

ASSOCIATION FOR FAMILY AND SOCIETY  
SCIENTISTS



IN COLLABORATION WITH



FAMILY AND SOCIETY RESEARCH GROUP  
HOME SCIENCE AND MANAGEMENT  
UNIVERSITY OF NIGERIA, NSUKKA

1ST ANNUAL INTERNATIONAL  
CONFERENCE, 2022

**BOOK OF ABSTRACT**

**THEME**

**Repositioning the Family for Economic Survival  
in the Changing Society. Research Imperatives**

**DATE: 16<sup>TH</sup> – 19<sup>TH</sup> MARCH, 2022**

**VENUE: UBA HALL OF FAME UNIVERSITY OF  
NIGERIA, NSUKKA**



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# **ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS (AFASS)**

**KEYNOTE SPEAKER:**

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**PROGRAMME OF EVENTS**

**Opening Ceremony- Thursday, March 17th 2022**

8:00am – 10:00am Arrival and registration of the participants at the conference centre/Medical Check

10:00am – 10:05am Recognition of important personnel

10:05am – 10.10am Opening Prayer

10:10am – 10:20am National Anthem/University Anthem

10:20am – 10:25am Breaking of Kolanut

10:25am – 10:30am Opening Remark by the Chairman

10:30am – 10:45am Welcome Address by the Vice Chancellor

10:45am – 11:00am Welcome Address by the Dean, Faculty of Agriculture

11:00am – 11:15am Welcome Address by the President/Dyslexia Awareness

11:15am - 12:00pm Keynote Paper Presentation/Questions (Prof. Chinyere Igbo)

12:00pm – 12:45pm Lead Paper Presentation 1/Questions (Prof. Michael Ezenwa)

12:45pm – 1:25pm Lead Paper Presentation 2 (Prof. Clifford Odimegwu)

1:25pm – 1:35pm Short Presentation

1:35pm – 1:40pm Vote of Thanks

1:40pm – 1:45pm End of Opening Ceremony/National Anthem

***Light Refreshment***

1:45pm – 2:45pm Workshop on Research Grant Proposal Writing

2:45pm – 3:00pm Lunch

3:00pm - 5:00pm Plenary Session

5:00pm - Closing Prayer

**Friday, September 18<sup>th</sup> March 2022**

9:00 – 9:05am Opening Prayer

9:05 – 1:05pm plenary session

Refreshments

Vote of thanks/Closing Remark

Closing Prayer



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**001. 'I bu Delaila ji aguba'- 'You are Delilah with a sharp object': Revisiting the perception of 'sociopaths' in an African community**

**By**

**Paulinus Okechukwu Agbo**

Institute of African Studies, University of Nigeria, Nsukka

**Abstract**

This study investigated the framing of 'sociopaths' among the autochthonous Igbo communities of Nigeria. Through systematic narrative provisions of *authoethnography*, the study reviewed the popular opinions on 'sociopaths' in Nsúká and Élúgwú Èzikè both of which are in the Northern part of Igbò-land. Leveraging on my lived experiences and the seminal studies mainly championed by Robert D. Hare on sociopaths, I provided evidence that the indigenous knowledge of the Igbo places an obscure label on sociopaths. The findings of this paper contrast the increasing belief among the Igbo and perhaps other indigenous communities that 'sociopaths' are *Delaila ji aguba*, *onye agwu* (possessed by a deity), 'incarnated evil beings', and related metaphoric cognomens. My dramatic relations with {suspected} 'sociopaths' and the associated theoretical negotiations/analyses on the phenomenon show how essential to rightly identify this behavioural type, protect self from their abusive constructs and if possible harness their peculiarities into positive use.

**Keywords: Sociopaths; autochthonous-communities; Delilah; Igbo; behavioural disorder; abuse**

**002. Parenting and the Girl-Child: Issues in Adichie's *Purple Hibiscus* and Agbasimelo's *The Forest Dames*.**

**By**

**Ngozi Dora Ulogu**

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**Abstract**

Parenting is an intricate and critical aspect of child rearing. Children are susceptible to danger, and so need to be closely monitored and guided for survival. The girl-child is usually more vulnerable to harm and vagaries of the environment and so requires close guidance. Parenting demands specific efforts to support, protect and promote the physical and emotional wellbeing of the children. Particularly, mothers, learn to build bonds with their daughters in a close relationship. However, some mothers do not respond much or follow up their girl-child in providing the needed friendship for their proper development. Incidents in the texts of Chimamanda Adichie's *Purple Hibiscus* and Adaokere Agbasimelo's *The Forest Dames* reveal issues of mother-child relationship, indicating active and inactive parenting. Scholars have reviewed *Purple Hibiscus* as a cultural, patriarchal, child development or bildungsroman text, whereas *The Forest Dames* has been studied as a war text and as a record of history, among other discourse. Using John Bowlby and Mary Ainsworth, Attachment Theory, which posits a close parent-child relationship as a hallmark of positive parenting, this work examines the pattern of relationship between the mothers and the girl-child in the narratives. The paper specifically investigates the dominant roles of the





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individual mothers, particularly, Beatrice and Ifeoma in *Purple Hibiscus*, and Dora, in *The Forest Dames* in securing the girl-child from impending and real dangerous circumstances before her. The paper advocates positive and authoritative parenting requiring concerted and critical efforts of mothers in determining the safety and future of the girl-child.

**Keywords:** Parenting, Girl-Child, Vulnerability, Attachment Theory, Authoritative Parenting.

**003. Home Economics Laboratories and Its Utilization in The Teaching of Senior Secondary School Students in Udenu Local Government Area of Enugu State**

By

**Ezeda Kalu Ogbonnaya<sup>1</sup>, Chiamaka Adaobi Chukwuone<sup>1</sup>, Anowai, Chinwe Christiana<sup>1</sup>, & Margret Ndidiamaka Ezeaku<sup>1</sup>**

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**Abstract**

The study investigated Home Economics laboratories and its utilization in the teaching of senior secondary school students in Udenu local government area of Enugu State. The study adopted a descriptive survey research design. Three objectives and three research questions guided the study. The population of the study was of made up of 48 Home Economics teachers. The entire population was used for the study. Instrument for data collection was a questionnaire. Data collected were analyzed using mean and standard deviation. Based on the data analyzed, the study identified the tools and equipment available in Home Economics Laboratories, revealed 15 items as the problems encountered by Home Economics teachers in the utilization of laboratories in the teaching of Home Economics while 14 items were revealed as a ways of solving the problems encountered by Home Economics teachers in the utilization of the laboratories. The study therefore recommended that; the tools and equipment in Home Economics Laboratories should be easily made available for the teaching and learning of Home Economics by the school administration, Education school board and school heads should adequately provide funds to Home Economics secondary schools teachers to make sure there are adequate provisions of laboratory tools and equipment to sustain regular practical activities in school, again Vocational and technical education board should organize regular in-service training for Home Economics teachers on how to make use of the recent technologies in practical teaching since some teachers do not have the skills on how to operate some equipment among others.

**Keywords:** Home Economics, Laboratories, Utilization, Teaching, Senior Secondary, Students



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**004. Education, Marital and Employment Status as Predictors of COVID-19  
Multidimensional Poverty in South-Eastern States of Nigeria.**

By

**Ugwu Chukwuka E<sup>1</sup>., Izuke Edwin<sup>1</sup> & Emeh Ikechukwu<sup>1</sup>**

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University of Nigeria, Nsukka

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**Abstract**

Poverty its incidence and causes constitute constant debate in the literature of the phenomenon. Crisis such as the Coronavirus Disease 2019 (COVID-19) and the resultant lockdowns and shocks, may increase the current poverty prevalence among certain demographic characteristics in Nigeria. An inter-state online survey via mail-to-web approach was used to (i) explore the prevalence of COVID-19 multidimensional poverty among individuals with certain socio-demographic characteristics in the areas of educational, marital and employment status (2) identify to what extent socio-demographic variables like educational, marital and employment status could predict COVID-19 poverty among citizens of the five states of the southeastern of Nigeria. Respondents (1,057) were requested to complete an on-line survey that includes demographics and multidimensional poverty index of these states. The resultant COVID-19 related poverty in the study area were Abia – 65% Anambra 62.5%, Enugu 58%, Ebonyi – 54.4% and Imo state 55% with no major significant differences between states. Significant predictors of COVID-19 related poverty in these states were having secondary educational status without additional skills, being a craftsman that was quarantined during the peak period of COVID-19 lockdown and having polygamous, widowed, divorced as marital status. The conclusion of the study indicates that COVID-19 constituted micro and macro socio-economic crisis that negatively affected the wellbeing of individuals in the study area. The different tiers of government in Nigeria and other key stake holders in the control of COVID-19 pandemic are recommended to apply effective palliative measures to reduce the poverty phenomenon among the vulnerable groups in the study area.

**005. Engendering women empowerment through access to family/community resources:  
The challenge of achieving Sustainable Development Goal Target No 1.**

**Mary Juachi Eteng<sup>1</sup> & Emmanuel Chimezie Eyisi<sup>1</sup>**

<sup>1</sup>Department of Sociology, Alex Ekwueme Federal University Ndufu-Alike,  
Ebonyi State, Nigeria

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**Abstract**

The paper investigated the challenges of poverty and relative powerlessness faced by women in Ebonyi State as a reflection of their denial of access to the family and community resources. Social, cultural practices and legal enunciations, have denied the women opportunities of participating in formulating socio-economic policies. The paper acknowledged the efforts of state and non state actors, particularly the United Nations as encapsulated in the Sustainable Development Goals (SDG); but affirmed that these interventions failed to address the fundamental issues of poverty and relative powerlessness among women. The analysis was guided by two specific objectives and



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insights provided by the political economy and radical feminist theories. Descriptive research design was used as a method of study. The paper explored secondary data using official statistics from government ministries, departments and agencies, journal publications and reports from the national and international Non-Governmental Organisations (NGOs). Findings showed that the structure of the society in which power relations have left the women subjugated in a patriarchal society, and denied them access to resources have been the major explanatory variable for women poverty and disempowerment as well as stalled efforts in meeting SDG's number one target. The paper recommends a restructuring of the power relations in the society that will engender gender equality; extirpation of discriminatory socio-cultural practices against women; and the intervention of state through the review of legal structures that have stalled women access to family and societal resources.

**Key words:** Empowerment, Family/community resources, Poverty, Power relations, Patriarchy, Gender, SDGs

**006. Mental Health Improvement: The Roles of Foods and Food Scientists  
By**

**Asogwa, Ifeyinwa S<sup>1</sup>, Eze, Chinazom M<sup>1</sup> Nweze, Elizabeth<sup>1</sup> & Ugwu, Anthony<sup>1</sup>**

<sup>1</sup>Department of Food Science and Technology, University of Nigeria, Nsukka.

