, creativity can be described as the ability of a person to come out with something new, unique or original and useful to the society. It is something that will solve one or more of societal problems.

Values of clothing and textiles

- * The main objective is to develop in individuals the pride of achievement and interest in cutting fabric and making items for themselves.
- * Clothing and textiles help to develop self-expression which in turn helps in creative ability.
- * It serves as occupational therapy by job seekers/unemployed families.
- * It offers a kind of satisfaction in developing interest because it is useful for home decoration, as a hobby and a form of leisure activity.

Innovative and creative culture

To make families move forward, there is need for encouraging culture. Innovation and creativity are to be valued, appreciated, adequately funded and channeled to meet specific needs of the country. An innovative culture is a key to a nation's success in wealth creation and development. The worthy citizens of any country are the creative ones who invent new things, bring up innovations in the field of development and technology. They solve national problems and forestall economic instability. Tabachnick and Zeichner (2002) assert that the ingredient of creativity give insight into the symbolic relationship between creativity and technology which helps in developing a nation. The non-conformist tendency of a creative individual makes him/her venture into the unexplored forest of knowledge. This tendency to deviate and utilize his or her power results in new art forms which are translated to invention. Creativity and innovation are what contemporary Nigeria needs because there are great entrepreneurial opportunities for youths in Nigeria. To develop creative ability in individuals and families, Lawani (1998) remarks that an entirely new programme will be needed at various stages of schooling. Here a range of creative activities will be taught to provide a type of education where students could develop and gain creative opportunities to solve problems. A vocational center with skills oriented in craft design, sewing, knitting, decoration etc. should give enough time to students to carry out researches, experiments, explorations and develop their creative abilities. Such teaching should be reserved for practical/experimental learning which are conducive with adequate sufficient materials to enable students work towards notable inventions.

Factors fostering creativity and innovation in clothing and textiles

- i. **Conducive learning environment:** Manza (2010) expatiates that a conducive teaching and learning environment helps students develop life skills. The home and school should provide a conducive environment to promote creativity. The environment should comprise sewing tools and equipment, toys and art objects for the students and children to use to develop their creativity impulse. The home influence is a significant factor in encouraging the development of creative thinking among children. Creativity is nurtured in a particular environment where the atmosphere is conducive.
- ii. **Redesigning education for creativity:** To foster creativity and innovation in Nigeria Crutchfield (1992) suggested that new courses in art and design are relevant at all levels of education. This is to provide knowledge of arts, crafts, design and technology for integrated study. Creative activities should be incorporated to provide a type of education where people solve problems and exercise their creativity and inventiveness. Through creative art in schools, students are taught how to increase positive attitudes towards self, creative experience, problem solving and the environment.
- iii. **Play way method of teaching:** The play way method of teaching should be encouraged for better creativity and not the conventional teaching method. This type of play otherwise known as improvisation method is primarily an activity which helps the children to discover themselves. Crutch – field (1992) affirms that a play attitude is the perfect frame of mind for the experimental ventures that are required. Play way method helps students to express themselves freely and

develop their creativity without teacher's interruption. Creative art designing atmosphere provides field in which the child develop his/her unconscious creative art qualities. As children are given freedom to develop their artistic character, high standards are required to be set by the teacher so that, the student reach the stage of confidence in relaxed playful atmosphere.

- iv. **Unruly behaviour:** Lawani (1998) affirms that, occasionally some children exhibit behaviour which differs from others. Some unruly behaviours among children develop their creativities. Some parents tend to discourage these unruly behaviours while teachers consider them an act of indiscipline which must be corrected. This unruly behaviour which parents and teachers frown at and discourage could really be a creative tendency which should be encouraged as an outlet for expression.
- v. **Exploration and inquiry:** Children, either at home or school, like to explore or inquire about what is happening in their environments. Some children are very inquisitive by asking questions. Parents and teachers are to make sure they answer their questions which will stimulate the children's intelligence. It gives room for the development of self – expression and creative thinking in the child.
- vi. **Teaching skills:** Creative art and innovative culture is a highly skilled professional aspect of clothing and textiles. It is the paramount responsibility of the teacher to choose a suitable teaching method. Lawani (1998) opines that if a teacher is able to choose the appropriate method of imparting practical skills either in cutting and sewing, crafts work, designing/embroidery, decoration etc. This is the bedrock of creative abilities. The teacher can develop creative processes in children teaching them and guiding them to explore other avenues in creative art design and innovation.
- vii. **Creative design competition:** The need to organize workshops and creative design competition from time to time for students or children is very important in encouraging creativity. At the end of every creativity competition, students who excel should be given prizes as boosters to encourage them improve in their clothing and textiles development. Competition helps to expose students to other aspects of creativity such as dress making, toy making, craft work, patch work, interior decoration etc.

The role of creativity and innovation in clothing and textiles design, production and merchandize for sustainable family living.

The innovative and creative art design in clothing and textiles design, production and merchandize can empower individuals and families for quality living. However, clothing and textiles design are normally taught to students for cognitive enrichment with sufficient emphasis on practical to ensure skill acquisition and self reliance. Furthermore, the need therefore arises for the youths and individuals development of him/herself in a manner that could make him/her take his destiny in his hands. The need for skills acquisition for self-sustenance and or self employment by the individual therefore becomes a matter of compulsion for youths to practice clothing and textile design and production as a way out of poverty for the family sustenance and quality living for the nation.

