



# **ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS**

**2ND ANNUAL INTERNATIONAL  
CONFERENCE (VIRTUAL), 2023**

**BOOK OF ABSTRACT**

**THEME:**

**SUSTAINABLE MANAGEMENT OF FAMILY  
AND SOCIETAL RESOURCES: THEORETICAL  
AND EMPIRICAL PERSPECTIVES**

**DATE: 16<sup>TH</sup> & 17<sup>TH</sup> MARCH, 2023**

**VENUE: ZOOM MEETING PLATFORM**



SECOND ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE  
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# **ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS (AFASS)**

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PROGRAMME OF EVENTS**

**Opening Ceremony: Thursday, 16<sup>th</sup> March, 2023**

- 8.30am – 9.00am: Logging in of participants
- 9.00am – 9.05am: Recognition of Resource Persons and conference participants
- 9.05am – 9.10am: Opening Prayer
- 9.10am – 9.15am: Opening Remark by Founding President of AFASS (Dr. F.O. Okechukwu)
- 9.15am – 9.25am: Welcome Address by the Vice Chancellor (Prof. A.C. Igwe)
- 9.25am – 9.35am: Welcome Address by the Dean Faculty of Agriculture (Prof. P.I. Ezeaku)
- 9.35am – 9.40am: Welcome Remark by HOD Home Science and Mgt. (Prof. G.I. Davidson)
- 9.40am – 10.40am: Keynote Paper Presentation/questions (Prof. A.E. Jumbo)
- 10.40am – 10.45am: Vote of Thanks by LOC Chairman (Dr. K.T. Ogba)
- 10.45am – 11.20am: Workshop on Academic Writing (Dr. U.I. Nnubia)
- 11.20am – 11.25am: Short Break
- 11.25am – 2.00pm: Plenary session
- 2.00pm – 3.00pm: Lead Paper Presentation/questions (Prof. I. E. Onyishi)
- 3.00pm – 3.55pm: Plenary Session Continued
- 3.55pm – 4.00pm: Closing remarks/prayer

**Friday, 17<sup>th</sup> March, 2023**

- 8.30 am – 9.00 am: Logging in of participants
- 9.00 am – 9.05 am: Opening Prayer
- 9.05 am – 1.05 pm: Plenary session continued
- 1.05 pm – 1.10 pm: Vote of thanks/Closing remarks



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**001. ENTREPRENEURIAL EXPERIENCE AND MANAGERIAL CHALLENGES  
AMONG UNDERGRADUATE STUDENTS OF NSUKKA ARTS SCHOOL IN NIGERIA**

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**Abstract**

This study engages with the experiences of undergraduate entrepreneurs, it is geared towards understanding what constitutes their managerial challenges, and how they navigate the nexus of entrepreneurial activities and academic work. A qualitative research design involving a total of fifteen respondents purposively selected from sculpture students of the Nsukka Art School was sampled using a snowball approach. Data collection was conducted using a semi-structured interview guide and data analysis was made using a thematic analysis approach. Findings showed that respondents are actively involved in entrepreneurial activities in multiple arts and non-sculpture-related fields such as painting, graphics, communication design, t-shirt printing, and portrait making. The entrepreneurial quests, expose them to specialization, operational, marketing, and managerial challenges. It is recommended that policymakers in academia, industry and government work together toward repositioning student entrepreneurs by the introduction of an improved curriculum which will incorporate managerial courses into fine art curricula and also create an enabling environment for economic growth.

**Keywords:** Entrepreneurial experience, undergraduates' challenges, Nsukka Art School, visual arts.

**002. PARENTAL CONTROL AND SUPERVISION OF TEENAGERS USING A  
PARENTAL CONTROL/MONITORING APP IN THIS HIGH TECHNOLOGICAL AGE  
THROUGH THE AID OF INFORMATION AND COMMUNICATION TECHNOLOGY  
(ICT)**

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**Abstract**

This study will focus on parental control and supervision of teenagers using a parental control/monitoring application in this high technological age through the aid of Information and Communication Technology (ICT). To achieve a sustainable management of family and societal resources, and adding value to the society; the guidance and supervision that should be provided both at home and at school to the use and activities that teenagers carry out with ICT. A qualitative approach needs to be adopted by applying various techniques such as observation, interviewing and focus groups. It will be determined that teenagers have continuous access to the Internet,



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without any supervision as a result of the technological illiteracy manifested by their parents as the relationships among these components are often complex with intriguing similarities and differences among the participants.