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**Abstract**

This review highlights the roles of food and food scientists in mental health improvement. Mental health conditions such as depression and anxiety affect a significant number of people. It is estimated that about 300 million people suffers from mental health world-wide. The most common types of poor mental health are depression and anxiety. Outside the traditional functions of food, studies have shown a strong link between food and mental health. Foods that improve mental health are foods associated with the Mediterranean diet such as fruits and vegetables, whole grains, cereals, nuts, seeds and among others. Nutrients contained in the Mediterranean diet that are associated with good mental health include omega -3 fatty acids, vitamin D, methylfolate, and s-adenosylmethionine etc. Foods high in trans fats like deep fried foods, pizza and fast food reduce mental health due to their negative effect on serotonin level in the brain. Other foods that have negative effect on mental health include refined carbohydrates, highly saturated oils and excess intake of alcohol. Food Scientists have important roles to play in mental health improvement. These roles include use of minimal processing methods to reduce loss of important nutrients, employing food fortification/enrichment strategies to boost nutrient content of processed foods, use of healthy fats among other strategies. More research is needed to further explore the link between food and mental health. This study recommends that relevant governmental and non-governmental bodies should as a matter of urgency collaborate with food scientists towards finding ways to reduce this menace.

**Key words:** Mental health, Depression, Foods, Food scientists, Processing



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**007. Challenges of Teaching Children with Opposition Defiant Disorder in some Selected Schools in Makurdi Metropolis**

By

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**Abstract**

The study investigated the challenges of teaching children with Opposition Defiant Disorder (ODD) in some selected schools in Makurdi metropolis. The study used survey design. The population consisted of 41 teachers in the selected primary schools. The entire population was studied. Data was collected using structured questionnaire titled Challenges of Teaching Children with Opposition Defiant Disorder Questionnaire (CTCODDQ). Research questions were analyzed using mean and standard deviations and hypotheses were tested using t-test. The study found no significant difference between mean response of male and female teachers on the behaviours that pupils with ODD exhibit during classroom activities. Similarly, no significant difference was found between the mean response of male and female teachers on the challenges of teaching pupils with ODD. Also, the study found no significant difference between mean response of male and female teachers on the management skills that can help the teachers teach pupils with ODD without obstruction during class activities. It was concluded that the negative behaviours exhibited by children with ODD often affect their academic achievements, relationship with peers and parents and therefore facing these behaviours and addressing them at school environment is the responsibility of teachers and this can be addressed by them through the management skills identified. It was recommended that parents, guardians, and family members should increase positive parenting such as providing supportive and consistent supervision and discipline as it can help to reduce inappropriate and disruptive behaviours; and that teachers should be given more special training through courses and workshops to have enough knowledge about ODD.

**Key words:** Opposition Defiant Disorder, Challenges, Teaching, Behaviours, Management skills

**008. Title of the Paper: Functional Properties of Full Fat and Defatted African Elemi (*Canarium Schweinfurthii*) Flour**

By

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**Abstract**

Flours derived from African Elemi (*Canarium schweinfurthii*) fruit pulp could be another source of fruit flours. However, assessing the functional properties of these flours is a prerequisite for determining their potential use in the food industry. Thus, this study aimed to analyze the functional properties of the full fat and defatted flours of African elemi fruit. The fresh pulp of African Elemi fruit (*Canarium schweinfurthii*) were processed into flour. The flours were evaluated for their water absorption capacity, bulk density, emulsion capacity and least gelation



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capacity using standard methods. One way analysis of variance (ANOVA) was performed on the data gathered using the Minitab 21 statistical software. Results showed that the defatted flour had significantly lower bulk density (33.80%) and least gelation capacity (10.00%) than the full fat flour ( $p < 0.05$ ). Defatting, improved the water absorption capacity for the full fat flour from 31.53% to 47.78%. Emulsion capacity of the full fat flours also improved (17.3% to 24.99%). The results obtained in this study indicate that the fruit flours (full fat and defatted) have potential applications in food formulations.

**Keywords:** African Elemi fruit, full fat and defatted flours, functional properties.

**009. Budgeting Strategies amongst Low Income Households towards Reduction of Poverty  
in the Family in Eleme, Rivers State**

By

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**Abstract**

This study evaluated the extent of awareness of budgeting strategies amongst low income households towards reduction of poverty in the family in Eleme, Rivers state. The study had three specific objectives. The study adopted quantitative survey design. The population of the study was all 26,000 parents that were not more than fifty years old, and living in a coupled home in Eleme. The study sample was 600 adult members of families (240 males and 360 females). A disproportionate random sampling technique was used to select 600 parents (240 males and 360 females). A questionnaire form containing 29 items was used to collect data. The direct contact approach was used in collecting the data, while mean and standard deviations were used to analyze the data from the research questions. Some of the findings are that many of the respondents were aware that prioritization helps families save cost from not-too important things ( $\bar{X}$  2.62, 3.02); communication about family spending helps families understand effective management of individual and collective needs ( $\bar{X}$  2.53, 2.81); and that family savings helps members fulfill set goals over time  $\bar{X}$  2.75, 3.02. Other findings are that, over-dependence on one income causes financial embarrassment ( $\bar{X}$  3.16, 3.22), while family investment enables families attain some level of financial freedom ( $\bar{X}$  2.39, 2.27). This study consequently recommended that socio-religious organizations, civil society organizations, women groups, and governments should be effectively involved in financial education and enlightenment programmes on prioritization, communication, family savings, double-income budgeting system, and family investment as effective budgeting strategies towards reduction of family poverty.

**Keywords:** Awareness, Budgeting, Family Poverty, Low Income Households



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**010. Challenges of Covid-19 Pandemic and Coping Strategies Adopted by Families in Port Harcourt, Rivers State**

By

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**Abstract**

This study examined the challenges of covid-19 pandemic and coping strategies adopted by families in Port Harcourt, Rivers State. Specifically, the study had three objectives which focused on child management challenges, family finances management, and coping strategies adopted by families. This study adopted the survey design. The population for the study was all the 3,200 academic and non-academic staff of the three major higher institutions in Port Harcourt, while the convenient sampling technique was used to select 150 respondents. A 33-item questionnaire designed on a 4-point rating scale was utilized to collect data. Mean and standard deviation were used to analyze the data. According to the findings, some of the challenges confronted by families were: excessive consumptions ( $\bar{X}$  3.69, 3.12); pornography ( $\bar{X}$  3.54, 3.21); loss of interest in studying by children ( $\bar{X}$  3.66, 3.17); avoidance of role play ( $\bar{X}$  3.14, 3.11); inability to deal with children's fear ( $\bar{X}$  3.64, 3.56); increased demand for online resources ( $\bar{X}$  3.27, 3.11); demands for rents ( $\bar{X}$  3.91, 3.12), while some of the coping strategies were: proper communication with members ( $\bar{X}$  3.26, 3.22); not bullying anyone ( $\bar{X}$  3.31, 3.97); having one-on-one interactions (3.10, 3.72); engaging children chores ( $\bar{X}$  3.01, 3.12); encouraged family harmony ( $\bar{X}$  3.33, 3.11); practiced bulk purchasing ( $\bar{X}$  3.33, 3.00); and being calm to manage stress ( $\bar{X}$  3.09, 2.67). The study further recommended the need for wider sensitization to families on the coping strategies for managing child issues and some financial problems during a pandemic-imposed lockdown, and that parents should be enlightened on the need to pay attention to their children especially in times of less engagements.

**Keywords:** Covid-19, Coping strategies, Challenges, Families

**011. Breakfast Meal Skipping Practices by Undergraduate Students: Implications for Academic Performance**

By

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**Abstract**

The study examined breakfast meal skipping practices of undergraduate students in University of Nigeria, Nsukka. Specifically, it identified extent of students skipping breakfast meals and reasons including strategies in improving students' breakfast meal consumption practices. The study used



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descriptive survey research design. Population for the study was 10,400 students from six randomly selected faculties from which 200 students that formed the study sample were randomly selected. A validated structured questionnaire was used to collect data. Two hundred copies of the questionnaires were administered and were all retrieved by the researcher with the help of six assistants. Data were analyzed using means with decision benchmark at 2.50. Results showed that many students ( $\bar{x}$  2.69) skipped their breakfast meals seven times in a week. Among reasons for skipping breakfast meals were: lack of cooking fuel ( $\bar{x}$  3.65), lack of time ( $\bar{x}$  3.42), and observance of religious practices ( $\bar{x}$  2.68) among others. Identified strategies for improving the students' breakfast meal consumption practices included: providing them with enough up keep money ( $\bar{x}$  3.54); developing their skills of planning and budgeting for food ( $\bar{x}$  3.16) and their following the developed food budget plan ( $\bar{x}$  3.21). In addition, relevant authorities are to be regularly supplying electricity for the students' use ( $\bar{x}$  3.25). It was recommended that the students should be trained on time managing and priority setting skills even as further research will be needed to link student's well-being, academic performance with their breakfast meal consumption practices.

**Keywords:** Breakfast, Meal Skipping, Practices, Strategies

**012. Relationship Between Learning Style and Academic Performance of Senior Secondary School Students in Igbo-Etiti Local Government Area, Enugu State**

By

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**Abstract**

The study determined the relationship between learning style and academic performance of secondary school students in Igbo-Etiti local government area. Descriptive survey research design was used. The study population was 2,905 senior secondary class two students in Igbo-etiti LGA. Sample size of 352 respondents were selected using simple random sampling technique. Barsch's learning style inventory was adapted and used as instrument for data collection. Findings showed that more than half of the respondents were aged between 11-15years (59.90%, n= 211), 50.60% (n=178) were females while 49.4% (n= 174) of them were males. Data shows that up to 40.90% (n= 144) of the respondents prefer auditory learning style, 31.80% (n=112) prefer visual learning style while 27.30% (n= 96) prefer kinesthetic learning style. For English language, 54.80% (n= 193) of the respondents were high performers, 38.40% were very high performers, 5.10% were low performers while 1.70% were very low performers. For mathematics, 54.50% of the students were high performers, 36.90% were very high performers, 5.10% were low performers and 3.40% were very low performers. At  $p>0.05$  level of significance, significant relationship existed between the learning style preferences of the respondents and their performance in English language and Mathematics. Based on findings, it was recommended that students should be made aware of their learning style preferences so they can better understand themselves. The teachers should also tailor



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their instruction to fit the learning styles of students, that is, the teacher should make use of instructional materials that will appeal to different senses.