The following suggestions are proffered to improve creative/innovative competences in clothing and textiles education:

1. **Practicum:** More time should be devoted to practical so that learners will have sufficient practice to become competent enough to satisfy the expectation of future customers, in case they decide to be self-employed. In addition to learning how to use different types of equipments and tools, sources of the equipment and tools as well as prices should be made known to students.
2. **Career education:** There is need for emphasis on occupational competences. This implies that they required competences are to enable students' establishment of careers in specific activities

chosen in clothing and textiles. Anikweze (2003) found that, women specially adjust dresses so that they can fit them and provide them comfort when worn. Only women's dress makers with entrepreneurial skills can meet the special needs of such women with figure problems. It is therefore imperative that every Home Economist and Home Economics teacher should combine her content with some form of career education.

3. Better supervised SIWES: Clothing and textiles students in Nigeria are involves in students Industrial Work Experience Scheme (SIWES). The time spent in this aspect of training should be taken more seriously through better planning and supervision by members of staff. This is to ensure that students on SIWES really get the required industrial experience which includes ideas on the management of the places at which they serve.
4. Supervised creative entrepreneurial innovative: To enable student-teachers gain experience in running small-scale businesses that could empower them to escape life of dependency after graduation, it is suggested that during home management practicum at residence flat, clothing and textile should be made compulsory for all students and, with through supervision accordingly. Students are to run and maintain the seamstress workshops, produce articles and display the articles made. Therefore credit should be given for innovative manifestation in dress designing, sewing, toy productions, tie, dye, etc.

Career or entrepreneurial opportunities in clothing and textile design, production and merchandize

Clothing and textiles sector offers many entrepreneurial opportunities for youth and families in Nigeria. According to Fadoju (2011) career opportunities in textiles and clothing are numerous and rich that individuals and youths can choose from: These include: textiles design and production, costume designing and production, interior decoration, textile merchandize, pattern making, fashion journalism, clothing construction and production, modeling etc while Chidume and Igbo (2012) posited that garment constructions, shoe making, hat making etc are included in entrepreneurial opportunities in clothing and textile.

Benefits of educating creative individuals and families.

Fadoju (2011) observed that creative people are always the minority but the society depends on them for survival in all its ramifications – political, economic, social, health psychological and physical. This implies that the benefits of educating creative and innovate individuals and families in a society are many and cut across all facets of life.

The benefits of educating creative individuals and families is in the area of technological development are as follows:

- * We are living in the era of technology, which demands high level of creativity and innovation in clothing and textiles. If creative individuals and families are given all the support they need, they can move the society forward in area of technology such as fashion designing, embroidery, knitting, merchandise, dyeing, fabric, toy production Considering countries like USA, China, Germany and others, it is the creative people that brought such countries to a higher level of ICT advancement (Crutch-field, 1992)
- * Achievement of self-reliance and self-sustenance in economic, educational and other areas demand divergent thinking, which goes with creativity. The cry of becoming self-sustainable can only be achieved if creative people in the society are encouraged to display their talents.
- * One of the early advocates of special education for gifted and creative children, Plato, believed that special attention to and training of such children were the only ways for Greece to maintain her democracy even at that time.

CONCLUSION

Creative and innovative culture in clothing and textiles are indispensable tools for the development of individuals, families and societies for national development and quality living. To develop creativity and innovativeness, factors fostering development which include a conducive learning environment, creative art/designing education, exploration and inquiry, teaching skills should be considered. Creative arts and innovation should be taught at all level of education in order to develop the innate abilities of individuals to create new design as original field of thought. It is equally true that poverty can be eradicated among families and the quality of life of people be improved. The nation can be placed on the path of sustainable growth and development. However, it will require very critical, creative, innovative, enterprising and collaborative programme where Nigerians use their unique abilities to create wealth for themselves, solve their own problems and eventually enable or influence their own development. We need innovative and creative people to move the country economically, politically, educationally and even spiritually. This is only possible, if our youths are identified and given special training. Therefore, clothing and textiles, design, merchandize, production plays a vital role an individual's life, the knowledge of the areas and facilities the course involved give rise to expertness of anyone found in practicing the business. Clothing and textiles design and production give room to various careers and opportunities to discharge and promote self sustenance and quality living among individuals, youths and families. Despite the fact that Nigeria is rich in human and material resources, the challenges to fashion merchandisers can foster them utilize their professional knowledge and skills to improve the standard of living of many Nigerians.

RECOMMENDATIONS

As a matter of urgency, the Government, teachers, parents and all other stakeholders of Education need to play their complementary roles in order to foster the development of creativity and innovation in clothing and textiles among youths and families in the interest of the nation. Some of the strategies are as follows.

- I. There should be early identification of creative and innovative individuals and their placement into special schools where they can get the much needed attention towards development of their potentials.
- ii. In schools, teachers should create the right atmosphere for creativity. Creative models could be invited to schools occasionally to handle some creative at the primary, secondary, and tertiary levels of education.
- iii. Government has to participate in helping individuals who are willing to learn skills. Similarly, non-governmental organizations (N.G.Os) and micro-finance banks can encourage more people to establish businesses on skill acquired.
- iv. Government should provide an enabling environment for creativity and innovation in clothing and textiles.
- v. Creativity and innovation in clothing and textiles should be taught at all levels of education and emphasis should laid on practical acquisition of skills.
- vi. Creativity should be encouraged and rewarded in individuals to ensure adequate sharpening of intellectual and manual dexterity of creative families and youths.
- vii. The government should motivate communities to initiate vocational activities that will help sustain development of self-dependency.
- viii. For the purpose of better opportunity in the future, clothing and textiles expert should try to develop his/her people in the environment he or she belongs by organizing relevant training, workshop, seminars that will prepare them to be self-sustenance and quality living.

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