**Key words:** ICT Resources, Technological Illiteracy, Technological Age, Puberty, Teenager, App, Parental Control, Parental Supervision, Family, Societal Resource

### **003. SOLID WASTE CONTAMINATION EVALUATION ON PERCHED AQUIFERS AND SOILS IN NSUKKA AND ENVIRONS**

**\*Cordelia Nnennaya Mama<sup>1</sup>, Ogbonnaya Igwe<sup>2</sup>, Chimankpam Kenneth Ezugwu<sup>2</sup>,  
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#### **Abstract**

Impact hierarchical assessment, geo-accumulation factor, contamination factor, enrichment factor, pollution load indices were employed to investigate extent of soil (0cm and 15cm depth) and shallow groundwater (perched aquifers) pollution resulting from solid wastes in Nsukka and its Environs. For the geo-accumulation index, at 0cm depth, the Geo-accumulation factors for, Cr, Cu, Cd, Fe Zn and Mn values fell within the background range while mercury showed values within non-contamination to moderate contamination. Lead showed moderate to heavy contamination. At 15cm all parameters showed non-contamination with exception of lead, mercury and cadmium which showed moderate contamination. At 0cm depth, the enrichment factor of iron fell under the background range while chromium, copper, zinc and manganese showed minimal enrichment. Mercury showed moderate enrichment while lead showed very high enrichment. At 15cm depth all the heavy metals were within the minimal enrichment range. The PLI at the two depths showed moderate pollution which implied moderate contamination by the analyzed heavy metals. At 0cm depth, the evaluation unraveled that most of the analyzed parameters ranged from negligible to low; implying no obvious impact with exception of lead and mercury which showed high impacts. At 15cm depth, mercury showed low impact but lead still showed high impact. Groundwater samples were also evaluated and most of the samples showed low to negligible impact; implying no heavy metal impacts on the groundwater with exception of lead, mercury and manganese which showed medium impact. Nitrate showed medium impact on groundwater though low impact on the soil samples.

**Keyword:** Hydrogeochemical, Impact Assessment, Solid Wastes, Contamination, Waste Dump Sites



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**004. PRACTICAL APPROACH TO CONCEPTUAL, LOGICAL AND PHYSICAL  
DATABASE DESIGN**

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**Abstract**

The paper gave insight into how to model and implement database systems for organizations of any capacity. In order to achieve this goal, it adopts a case study approach by considering a prominent corporate organization called Spirit Health Club based in the United Kingdom (UK). Spirit Health Club has 40 branches spread across the UK and it specializes in rendering different fitness services to individuals and corporate organizations. The paper studied the company's operations online and then modeled its conceptual, logical, and physical database designs. The conceptual database design was modeled using the Enhanced Entity Relationship Diagram (EERD). At this stage, the different entities within the spirit health club were identified, separating strong entities from weak ones while establishing the database logical dependencies relationship that exists between the respective entities. From the dependencies established logical business rules coordinating the transactions in the club were drawn. Further, a logical entity diagram depicting the detailed data attributes including the primary keys and foreign keys participating in the system was structured, thus facilitating the physical implementation of the efficient database system. The physical implementation of the database system was supported by an Oracle database management system (DBMS) which is one of the most robust and scalable DBMS. The outcome of the research was tested by relevant structured Query Language (SQL) to demonstrate the usefulness of the design approach in painstaking specification and requirement gathering process in database system design. Finally, recommendations were proffered to justify the need for adopting the research approach in the design and implementation of an efficient practicable database system for organizations.