**Keywords:** Learning style, Academic performance, Adolescence, Education, School

**013. Association Between Engagement in Leisure Activities and Academic Performance of Primary School Pupils in Enugu East Local Government Area**

**By**

**Umennuihe, Chidiogo L.<sup>1</sup>, Nnubia, Uju I.<sup>1</sup>, Onyekachi, Clara C.<sup>1</sup>, & Odoh, Ogechukwu E.<sup>1</sup>**

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**Abstract**

This study determined the association between engagement in leisure activities and academic performance of pupils in Enugu East LGA. Cross-sectional survey research design was employed. Study population was 60,576 pupils in the 474 private schools and 20,874 pupils in the 58 public schools in the study area. Multi-stage sampling procedure was used to select a sample of 352 pupils. Four specific objectives guided the study. A structured questionnaire was used for data collection. Frequencies, percentages, and chi square were used for data analysis. Findings showed that more than 50% of the respondents engaged in active leisure activities such as; playing football (99.20%), riding bicycle (86.60%), floor games (73.30%), hide and seek (80.00%), ten-ten (93.10%), hand games (99.40%), fire on the mountain (85.80%) and dramatic play (66.70%). Some of the passive leisure activities engaged in by the respondents include storytelling (71.40%), drawing and painting (73.00%), watching TV (95.60%), listening to music (73.30%), singing (73.30%), sleeping (86.50%) and playing card games (87.60%). The respondents' levels of engagement in leisure activities showed that 80% of them highly engage in active activities while 73.30% of them engage moderately in passive activities. A greater percentage of them were very high performers (66.50%), 33.40% were high performers while only 6.50% were average performers. Academic performance of the pupils was significantly associated with their engagement in active leisure activities while it was not significantly associated with their engagement in passive leisure activities at  $p < 0.05$  level of significance. It was therefore recommended that more time for engagement in active leisure activities be made available to pupils as it will help them in improving their academic performance.

**Keywords:** Leisure, Engagement, Academic performance, Pupils, School, Children





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**014. Nutritional Composition, Shelf Life and Sensory Evaluation of Composite Fruit Jam From Grape (*Vitis Vinifera*), Watermelon (*Citrullus Lanatus*) and Pineapple (*Ananas Comosus*)**

By

**Onodugo, Nkechinyerem Gift<sup>1</sup>, Onwubuya, Netochukwu Philomina<sup>1</sup>, Ikwumere, Chinaza Mary<sup>1</sup> and Ekechukwu, Oluoma Stella<sup>1</sup>**

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**Abstract**

Several findings have shown that despite the abundant fruits in Nigeria particularly during the rainy season, there is still high prevalence of micronutrient deficiency owing to the scarcity of these fruits during the off seasons because of their perishable nature coupled with inadequate facilities and technical knowhow to preserve them. This study was conducted to determine the nutritional composition, shelf life and sensory characteristics of composite fruit jams made from grape (*Vitis vinifera*), watermelon (*Citrullus lanatus*) and pineapple (*Ananas comosus*) graded blends. The study employed experimental design. The fruit pulps, sugar, pectin and citric acid were subjected to heat treatment until the end point (106°F) of fruit jam was reached. The composite fruits jams were coded as WGP (blends from grape-watermelon-pineapple), PGW (blends from grape-watermelon-pineapple), GWP (blends from GWP grape-watermelon-pineapple) and CFJ (control blend made from equal amount of the three fruits pulps). Proximate and micronutrient composition, shelf-life and sensory properties of the fruit jams were analyzed using standard procedures. Sample WGP had the highest moisture (37.75%), crude fibre (0.4%), protein (4.91%) and vitamin A (33.73 mg/100 g) content compared to other blends while sample GWP had the highest carbohydrate content (56.83%). Sample GWP had the least moisture and pH level (high acid) with highest keeping quality compared to other samples. Sample WGP was generally accepted than others. Production of composite fruit jams can serve as good sources of nutrients to Nigerian populace while preserving the fruits for future use.

**Keywords:** Nutritional composition, shelf life, sensory evaluation, composite fruit jam

**015. Assessing Football Fandom Participation, Team Identification and Socialisation Factors among Undergraduate Students of Universities in Enugu State**

by

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**Abstract**

This study examined the football fandom participation, team identification and socialization factors among undergraduate students of two universities in Enugu state. The study adopted a descriptive cross-sectional survey of 600 students selected through simple random sampling technique in multi-stages. Three objectives and three hypotheses guided the study. Sports Fandom Questionnaire, Sport Spectator Identification Scale and a structured questionnaire were used for data collection. Data analyses were performed with IBM-SPSS application, version 23, using frequency, percentage, mean and standard deviation statistics. Chi square and t-test were used to



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test the hypotheses. The study found that many (61.0%) of the respondents were football fans mostly in favour of the European clubs. A greater proportion (61.5%) of females than (59.8%) males identified as football fans. However, male fans showed higher levels of fandom participation, but did not differ much in team identification than female fans. Club performance, and personal admiration of players were the major factors influencing fandom among the students. Football fandom is a popular culture and an integral part of young people's lives. It is considered an important leisure activity, plays a crucial role in the attainment of social identity and offers strong basis for digital connection with peers around the world.

**Keywords:** Football fandom; Team identification; Socialization factors; Undergraduate students; Nigeria.

**016. Antioxidant vitamin, mineral and phytochemical potentials of *Curcuma longa* (turmeric) rhizome, *Piper guineense* seed (black pepper) and *Zingiber officinale* (ginger) rhizome flour**

By

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**Abstract**

The study analyzed the antioxidant vitamin, mineral and phytochemical *potentials* of three selected flour spices (*Curcuma longa*, *Piper guineense* and *Zingiber officinale*) commonly consumed in Nigeria. The spices were procured from Ogige local market, Nsukka and were carefully prepared for chemical analysis. It was a pure experimental study. Antioxidant Vitamins (A, C, E), mineral (iron, copper, sodium potassium, manganese, zinc, magnesium) and phytochemical (saponin, flavonoid, alkaloids, phenol, terpenoids) compositions were analyzed using standard analytical methods. Analysis were done in triplicate. Data were analysed using descriptive statistics and results expressed as means  $\pm$  standard deviation. The antioxidant vitamin content for these spices ranged as follows: carotenoid 75.43mg/100g to 322.24mg/100g, vitamin C (20.62mg/100g to 27.73mg/100g) and vitamin E (7.08 to 7.93mg/100g). The mineral contents namely, zinc ranged between 0.92mg/100g to 1.02mg/100g, magnesium (194.73mg/100g to 303.61mg/100g), calcium (162.00 to 357.67mg/100g), iron (0.29mg/100g to 0.51mg/100g) copper (3.43mg/100g to 46.47mg/100g), potassium (676.67mg/100g to 747.33mg/100g). The phytochemical content of the spices for alkaloids ranged between (3.67mg/100g to 5.29 mg/100g), flavonoid (1.83 mg/100g to 4.34 mg/100g), phenol (15.84 mg/100g to 30.12mg/100g), saponin (1.51 to 2.74mg/100g) and terpenoid (1.88mg/100g to 11.26 mg/100g). The concentration of these vitamins, minerals and phytochemicals differed significantly ( $P = 0.05$ ) in each of the three spices. The study indicated that these flour spices are good sources of the various antioxidant vitamins, minerals and bioactive compounds. In conclusion, these spices may be useful to food and pharmaceutical industries because of their high nutritional contents and bioactive compounds which have medicinal properties.

**Keywords:** Spices, Antioxidant vitamins, Minerals. Phytochemical, Flour, Nutrients



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**017. Quantitative and Qualitative Analysis of Phytochemicals in Traditional Soups  
Commonly Consumed in Rural and Urban Communities of Enugu State**

**By**

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**Abstract**

This paper deals on the quantitative and qualitative analysis of phytochemicals in traditional soups commonly consumed in rural and urban communities of Enugu state. The researcher adopted a quasi-experimental design, traditional soup samples prepared by Food Composition, Data Generation and Public Health Nutrition Research Group, University of Nigeria, Nsukka were screened and the detected phytochemicals were subsequently quantified. SPSS was used to obtain the descriptive statistics such as mean and standard deviation. One-way ANOVA was used to compare the mean of the result. Alkaloid was present in appreciable amount (+++) in all the samples except for “ofe ogbono” and “ofe uchakiri” where it was moderately (++) and minimally present (+) respectively. Glycoside and terpenoid were minimally present (+) in “ofe egusi” and absent in all the other samples. It was only in “ofe ogbono” that carotenoid was not detected. The oxalate levels were found to be statistically comparable ( $p>0.05$ ) in all the samples. The values range from the highest in “ofe onugbu” (0.77%) to the lowest in “ofe ahu” (0.05%). The flavonoid levels of “ofe egusi”, “ofe ogbono”, “ofe rice” and “ofe uchakiri” were statistically comparable ( $p>0.05$ ), with the highest value being found in “ofe ahu”. “ofe ahu” was significantly ( $p>0.05$ ) higher (12.75%) in saponin when compared with other samples. The highest tannin content (0.56%) was found in “ofe uchakiri”. Traditional soups was found to contain a variety of phytochemical which can improve the health status of the consumers.

**Key words:** Phytochemicals, Traditional soups, Rural, Urban, Communities.

**018. Assessment of Compassion Fatigue and Psychological Well-Being among Special  
Needs Children’s Educators in Enugu State**

**By**

**Nnubia, U. I.<sup>1</sup>, \*Nwobi, C. A.<sup>1</sup>, Okechukwu, F.O.<sup>1</sup> & Eke, A. B.<sup>1</sup>.**

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**Abstract**

The study was carried out to assess the level of compassion fatigue and psychological well-being of the special needs educators. It adopted a cross-sectional survey design. The sample for the study was 416 special needs educators. Professional Quality of Life scale (ProQOL) and Ryff’s Psychological Well-being scale were used to collect data for the study. The result showed that majority (87.7%) of the respondents were females and 81.5% were with the age bracket of 20-40 years. The result showed that 97.3% of the respondent had moderate overall compassion fatigue while 2.7% had low overall compassion fatigue. The result also showed that a quarter (24.7%) of



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the respondents of the respondents had low overall psychological well-being. There were significant associations ( $p < 0.05$ ) between compassion fatigue and psychological well-being of special needs children's educators in Enugu state. Therefore, the study concludes that special needs educators experience compassion fatigue at a moderate level. The study recommends that there should be an increase in the social support rendered to the special needs educators as this could encourage them more in executing their duties.

**Key words:** Compassion fatigue, Psychological well-being, Special needs, Educators.

**019. Consumption of Iron Rich Food, Supplement Intake and Prevalence of Anaemia among Pregnant Women Attending Antenatal Clinic in Selected Hospitals in Enugu State**

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**Abstract**

Increase prevalence of anaemia in pregnancy in spite consumption of iron rich foods and micronutrient supplementation is worrisome. Hence, this study investigated the consumption of iron rich food, supplement intake and prevalence of anaemia among pregnant women attending antenatal clinic in selected hospitals in Enugu State. The study employed a cross-sectional study design with multistage random selection of 449 pregnant women (PW) attending antenatal clinic in health facilities in Enugu State, Nigeria. Data were collected using a structured questionnaire and biochemical test for Haemoglobin level using a standard procedure. Data was analyzed using SPSS 23. Statistical analysis was done using Chi-square and Pearson correlation to establish the relationship between variables. A p-value  $< 0.05$  was considered as the level of significance. The result shows that about 42.1% of the pregnant women were between the age group 26-35years and 30.4% earned  $< \text{N}20,000$  monthly. Less than half of the PW consumed vegetable, fruits, beef and fish  $\geq 4$  times weekly. Less than half took folic acid, B-complex vitamins and ferrous sulphate twice daily, 36.9% had Anaemia (27.8% mild; 5.3% moderate; and 3.8% severe anaemia) and 76.8% had malaria. There was significant relationships between iron rich consumption, supplement intake especially iron supplement and prevalence of anaemia among pregnant women attending antenatal clinic in this study ( $p < 0.05$ ). The study revealed poor consumption of iron rich food and poor compliance to supplements intake among pregnant women which accounted for the high prevalence of anaemia in the study population.

**Keywords:** Anaemia, Iron rich foods, Supplements, Pregnancy.



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**020. Moderating Role of Social Support on the Association between Self-Concealment and Moral Distress Among Nurses**

By

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**Abstract**

The study used a survey design and Structural Equation Modeling (SEM) to investigate the moderating role of social support on the association between self-concealment and moral distress among nurses in Enugu Metropolis. Participants were 511 Nurses including 185(36.2%) males and 328(63.8%) females who were drawn by volunteer from six selected public hospitals in Enugu metropolis. Out of 17 public hospitals in Enugu Metropolis, the following six public hospitals were randomly selected: University of Nigeria Teaching Hospital UNTH 196(38.4%), Psychiatric Hospital 62(12.1%), Orthopedic hospital 103(20.2%), Packlane Hospital 112(21.9%), Poly Clinic 20(3.9%) and Uwani Cottage Hospital 18(3.5%). The average respondent ages of the sample ranged from 22-32years (420, 82%) and 33years and Above (91, 17.8%) with ( $SD = .38$ , Mean = 1.18). Participation was voluntary. Participants were administered: Moral Distress Scale – Revised (MDS-R) (Hamric et al., 2012); Self-concealment Scale (SCS) (Larson & Chastain, 1990); and Multidimensional Scale of Perceived Social Support (MSPSS) (Zimet, Dahlem, Zimet & Farley, 1988). The results of the SEM analysis indicated that while self-concealment significantly associated with moral distress, social support did not. Social support however, moderated between self-concealment and moral distress such that nurses with low social support are more likely to self-conceal and then are more prone to moral distress. Findings highlighted the importance of social support and self-concealment in health care management of moral distress of nurses.

**Key words:** Social support, Self-concealment, Moral distress, Nurses.

**021. Impact of Picture Reading Activities on the Rapid Automatic Naming Abilities of Dyslexic Children in Enugu State**

**Ogba Kalu T. U.<sup>1</sup>, Okechukwu, F. O.<sup>2</sup>, Mefoh, P C<sup>1</sup>, Nnubia, U.I.<sup>2</sup>, Nnodim, E. J. <sup>2</sup>,  
Umennuihe, C. L.<sup>2</sup>.**

&

**Other Members of the Family and Society Research Group**

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**Abstract**

Learning to read may be difficult for many children and perhaps worse for dyslexics. It could possibly be presumed that pictures that go alongside with texts may lessen the task of learning to read; making reading a bit easier and more pleasant. Unfortunately, not a single study has come to the authors' attention which can address the question of what impact has picture reading activities



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on rapid automatic naming abilities of dyslexic children. We randomly sampled four primary schools from Nsukka Local Government Area and Udenu Local Government Area of Enugu State. In each of the local government area, one school was sampled from a rural area and another from an urban center. A total of 210 primary two school children (comprising 102[48.6%]males and 108[51.4%]females) were purposively sampled and divided into experimental and control groups; ages ranged from 5-7 years with a mean age of 6years. Those in the rural area were categorized into experimental group, while the urban school participants formed the control group. The study involved pre and post testing. In both pre and post-tests, all participants were screened for dyslexia and tested for cognitive functioning (with Wechsler's Individual Achievement Test 3<sup>rd</sup> ed, WIAT-III, Wechsler's Intelligent Test for Children, WISC and Rapid Automatic Naming Scale RAN). In between the pre and post-tests, only the experimental groups were treated with the researchers' developed Letter-number search, Audio drill, Picture naming and Handwriting Drill, LAPH program. Initial pretest results indicated no significant difference between the experimental and control groups. After the Pre and post tests, the experimental group showed a significantly higher mean score than the control group indicating an improvement in the RAN of the participants. Conclusion and recommendations centered on the importance of pictures reading in lessening reading and learning difficulties.

**Key words:** Picture reading, rapid automatic naming, dyslexia, children, LAPH

**022. Mascot Entrepreneurship: A Way Out for Unemployed Youths in Lafia Metropolis**

By

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**Abstract**

The study was aimed at designing and producing a mascot (Bunny) with locally sourced materials. This study was carried out in order to solve the unemployment problem facing the youths. Four instruments were used for data collection: Body Measurement Chart (BMC) of a model, Sketched diagram of a mascot, Drafted pattern of a sketched mascot and Acceptability aptitude test form (AATF). Twenty (20) respondents were sampled and measured. Measurements were taken from the head, shoulder, bust, half length, full length, sleeve length, arm circumference, established average measurement was used to draft pattern for the production of the mascot. Materials for the mascot were sourced from the local market within the study area. The produced mascot was modelled and assessed using the acceptability aptitude test form by three judges. Ten items were designed by the researcher to assess the acceptability and comfortability of the produced mascot. Based on the assessment, the following findings were made: mascot head was found very comfortable to wear, mascot legs not too heavy to walk, dance and run, model can wear the mascot for a long period comfortably, materials for the production of the mascot available in the local market among others. The data collected in this study was analyzed using mean and standard deviation. The result shows that the bunny mascot produced was found very comfortable to wear and it can be a source of livelihood to the youths.

**Keywords:** Entrepreneurship, Mascot, Youths.



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**023. Evaluation of biochemical changes in canine blood preserved over time with human Citrate-Phosphate-Dextrose solution with Adenine (CPDA-1) anticoagulated blood bag**

By

**Okereke Henry Nnamdi<sup>1</sup>, Udegbunam Rita Ijeoma<sup>1</sup>, Udegbunam Sunday Ositadinma<sup>1</sup>,  
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**Abstract**

Several studies in human reported that transfusion with prolonged stored blood results in post-operative complications including but not limited to multiple organ failure, occult hypo-perfusion, sepsis, morbidity and mortality. This study evaluated the in-vitro biochemical changes of canine blood preserved with human Citrate-phosphate-dextrose solution with adenine (CPDA-1) anticoagulated blood bag. Seven whole blood units (250 ml) from 7 adult cross bred dogs were collected via jugular venipuncture directly into the blood collection bag. Ammonia concentration, potency of hydrogen (pH), lactic acid, 2,3 Diphosphoglycerate (23 DPG), Adenosine triphosphate (ATP), nitric oxide (NO) and Ascorbic acid were measured within 2 hours of collection for the determination of baseline parameters. The blood units were preserved in a solar operated refrigerator (4°C) and parameters re-assayed on days 7, 14, 21, 28, and 35. Results showed progressive decrease ( $P < 0.05$ ) in pH, NO, ascorbic acid, ATP and 23 DPG values when compared to the baseline. However, there was a progressive increase ( $P < 0.05$ ) in lactic acid and ammonia concentration levels in stored blood when compared to the baseline levels. Findings from this study show that make shift blood banking practices for canine hemotherapy with human anticoagulated CPDA-1 blood bag allows for 7-day storage with no evident storage lesions.

**Keywords:** Blood, Adenosine Triphosphate, 2,3-diphosphoglycerate, Ascorbic acid, CPDA-1

**024. Anthropometric status of children (6-24 months) and the dietary quality of their meals in Igbo-Eze North Local Government Area of Enugu State, Nigeria**

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**Abstract**

Nutritional status forms an important determinant of the health and well-being of children. Generally, children reach their developmental and growth potentials and also tend to have more chances of survival when they have good health, adequately feed and well cared for (Popkin et al., 2012). The nutritional status of children at the critical window is normally manifested in underweight, stunting and wasting. Using a cross-sectional survey design, 365 mother/ child pair from government health facilities were selected. A 24- hour recall was used to collect data on the



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dietary quality of the children's food. Anthropometric measurement of infants was carried out by the researcher to assess their nutritional status by measuring weight and length. The dependent variables - weight and length of the children were used to compute the nutritional status indices; weight-for-age (WFA), weight-for-length (WFL) and Length- for- age (LFA). The mid- upper arm circumference was determined using a Shakir's strip. The result of the study shows that more (30.6%) were moderately underweight while 11% were severely underweight. More (43%) were moderately stunted while 18% were severely stunted. Also, 12% were moderately wasted while 8.4% were severely wasted. The result also showed that using mid-upper arm circumference, 35.4% were moderately malnourished, while 7.3% were severely malnourished. Conclusively, provision of adequate nutrition during infancy and early childhood is a basic requirement for the development and promotion of optimum health a child. The high rate of malnutrition recorded could be linked to low socio-economic status of mothers and poor dietary diversity of the children's diet.

**Keywords:** Anthropometric status, Dietary diversity, Children, Meal

**025. A Search for Mycotoxin Producing Fungi in Selected Food Staples in Nsukka and its Environs**

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**Abstract**

Selected food staples (wheat, maize, beans, groundnut, Bambara groundnut, cassava and cocoyam) were sourced from local markets and examined for the presence of mycotoxin producing fungi. The fungi were isolated by direct plating method using potato dextrose agar. The fungal isolates were tested for the production of toxigenic metabolites in the culture media. The biological assay of the toxigenic fungal isolates showed significant variations of the fungi which included- *Aspergillus flavus*, *Aspergillus niger*, *Aspergillus fumigatus* and *Fusarium solani* which are the major producers of mycotoxins particularly, Aflatoxins. The percentage occurrence of the fungi investigated ranged from 7.69% to 38.46%). The chromatographic examinations revealed that the toxic secondary metabolites in these isolates were those of B and G groups of Aflatoxins. It is therefore, imperative to exercise caution while consuming these staples so as to avoid consumption of much of these toxins.

**Keywords:** Fungi, Media, Isolates, Chromatographic, Mycotoxins





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**026. Parental Influence, Teaching Resources and Teachers' Qualification as Predictors of Pupils' Achievement in Mathematics in Igbo-Etiti Local Government Education Authority, Enugu State, Nigeria**

By

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**Abstract**

Education and training in of the child is paramount for national development and economic growth. Parental influence in this regard cannot be overlaboured. The study adopted a correlational research design. The population of the study involved 52 head teachers and 1,822 registered members of the School Based Management Committee in the 52 public primary schools in Igbo-Etiti Local Government Education Authority, Enugu state. The sample size of the study 206 respondents drawn through purposeful sampling technique. The instrument for data collection was a researcher made structured questionnaire with 4-points Likert scale. The instrument was face validated and pilot tested yielding a reliability index of 0.86, indication that the instrument is adequate for the study. Data collected was analyzed using mean and standard deviation to answer the research questions. Multiple regression analysis was used to test the null hypothesis at 0.05 level of significance. The result of the study revealed among others that the parental support, teaching resource, and teachers' qualifications impact positively on pupils' academic achievement. The researchers recommended among others that the government should recruit highly qualified teachers in primary schools.

**Keywords:** Parental Influence, Teaching Resources, Teachers, Qualification, Pupils, Achievement and Mathematics

**027. The Perception of Students on the use of WhatsApp for Academic Purposes**

By

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**Abstract**

The aim of this study was to examine the perception of students' on the use of WhatsApp for personal and educational purposes. A multistage sampling technique was used to select 200 students from six tertiary institutions in Oyo state. A well-structured questionnaire was used to obtain data. The results showed that respondents had access to smart phones and WhatsApp. The use of WhatsApp was common among the respondents and they use it for personal and social purposes on a daily basis. However, among the respondents, the use of WhatsApp for educational purposes was limited. The respondents perceived the integration of WhatsApp into their education



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to be easy, fun, and useful. They had positive feelings and intentions about using WhatsApp in their formal learning if it was introduced.

**Keywords:** WhatsApp, Students, Educational Purposes, Social Networking Sites.

**028. Prosocial Behavior towards Victims of Road Accident: Examining Personality, Gender and Traumatic Experience**

**By**

**Okafor, Chiedozie Okechukwu<sup>1</sup>; Obeta, Gerald Raluchi<sup>1</sup>, & Nnamchi, Onyedikachi Chinonyelum<sup>2</sup>**

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**Abstract**

As Ebonyi State develops into a city with the attendant population growth and increasing motor traffic, the category of residents that can form part of the road safety network should be of great concern. The study investigated strengths of personality, gender and traumatic experience as predictors of prosocial behaviour among motorists in Abakaliki, Ebonyi State. One hundred and ninety-nine (199) commercial vehicle drivers residing in Abakaliki, Ebonyi State, participated in the study. Participants were randomly drawn using a convenient sampling technique in a cross-sectional survey design. The Big-Five Personality Inventory, the Trauma History Questionnaire (THQ), and the Self-Report Altruism Scale were used for data collection. Data analysis using the multiple regression analysis revealed that some dimensions of personality (extraversion, agreeableness, conscientiousness, and openness to experience) were positively related to prosocial behaviour; gender was not significantly related to prosocial behaviour and traumatic stress experience significantly and positively predicted prosocial behaviour. The study observed that road accidents are severe and life-threatening events. We, therefore, advised both motorists and non-motorists in Ebonyi State in particular, and Nigeria in general, to pay attention to the causes of road accidents and educate one another on the importance of timely intervention to victims of road accidents as negligence could lead to death.

**Keywords:** Prosocial behaviour; Road safety; Traumatic experience; personality; gender



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**029. Economics of Egg Farming Enterprise and Socio-Economic Characteristics of Farming Households in Enugu East Local Government Area, Enugu State**

By

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**Abstract**

The study aimed at examining the viability of egg farming enterprise as well as ascertaining the socio-economic characteristics of egg-farming households in Enugu East Local Government Area, Enugu State. Ninety structured questionnaires were administered to egg farmers using random sampling techniques and descriptive statistics, budgetary analysis and multiple regression model were used to analyze the data as applied. The results indicated that (66.0%) of the farmers were males, (42.22%) were within the age range of (31-40 years), (73.33%) were married, (56.11%) had post-secondary education and (48.0%) were small scale egg farming households who completely depended on family labour, extensively managed their flock ; using kitchen waste supplemented with commercial feeds. Cost of feed recorded the highest threat to egg farming while within a production cycle of 12 months, the net farm income for the small, medium and large scale farms recorded N529,970.00, N1,503,606.92 and N13,035,052.44 respectively. The capital turnover of small-scale (1.67%), medium-scale (1.89%) and large-scale (2.02%) were largely determined by quantity of feed, labour used and flock size. The results of the multiple regression analysis of the determinants of egg production recorded  $R^2$  (0.626) and the adjusted  $R^2$  (0.597) implying that a unit increase in any of number of laying birds, quality of feed consumed in kilogramme and labour used in Man-days, would increase egg production. The study recommended increase in scale of operation to optimize economics of scale which will further improve the socio-economic characteristics of the egg-farming households positively in the study area.

**Keywords:** Egg farming, Households, Small, Medium and Large Scale Enterprise

**030. Influence of Parents' Play Belief on Social Skill Development of School Aged Children (6-12 Years) in Enugu East Local Government**

By

**Okechukwu, F.O. <sup>1</sup>, Nnodim, E.J. <sup>1</sup>, Dike, I.C. <sup>2</sup>, Onyekachi, C.C., & Ikejide, M.M<sup>1</sup>**

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**Abstract**

This study assessed the influence of parents' play belief on social skills of school aged children (6-12 years) in Enugu East local government. A descriptive cross-sectional survey design was employed in a population of 60,676 pupils (39,455 rural/urban private and 21,221 rural/urban public). Multi-stage sampling was employed in selection of 1,165 pupils from 12 schools who



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formed the sample size. The study was guided by four research questions and four null hypotheses tested at  $p < 0.05$  level of significance. Parents' play belief scale (PPBS), and social skill status questionnaire (SSSQ) were instruments used for data collection. The reliability of the instrument was ascertained using Cronbach's alpha reliability index. Data obtained were analyzed using descriptive statistics (frequencies, percentages, mean and standard deviation) and inferential statistics (Pearson's product moment correlation, T-test, Chi square and ANOVA), and presented in form of tables and charts. Majority (95.3%) of the respondents showed strong parental play belief. A greater percentage (58.5%) of the children showed low social skill. A positive significant relationship was seen to exist between parent's play belief and social skill ( $r = .104^{**}$ ,  $p < 0.05$ ). Classroom environment ( $3.00 \pm 1.31$ ), parent-child relationship ( $3.05 \pm 1.27$ ), among others were identified as determinants of social skill. The mean play belief score of parents of the females was not significantly different from the males. Private schools had significantly higher parent's play belief score ( $80.5 \pm 10.33$ ) than public schools ( $80.55 \pm 10.58$ )  $p < 0.05$ . Parent should therefore, improve on social skill development of school age children.

**Keywords:** Parents, Play-belief, social-skills, school-aged, Enugu-east

**031. Nutrition Knowledge, Attitude and Childcare Practices of Mothers in Kaduna South  
Local Government Area, Kaduna State**

By

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**Abstract**

Nutrition significantly impacts the different areas of human development throughout the course of human life. Appropriate nutritional knowledge, attitude, and practices are necessary to achieve proper outcome of infant and young child feeding. This study assessed the nutrition knowledge, attitude and childcare practices of mothers in Kaduna South Local Government Area, Kaduna State. A descriptive cross-sectional survey design was employed. The population comprised of women of child bearing age that visited health centers in Kaduna South. Multi-stage sampling was employed in selecting 130 women for the study. Data were collected with a pretested, interviewer administered questionnaire. Collected data were analyzed using statistical product for service solution (SPSS) version 21. Data were presented as descriptive statistics. The mothers had excellent nutrition knowledge, attitude and feeding practices. A good proportion of them showed good childcare practices. A significant relationship was seen to exist between respondents' occupation and their nutrition knowledge, attitude and practice ( $p < 0.05$ ). More so, their nutrition knowledge, attitude and feeding practices were seen to be significantly related at  $p < 0.05$ . About one quarter of the mothers had poor knowledge of nutrition, attitude and childcare practice. More awareness on importance of good practice of infant and young child feeding as well as childcare practices should be undertaken.

**Keywords:** Nutritional knowledge, Attitude, Childcare practices, Mothers



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**032. Assessment of Beef Consumption Pattern among Rural Households in Igbo-Eze North  
Local Government Area of Enugu State, Nigeria**

**By**

**Uloh, E. V. (PhD)<sup>1</sup>, Okocha, O. I. (PhD)<sup>1</sup>, Bar-Anyam, N.M. (PhD)<sup>1</sup>,  
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**Abstract**

The study determined the consumption pattern of beef among rural households in Igbo-Eze North Local Government Area of Enugu State, Nigeria. The objectives of the study include: to determine the socio-economic characteristics of the respondents, the frequency of their consumption of beef, their monthly expenditure of beef, their forms of beef consumption and the constraints encountered by the respondents in the consumption of beef in the study area. 100 rural households were randomly selected from the four autonomous communities (Umuozzi, Umuitodo, Essodo and Ezzodo) that make up the Local Government Area using a multi-stage sampling procedure. Data for the study was collected using a well-structured questionnaire. The collected data were analysed using both descriptive and a 3-point likert measurement scale. The result obtained showed that the age range between 30-49 dominated the study. Majority (62%) of the respondents were females with a mean household size of 6 persons. Most (85%) of the respondents consume beef boiled usually 2-3 times a week. The mean expenditure on beef monthly was ₦3,500. Constraints encountered by beef consumers include low availability of beef, high cost of beef in the market and perishable nature of the commodity. It was recommended among others that more abattoirs should be constructed in the Local Government Area as this will help strengthen product (beef) availability and reduce the price of beef.

**Keywords:** Beef Consumption, Rural Households, Igbo-Eze North.

**033. Assessing Socio-economic Effects of Covid-19 on Families in Nigeria**

**By**

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**Abstract**

The first incidence of Covid-19 was identified in Nigeria on 27<sup>th</sup> February, 2020 and Nigeria was among the first countries in Sub-Saharan Africa to identify Covid-19 cases and since then has implemented very stringent measures like “stay at home”, social distancing, constant washing of hands, using hand sanitizers, closure of schools and public places, border closures and many others to contain the spread of the virus. This study is set out to assess the socio-economic effects of Covid-19 on families in Nigeria. The study employed a qualitative research design in its investigation. The sample size was made up of 10 respondents. The instruments for data collections were the Focused Group Discussion Guide (FGD) and In-Depth Interview Guide (IDI). The result



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of the study shows that Covid-19 pandemic had destructive effects on socio-economic wellbeing of families in Nigeria, ranging from job loss, increase in poverty level, increase in food insecurity, increase in violence, high cost of living and more. The study recommends that the Nigerian government should be proactive in drafting and implementing effective social security that will recognize the rights of every Nigerian and also guarantee social benefits to people in time of tragedy. They should also invest in health infrastructure amongst others.

**Keywords:** Socio-economic, Covid-19, Families, Wellbeing, Lockdown

**034. Selection of used clothing for survival of civil servants in the changing society of Benue State**

**By**

**By**

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**Abstract**

The study assessed selection of used clothing for economic survival of civil servants in the changing society of Benue State. The study had three objectives: To identify ways of clothing selection, types of fabric supplied and types of clothing preferred. The Population consisted of 40000 Benue State civil servants. The sample size was 200. Data collection instrument was with a self-reported structured questionnaire validated by experts and with a cronbarch alpha of 0.72. The data was analyzed using descriptive inferential statistics. The findings identified 9 ways of selecting used clothing that had *visiting the used cloth market* with the highest mean (M= 3.04). The finding further revealed that twelve types of fabric supplied through bail with Cotton (M = 3.56) as the highest and Acetate (M= 2.5) as the lowest. The findings also revealed six types of preferred used clothes as Gowns (M= 3.40), Skirt/Trouser (M= 3.00), Shirt (M= 3.02) and Blouse (M= 2.84). T-test result revealed that there was no statistically significant difference in preference by gender. The recommendation was that bails of fabric supplied should contain the six preferred types. Further studies will include the economic value of the used clothing that would further add value to the above results.

**Key words:** Selection, Used clothing, Civil servants



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**035. Physico-chemical Characteristics of Bambara groundnut extract (*Vigna subterranean* (L) Verdc.) and Dairy milk blend ice cream**

**By**

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**Abstract**

Recently, the demand for plant-based milk substitutes in the production of ice cream has been increasing. This has been due to problems associated with animal milk such as high fat, high cholesterol, and the inability of some individuals to digest lactose in milk. In this study, dairy milk was partially substituted with bambara groundnut extract to produce ice cream. Seven formulations (100:0, 0:100, 90:10, 80:20, 70:30, 60:40 and 50:50) were generated by blending different proportions of dairy milk and bambara groundnut extract to produce ice cream. Some physico-chemical characteristics including the pH, overrun, total solids, viscosity, texture, titrable acidity, and meltdown were evaluated. Results obtained were subjected to data analysis using SPSS version 24.0 and means were separated using Duncan multiple range test. Significance was accepted at  $p < 0.05$ . From the results, the pH, overrun, total solids, viscosity, texture, and titrable acidity ranged from 5.20 to 6.61, 11.00 to 73.50%, 10.98 to 12.35%, 1.00 to 2.25 cP, 160.50 to 238.75, and 0.05 to 0.11, respectively. The samples with a high percentage of bambara groundnut extract had higher meltdown values. A significant ( $p < 0.05$ ) difference was observed between the sample with 100% dairy milk and the sample with 100% bambara groundnut extract but increase substitution of dairy milk with up to 30% bambara groundnut extract resulted to no significant ( $p > 0.05$ ) differences in the physicochemical properties. It can be concluded from the study that a desirable ice cream can be produced by partially substituting dairy milk with up to 30% bambara groundnut extract.

**036. Effect of Smoking on Proximate, Mineral Safety Index, Omega 3 and Omega 6 Fatty Acid Composition of Two Species of Fish (Sardine, *Sardina Pilchardus* and Mackerel, *Scomber Scombrus*)**

**By**

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**Abstract**

This study determined the effect of smoking on proximate composition, mineral safety index, omega 3 and 6 fatty acids on sardine and mackerel fish. Key informant interview was used in 3 main markets in the study area to identify the most frequently consumed fish. Each market had 20, 15, and 15 key informants (sellers) respectively, making a total of 50 sellers. The first two species



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with highest consumption rates (Sardine, 92% and mackerel 74%) were selected. They were purchased (frozen) from Ogige main market, Nsukka, allowed to thaw at room temperature, cut into fillets through the visceral part to remove the intestines and immersed into 75% saturated brine for half a minute. The fish fillets were rinsed in fresh water, spread in the smoking chamber and maintained at 60-70°C overnight. The two sets of cooled smoked fillets were separately milled whole, packaged and stored in air tight containers at 0°C for analysis. Standard methods for laboratory and statistical analyses were used. Proximate analyses revealed that raw fish samples had higher moisture and crude fibre content than the smoked fish. The mineral safety index in Na/K, Na/Ca, and Na/P were lower in the samples than the standard acceptable limits while Na/Mg ratios were high in the smoked samples. The omega 3 and omega 6 fatty acids content reduced by 54.5% and 37.5% for smoked sardine and by 33.3% and 40.0% for mackerel, respectively. The high sodium-magnesium ratio with reduced content in the smoked samples can predispose individuals to hypertension.

**Key words:** Smoking, fish, mineral safety index, omega 3 fatty acids, hypertension

**037. Impact of Covid-19 Pandemic on the Manufacturing, Distribution and Sales of Bottled Water in Nsukka Local Government Area, Enugu State**

**By**

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**Abstract**

This study examined Impact of covid-19 pandemic on the manufacturing, distribution and sales of bottled water in Nsukka Local Government Area, Enugu state. Three research questions guided the study. The population for the study was 140 drawn from Nine(9) bottled water manufacturing industries located at Nsukka, Enugu State Nigeria. Due to the manageable size of the population no sampling technique was adopted. The instrument for data collection was a structured 19-item statement questionnaire titled: Impact of covid-19 pandemic on manufacturing, distribution, and sales of bottle water Questionnaire (ICPMDSBWQ) which was validated by three lecturers from Department Business Education, University of Nigeria Nsukka. The data was collected by the researchers with the aid of nine research assistants. The collected data was analysed using frequency and percentage scores. The general findings of the study indicated that majority of workers in bottled water manufacturing industries do not observed social distancing during production, the use of nose mask is often neglected when distribution while, the lock down also hampered the sales of products to where it may be needed. Based on the findings, the study recommended among others; the need for proper education of the spread of covid-19 at grass root level; the use of village, town meeting and market heads to disseminate information on the need to always put on nose mask; Government and philanthropies should also provide free nose mask at grass root level. Owners of Industries should be checkmate from time to time to ensure full compliance to NCDC guidelines.

**Keywords:** Covid-19 pandemic, Bottled water, Manufacturing, Distribution, Sales, Manufacturing industries.





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**038. Role of Work-Family Enrichment and Family-Work Enrichment on Mental Wellbeing among Nurses**

By

**Abang, S. Mamuwan<sup>1</sup> & Ogba, Kalu. T. U.<sup>1</sup>**

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**Abstract**

The study adopted a cross sectional design to examine the role of work-family enrichment and family-work enrichment on mental wellbeing among nurses. A total of 500 nurses from various health centres in North Central States participated. The health centres were purposively sampled from a General hospital located in each North Central States while the participants were sampled by volunteer. Participants were administered two instruments: Warwick-Edinburgh Mental Well-being Scale (WEMWBS) and Work-Family Enrichment Scale (WFES). Results of the regression analysis showed that work family enrichment positively correlated with mental wellbeing ( $r = .40$ ,  $p < .001$ ), family work enrichment also correlated with mental wellbeing. Both predicted mental wellbeing among nurses. It was concluded that the more work-family enrichment, the better nurses feel mentally and invariably implying that when the family is more enhanced, the nurses feel mentally better.

**Key words:** work-family enrichment, family-work enrichment, mental wellbeing, nurses

**039. The Influence of Societal Perception and Societal Support on the Participation of Female Students in Technical Education in Nigeria**

By

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**Abstract**

In present-day reality, technical innovation is considered as one viable mean for global development, as it affords both male and female relevant skills to make positive changes in their world. Howbeit, participation of female gender in technical, Vocational Education in Nigeria and largely in Africa compared to other developed continents is relatively low and this largely has to do with the role the society play in influencing dominance of male gender in this area. However, this study was carried out to determine the extent to which the societal perception and support influence the participation of females in technical education in Nigeria. The purpose of this study was to determine the influence of societal perception and societal support on the participation of females in technical education in Nigeria. Two Research questions and hypothesis guided the study. A correlational research design was adopted for the study. The population for the study was 123 female students from five secondary schools in Enugu State. Three structured questionnaires titled societal perception questionnaire, society support questionnaire and Students technical education interest inventory were developed by the researchers and used for data collection. Three experts from the Department of Industrial Technical Education, University of Nigeria, Nsukka validated



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the instruments. The reliability co-efficiency of the instrument was found to be 0.76, 0.83, and 0.72. Data collected were analyzed using correlation analysis for the research questions, while the hypotheses were tested using simple linear regression at 0.05 level of significance. The study found significant interaction between societal perception and participation of females in Technical Education; it was discovered that poor societal support invariably affects female students disposition towards participating in technical education.

**040. Domestic Violence: A Cog on the Bio Psycho Social Wheel of Children**

**By**

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**Abstract**

Domestic violence includes an entirety of intentional actions or omissions through which is exercised physical, psychological, sexual and economic maltreatment, by a person which is or have been in a family relationship with the victim. The victims of domestic violence are predominantly female but recent studies shows that children are exposed to domestic violence. As many as 275 million children are exposed to domestic violence globally. Children are exposed to domestic violence not only when they are victimised but when they witness the actual abuse, hear the threats or see the after math of actual violence or observe the tension in the house. Children have some developmental milestones which they should accomplish at each age group and exposure to domestic violence robs the child of these normal developmental. Exposure to domestic violence in childhood has been linked to a set of outcomes, including cognitive difficulties, low self-esteem, social withdrawal, anxiety; aggression, and delinquency, including continuing the abusive cycle. These and other mental health consequences require urgent interventions with all seriousness the society intend to give billions of children worldwide a future devoid of chaos, anarchy and doom, hence repositioning the family for economic development and survival in a fast changing world.

**Keywords:** Domestic violence, bio-psycho social wheel, children, Cog, family development

**041. Implication of Nutrition in Management of Diabetes Mellitus among Adult Male in Anambra State**

**By**

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**Abstract**

This study identified the implication of Nutrition in Management of Diabetes Mellitus among Adult male in Anambra state. The research adopted a survey research design. The research



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question were posed and answered by the study, a stratified random sampling was used to select 192 adult male in Anambra state. A structured questionnaire with 25 identified items was used for data collection. The instrument was validated by three experts. Simple percentage method was used to answer the research questions. The findings of the study revealed that proper nutrition have been very helpful for those patients who practice it.

**Key words:** Implication, Nutrition, Management, Diabetes Mellitus, Adult Male, Anambra state.

**042. Chemical composition of traditionally processed seeds of *Telfairia occidentalis* (fluted pumpkin seed)**

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**Abstract**

This work assessed the Chemical composition of processed seeds of *Telfairia occidentalis* (fluted pumpkin seed). The three processing methods used were fermentation, roasting (dry heat treatment), and boiling (wet heat treatment). The seeds were obtained from Nru Nsukka, Edeoballa and Orba markets, all in Nsukka Local Government Area of Enugu State, Nigeria. A total of three samples were prepared. Data obtained were analysed using standard procedures. Values presented as mean, standard deviation and analysis of data were done using analysis of variance (ANOVA) for separation of mean. Duncan Multiple range test was used to determine significant difference between means of variables at 5% probability level ( $P < 0.05$ ) and were obtained using Statistical Product for Service Solution (SPSS) Version 23.0. Comparing the proximate composition of the samples, seeds subjected to fermentation had higher carbohydrate (54.88%) and protein contents (23.12%). Phytochemicals levels of the seeds was low in fermentation 2.20% for saponin and 1.00% for flavonoid except alkaloid which was 9.00%. Roasted *Telfairia occidentalis* seeds was low in carbohydrate (2.58%) and ash (2.00%) levels. There was a low amount of flavonoid (1.00%) in roasting and moderate amount of saponin (12.40%) and alkaloid (11.00%). Boiling had the highest moisture (16%), crude fibre (12%), protein (11.12%) and carbohydrate (54.88%) content in the processed fluted pumpkin seeds. Boiling had the lowest fat (2.00%) and ash (3.50%) content in the seeds, saponin (12.40%) was moderate in boiling and roasting but low in fermentation (2.20%). The mineral compositions of magnesium and calcium were higher in fermentation (58.80%), boiling (43.20%) and roasting (52.20%) and lower in potassium and iron. The vitamins were higher in vitamin A (21.42ug) and vitamin B9 (58.53mg) but lower in vitamin B2 (0.09mg) and B3 (0.72mg).

**Keywords:** Phytochemicals, Processing methods, Nutritional contents, Fluted pumpkin seed



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**043. Secondary Traumatic Stress and Satisfaction with Life of Informal Caregivers: A Moderated Mediation Model of Positive Religious Coping and Gender**

**By**

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**Abstract**

In Nigeria's hospital setting, in-patient care often requires the assistance of informal caregivers, which can be a family member or a friend to bridge the gap in formal care. They are often exposed to Secondary Traumatic Stress (STS), which is usually unknown to health care professionals as every attention is on patients. This study examined the association between STS and Satisfaction with life (SWL) among informal caregivers; and tested a moderated mediation model by Positive Religious Coping (PRC) and gender. One hundred and ninety-four (males: 68, female: 126) informal caregivers of in-patients in a Nigerian orthopaedic hospital (aged 15-70 years,  $M = 31.5$ ,  $SD = 8.9$ ) participated in the study. Data were collected using self-report measures of the variables. A moderated mediation analysis was conducted to test the theoretical model using the Hayes regression-based PROCESS macro. Bootstrapping examined mediation models. Results showed that STS was negatively associated with SWL and PRC. The gender of patients moderated the negative relationship between STS and PRC. PRC mediated the relationship between STS and SWL, and the gender of informal caregivers moderated the effect. Findings imply that healthcare professionals need to pay attention to the symptoms that are indicative of secondary traumatic stress among this population. More so, the role of Positive Religious Coping, during interventions, in reducing STS and enhancing SWL needs to be considered.

**Key Words:** Informal caregivers, Secondary traumatic stress, Positive religious Coping, Satisfaction with life

**044. Effects of Two Drying Methods on the Nutrient Composition of *Afezelia Africana*, *Cajanus Cajan* and *Abelmoschus Esculentus* Leaves**

**By**

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**Abstract**

This study examined the effect of two drying methods—sun drying and shade drying—on the nutrient content of *Afezelia africana* (Akparata), *Cajanus cajan* (Fio-fio) and *Abelmoschus esculentus* (Okro) leaves. The samples divided into three portions. One portion was analyzed fresh; the second was sundried while the third was shade dried. The samples were analyzed for their proximate, vitamin and mineral contents. Data obtained were analyzed using mean and standard deviation. The result revealed that sundried Okro leaves had the highest protein ( $26.19 \pm 0.01$ ), fat



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( $4.00 \pm 0.02$ ) and carbohydrate ( $51.89 \pm 0.02$ ) contents. Shade dried Fio-fio had the highest protein ( $29.76 \pm 0.02$ ), ash ( $5.98 \pm 0.01$ ) and fiber ( $2.60 \pm 0.01$ ) contents. Sundried Akparata leaves had the highest fat ( $27.45 \pm 0.02$ ), ash ( $4.00 \pm 0.01$ ) and fiber ( $2.36 \pm 0.01$ ) contents. The result also showed that vitamin C content was highest ( $51.73 \pm 0.02$ ) in sundried Fio-fio leaves; shade dried Okro leaves ( $39.84 \pm 0.02$ ) and sundried Akparata leaves ( $54.437 \pm 0.01$ ). Vitamin A content was highest in the shade dried Akparata leaves ( $3314 \pm 0.01$ ). Among the three samples, shade dried Okro leaves ( $125.28 \pm 0.02$ ) had the highest Iron content. Zinc value was highest in fresh Fio-fio ( $51.08 \pm 0.01$ ) and fresh Okro ( $51.08 \pm 0.01$ ) leaves. The Study concludes that Fio-fio, Okro and Akparata leaves contain considerable amounts of nutrients like protein, fiber, Iron and Zinc. Therefore, increase in the consumption of these leafy vegetables will help to supplement diets and alleviate the problems associated with malnutrition in the country.

**Keywords:** Nutrient, Drying, Vitamins, Vegetables, Minerals

**045. Family Functioning, Posttraumatic Growth (PTG) and Resilience among Type 2  
Diabetic Patients: Moderating role of Mindfulness**

By

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**Abstract**

The family is an interdependent system within which the well-being of an individual member influences other members. Even when a family member is diagnosed with a chronic illness, the degree of cooperation, understanding and support the victim receives from the global family environment may help in facilitating positive psychological adaptation and recovery from the illness. Existing literature has shown that family functioning helps to facilitate the development of PTG and resilience, but previous studies have failed to establish whether certain cognitive processes may potentiate or attenuate this relationship. This study aimed to examine the moderating role of mindfulness on the relationship between family functioning, PTG and resilience among Type 2 diabetic patients. 301 type 2 diabetic patients (age between 23 to 61) drawn from a tertiary institution healthcare centre in south-east, Nigeria participated in the study. They completed relevant self-report measures. Hayes PROCESS macro for SPSS was used for data analysis. Results showed that for patients with moderate and high mindfulness, their family functioning was associated with higher growth while patients with lower mindfulness showed no such association. This same pattern of findings was also found with resilience. The implications of the results for research and mindfulness-based interventions targeting family functioning were discussed.

**Keywords:** Family atmosphere, PTG, Diabetic patients, Mindfulness, Resilience



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**046. Effects of Selected Spices on the Proximate Composition, Shelf Life and Sensory Properties of Cashew Nut Butter**

**By**

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**Abstract**

The effect of selected spices on the proximate composition, shelf life and sensory properties of cashew nut butter was evaluated. Cashew kernels were milled into paste and spiced with ginger, ehuru, garlic and uda while unspiced cashew butter was used as control. The samples were evaluated for their proximate composition and sensory properties and kept at room temperature and analyzed for microbial properties. Proximate composition revealed that moisture content ranged from 25.66-36.09%, ash 4.08-5.35%, fat 40.16-55.31%, crude protein 1.64-2.35%, crude fibre 2.39-4.51%, carbohydrate 4.49-15.06% and energy 433.15-525.16kcal. Ash content was significantly ( $p < 0.05$ ) higher in sample spiced with uda, fat and crude protein in ginger spiced sample, carbohydrate and crude fibre in uda and garlic spiced sample. Initial total bacterial count of the samples showed that the sample spiced with garlic had the lowest count ( $1.35 \times 10^3$  cfu/g) and after 2 weeks, cinnamon spiced butter had the lowest count ( $1.95 \times 10^4$  cfu/g). Initial total coliform count of the samples of the samples ( $1.05 \times 10^1$ - $5.35 \times 10^1$  cfu/g) was lower in the control sample and after 2 weeks, uda spiced butter had the highest count ( $1.55 \times 10^2$  cfu/g). Initial total mould count showed no growth for control sample and samples spiced with ginger and garlic. After 2 weeks, only the control sample recorded no growth; however, all butter samples had total mould count with the recommended standard of  $10^3$  cfu/g for mould. Sensory analysis revealed that the control sample was highly preferred by the panelist and this was followed closely by the cinnamon spiced sample. This study recommends the use of cinnamon for fortification of cashew nut butter which will result in cashew butter of improved shelf life and nutritional qualities.

**Keywords:** Cashew nut, Butter, Ginger, Uda, Cinnamon, Ehuru, Garlic

**047. Knowledge of Biological Activity or Sources of Transmission of Pathogenic Microorganisms Crucial to Control and Prevention of Infections**

**By**

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**Abstract**

Generally the occurrence of bacterial food poisoning depends on a peculiar set of circumstances and some or all of the following factors present; that is the infecting organism or causal agent in



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food stuffs, in the food handler or in the animal. The hands of the handler transmitting the organisms, from raw to cooked food and to utensils, cloths and others. Kitchen tools or from the person of the food handler to cooked food. Surfaces contaminated by raw foods and foods suitable for bacterial growth, and susceptible human subjects. Knowledge of sources of transmission of pathogenic bacteria may be crucial in halting the disease chain. Governments, organizations, individuals and families can successfully control the spread of food borne infections through the knowledge of transmission medium and adapting of strict control measures. Water, milk, and foods are vehicles of transmission of the microbial agents responsible, usually in relatively small numbers multiplying in food as a medium for growth. For example *Clostridium perfringens* can be found in human and other animals' excreta. It can survive heat and dehydration by means of spores which remains dominant in food soil and dust, and can even with stand hours boiling. Such information about pathogenic organisms makes their control and prevention easier.

**Key words:** Microbiological Activity, Pathogenic Micro-organisms, Prevention of infections

**048. Microbiology of Vegetables and Fruits**

**By**

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**Abstract**

Majority of harvested farm produce are spoiled before consumption. It is on record that one fourth of all farm produce are spoiled before it is available for consumption. Microbial spoilage of fruits and vegetables usually occurs during storage and transport and during waiting for processing. It is observed that fruits and vegetables after picking and before processing are alive and can respire, and the resulting respiration of the products and the normal ripening process complicate an independent discussion of the microbiological spoilage of fruits and vegetables. Another factor or angle to consider is the fact that microbiological spoilage fruits and vegetables may occur in stages or forms which may be fresh, dried, frozen, fermented, pasteurize or canned. Knowledge of microbial invasion of these stages may help prevent bacterial contamination and product spoilage. If families become aware of the spoilage of these farm products path way, it will help to halt the progress of contamination product deterioration. Generally, microorganisms on fruits and vegetables includes, the normal flora, microorganisms from soil and water, some molds and yeast. The deterioration of raw vegetables and fruits may result from physical factors, action of their own enzymes, microbial action.

**Key words:** Microbiology, Vegetables and Fruits



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**049. Strategies for Reducing Breakfast Meal Skipping Practices Among Undergraduate Students of University of Nigeria Nsukka**

**By**

**Anowai, C. C. (PhD)<sup>1</sup>, Chukwuone, C. A. (PhD)<sup>1</sup>, Ogonnaya, Ezeda. K. (PhD)<sup>1</sup>**

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**Abstract**

The study examined breakfast meal skipping practices of undergraduate students in University of Nigeria, Nsukka. Specifically, it identified extent of skipping breakfast meals by students and causes as well as strategies for improving the meal consumption practices among the students. The study used descriptive survey research design. Population for the study was 3,550 students from Faculties of Education and Vocational and Technical Education in the University. Two hundred randomly selected students from the two faculties formed the study sample. Questionnaire developed by the researcher after literature review and interactive sessions with students was used to generate data. Two hundred copies of the questionnaire were administered and were all retrieved by the researcher with the help of two assistants. Data were analyzed using means with decision benchmark at 2.50. Results showed that many students skipped breakfast meals seven times ( $\bar{x}$  2.69) in a week. Reasons for skipping breakfast meals were: lack of time ( $\bar{x}$  3.42), spoilage of preserved foods ( $\bar{x}$  3.33) and early morning lectures ( $\bar{x}$  3.28) among others. Thirteen strategies were identified for improving students' breakfast meal consumption practices which included: providing students with enough up keep money ( $\bar{x}$  3.54); developing their planning and food budgeting skills ( $\bar{x}$  3.16), developing their habit of adhering to food budget ( $\bar{x}$  3.21) regular supply of electricity to the students' hostel ( $\bar{x}$  3.25) and providing cafeteria service in each of the students' hostel ( $\bar{x}$  3.02). It was recommended that; the students should be trained on time management and priority setting skills, very early morning and impromptu lectures should be stooped even as further research will be needed to link student's well-being, academic performance with their breakfast meal consumption practices.

**Keywords:** Undergraduates, Breakfast, Meal, Skipping, Strategies,

**050. Utilization of Social Media Platforms for Consumer Information on Green Household Products for Environmental Sustainability in Enugu State Nigeria**

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**Abstract**

The study determined the Utilisation of Social Media Platforms for Consumer Information on Green Household Products for Environmental Sustainability in Enugu State, Nigeria. Two research questions were formulated for this study, and two null hypotheses were tested at 0.05 level of





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significance. The population for this study is 60 online marketers of green household products operating in Enugu State, which was made up of 30 male and 30 female online marketers of green household products. The study had no sample due to the manageable size of the population. A structured questionnaire was used as the instrument for data collection and was validated by three experts. Based on the findings, it was observed that a good number of online marketers of green household products operating in Enugu state do not make use of all the social media platforms available. It was also revealed that the only social media platforms highly utilised to inform consumers about green household products were youtube, Instagram, Facebook, and WhatsApp. The study recommended, among others, that due to digitalisation, marketers of green household products should endeavour to use diverse social media platforms in creating awareness on health benefits of using green household products and the sustainable effects on the environment.

**Key words:** green household products, consumers, environmental sustainability, social media platforms.

**051. Impact of Agrochemicals on Health and Environment among Farmers in Nsukka  
Agricultural Zone, Enugu State.**

By

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**Abstract**

Farmers use agrochemicals to protect the crops from pests and weeds as well as to boost agricultural products. However, these agrochemicals may impact negatively on human health and environment. The aim of this study was to determine the impact of agrochemicals on human health and environment. The specific objectives and three corresponding research questions guided the study. Descriptive cross-sectional survey research design was adopted for the study. The study was conducted in Nsukka agricultural zone among farmers. Population for the study was all full-time farmers in Nsukka agricultural zone totally 5800. Multi-stage sampling was used to draw a sample of 400 farmers. Instrument for data collection was a researcher designed questionnaire consisting of 15 items. The face validity of the instrument was established by three experts from the department of Human Kinetics and Health Education. Reliability of the instrument was established using split half method and reliability coefficient of .78 was obtained using cronbach alpha. Data was collected by the researcher with the help of two research assistants from each community. Frequencies and percentages were used to answer the research questions. Result indicated that high proportions (66.2%) moderate proportions (54.0%) of farmers indicated that agrochemicals impact negatively on health and environment. The result also showed that there is no significant difference in the impacts of agrochemicals among farmers based on levels of education ( $\chi^2=2.94$ , p-value .94). The findings of the study concluded that high and moderate proportions of the farmers indicated that agrochemicals impact negatively on health and environment. The study recommended that farmers association should periodically organize workshops to share opinions



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on the benefits, dosage and type of agrochemicals to reduce exposure to agrochemicals and its adverse effects on human health and environment. Also, agricultural extension workers should try and visit the farmers to inculcate in them the proper use of agrochemicals.

**Keywords:** Impacts, agrochemicals, health, environment, farmers and Nsukka agricultural zone

**052. The Education and Training of the integrated whole man**

**By**

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**Abstract:**

The education and training of the whole man is as old as the human race on the Earth. Educating and training sustain posterity in life. Educating is the instructive drillings of the human mind for purposes of guidance in securing knowledge of procedural steps of solving life problems. Training is the precepts detailed out for a learner to follow in obtaining a specific skill in a field of learning which equips the recipient with resourcefulness. The first concept of education or learning here is that it is from cradle to grave. Man's education affects his tripartite nature: - Spirit, Soul & Body or Heart, Head & Body, reaching his cognitive, affective and psychomotor domains. Learning takes place when the learner's life style has been impacted. It is this change in the life of the learner that brings about maximum penetration in transformation. From day one, the man child is drafted into learning whatever survival strategies including feeding on breast milk, water, food and every other skill formally, informally or instinctively in life. Progressively he adopts the Dutch principle of "Learning by doing" when there is little or no tutelage and by so doing he attains confidence in the whole process. It is this competence that brings about profitability and functionality which we are looking for all the while in education for the overall interest of the society at large.

**Key words:** Education, Training, Human-domain, Profitability, Functional

**053. The Efficacy and uniqueness of the Taxonomy of the Learning styles**

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**Abstract**

All the learning life styles are unique and of high efficacy when correctly aligned. Fundamentally, there are three learning styles: the visual, auditory and kinesthetic Learners. A child is genetically born with one of these learning styles which give rise to his innate learning abilities. Very early in life, the man child is introduced to the rudimentary learning techniques which could enhance his



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learning skills including recitation, repetition, singing, clapping, bead counting, drawing etc. In the course of this learning process, a child could be wrongly exposed and a natural use or disuse phenomenon may occur along the line.-e.g. effective use of the left hand could be discouraged and the learner's innate potentials could be suppressed. Several times unjust scales have been adopted by the Learning institution in determining the learner's ability. One scale is to assess both the visual and auditory learner on the same premise, thereby placing one at disadvantage. It could also be not assessing the learners in the three dimensions (e.g. JAMB's UTME which is mainly testing visual learning skills with little of auditory and nothing of kinesthetic learners). Expertise is usually attained by the maximum use of the individual's leaning style leading to proficiency in the individual abilities. When correct means of assessment is employed, the learner's true potentials can be determined leading to intrinsic motivation for maximum performance.

**Key words: Learning-styles, Rudimentary, Innate-learning-abilities, Assessment**

**054. Assessment of the Learner: the use of the broadest spectrum Parameters**

By

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**Abstract**

The concept of assessment of the individual learner has always been there and it is the basis for determining the learner's academic precocity. Assessment of the learning ability of an individual with the correct parameters usually portrays the true strength and weakness in him. This could be achieved by the use of broad spectrum parameters in the judgment of the individual proficiency. The conventional assessment flaws have weakened it such that the 21<sup>st</sup> Century learning techniques are seeking for the more balanced broad spectrum assessment scales that put all the learners on the same pedestal! The conventional method of using only quantitative assessment where summative assessment is also needed is not good enough! The promptings of the learner's ingenuity should be adhered to and applied so as to correctly determine the learner's potentials. There should be a wider spectrum and all-inclusive assessment of the learning skills of the learner. There should be the use of digital (e.g. smart robotics) specialty in determining the learner's wholesome intuitive abilities which makes for correct placement in cognitive, affective and psychomotor platforms of the human domain. Only then shall our rewarding of individual learning styles could be on a correct uniform global pedestal whether in the developing or in the industrialized world.

**Key words: Assessment, Learner, Conventional, Broad-spectrum**



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**055. “Food and Nutritional (Telepathy) Aberration: The cause of Current Health Challenge in or Society.”**

By

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**Abstract**

The Food and Nutrition abnormalities are the basic etiologies for the current proliferation of all the strange metabolic diseases that are plaguing the human race across the globe. There is a strong correlation between the nutrition and health status of an individual and therefore the fallen nutritional standards has led to the present metabolic health challenges confronting the present generation. There are avalanche reasons pointing to the present nutritional aberration in our day including the junk foods, carcinogenically synthetic food stuffs, inorganically mediated food stuffs, etc. The present situation calls for adoption of natural remedies which can salvage us from this menace. These include the natural supplements which do not involve any synthetic procedures in their propagation and therefore have no biologic gene mutation sequencing of any kind. This paper opines the way forward as practically going purely organic in our feeding life style. This study is making a trajectory forecast that in half of a century to come, if the tropical population (comprising mainly the developing world) adopts the purely organic principle of crop and animal husbandry in its production processes, we shall attain a restoration of normal healthy mankind with optimum longevity!

**Key words:** Food, Nutrition, Abnormalities, inorganic, organic.

**056. Perceptions on the Supply, Marketing and Consumability of the Stone Partridge  
*Ptilopachus Petrosus* Prized as Bushmeat in Benin Republic, West Africa**

By

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**Abstract**

The increasingly profitable nature of hunting game birds in Benin, in particular for the juvenile layer in constant search of financial satisfaction, constituting one of the greatest threats to the survival of these species and new challenges for the scientific world. The present study aims to characterize the consumability of the Stone partridge, as well as the different pressures on the



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resource. To achieve this, a sample size of 338 actors (hunters, collectors, processors and consumers) were chosen using simple random sampling. This size was distributed in a reasoned manner within the two departments (Collines and Alibori) in central Benin, taking into account the results of the exploration survey. It emerges that more than 3 out of 5 respondents (all actors combined) think that hunters constitute the main source of supply for the Stone partridge. At least one in two hunters used to stock up three times a week. Although not very structured and informal, the hen of the rocks marketing circuit is maintained by four different actors: hunters, collectors, consumers and processors. This form of relationship between actors, although informal, remains very active and increasingly remunerative. To this end, the Kruskal Wallis test showed that the selling price of a Stone partridge individual to collectors also significantly increased between the four periods (30 years ago, 20 years ago, 10 years ago, 5 years ago and today). There is also a significant difference between the purchase price (848.96 FCFA on average) and the selling price (1205.96 FCFA on average). In addition, generally consumed three to four times a week, the majority of respondents give the species a very high organoleptic quality regardless of the actor considered. This growing demand induce an increasing anthropogenic pressure on the species. In situ or ex situ conservation strategies are urgently needed, as is regulation of exploitation by the authority responsible for forest management and the conservation of natural resources.

**Keywords:** Hunting, Game birds, Consumability, Exploitation