**Key Words:** Conceptual, Database, Design, Logical, Physical

**005. STRENGTH PROPERTIES OF CONCRETE RESULTING FROM WATER  
QUALITY**

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**Abstract**

This research investigated the effect of different sources of water on the compressive strength of concrete. The water samples used for the analysis were rain, river and potable water. The chemical compositions of these water qualities and sources were determined, while 18 concrete cubes were produced in the ratio of 1:2:4 using each water quality type. The cubes were cured and crushed at



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7, 14 and 28 days using the Farnell Crushing Machine. The compressive strength test was carried out on the cubes and the findings were statistically processed. It was observed that the concrete produced with potable water and river water had their compressive strengths gradually increased with age while the concrete produced with rain water gradually increased too but later decreased in strength at 28 days age. The results indicated that sources of water used in mixing concrete have a significant impact on the compressive strength of the resulting concrete. It concluded by suggesting that potable water is the best water type for concrete production since the concrete cubes obtained from it gained appreciable strength with age. River water could be used for mixing where potable water is scarce. However, other properties such as durability and shrinkage should be considered before use. It was recommended that potable water and water without obvious concrete-inimical substances be used in concrete production.

**Keywords:** Water Quality, Water Source, Strength Properties, Concrete, Compressive Strength

### **006. EVALUATION OF PSYCHOLOGICAL HARDINESS AND MENTAL HEALTH OF UNDERGRADUATES OF PUBLIC UNIVERSITIES IN ENUGU STATE**

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#### **Abstract**

The study evaluated psychological hardiness and mental health among undergraduates of public universities in Enugu state. Cross-sectional survey design was employed in selecting 763 respondents for the study through a multi-stage random sampling technique. Data were collected with a structured questionnaire, Dispositional Resilience Scale (DRS-15) and Depression and Anxiety Scale (DASS-21). The questionnaire was face-validated by three lecturers in the department of Home Science and Management. Data were analysed with IBM-SPSS version 21, using frequency, percentage, Chi-square and Pearson's correlation. The study found that a greater proportion (57.4%) had high psychological hardiness. A few (6.2%) had severe depression, 13.0% severe and 12.9% had extremely severe anxiety; while 1.0% had extremely severe and 3.8% had severe stress. Gender and mother's occupation were associated with poorer mental health. Females had more severe depression (8.9%) and anxiety (29.8) than the males (4.2%) and (21.9%). Those with civil servant mothers had more severe depression (10.0%) than those whose mothers were self-employed or unemployed. Family condition and mother's occupation were also significantly associated with stress. Respondents with no parents had more severe stress (7.8%) than those with both parents and single parents, while those with self-employed mothers had more severe stress (5.5%) than their counterparts. Psychological hardiness was negatively correlated with depression, anxiety and stress. The respondents had considerable level of psychological hardiness and mental health, however, some of them were at suboptimal level. The university should provide an adequate service which offers comprehensive assessment of psychological hardiness and mental health of the undergraduates.

**Keywords:** psychological hardiness; depression; anxiety; stress; undergraduate students.



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**007. HUMAN CAPITAL DEVELOPMENT AMONG NIGERIAN YOUTHS AND  
GENDER ISSUES**

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**Abstract**

This article is the reflection of the strength that rest in a country when the youths are properly trained to record scientific breakthroughs at the national and global community. The developed countries are aware of the diverse benefits when their youths are being trained to sustain the gains of development and bequeath it to the unborn generation. This development can be achieved if Nigerian government pays adequate attention in given the youth quality education where youths from indigent backgrounds can easily access scholarships and equal opportunity. Nigerian youth can thrive in any environment where meritocracy leads, this is visible in the music industry where Nigerian youths are showcasing Nigerian music at the global stage with Grammy Awards to their credits. This can also be seen among Nigerian students coming top in their various academic programmes in foreign universities. Same in the movie industry. The demand for Nigerian doctors, nurses and other professionals who are youths by foreign countries is on the rise on daily basis, making the country to suffer inadequacy or quackery due to brain drain. The role of the government and the private sector is key in addressing the issues that bother on human capital development and gender issues. Discrimination among the female folk is a bane to human capital development which can amount to throwing of spanner in the wheel of the country's progress. A robust economy and conducive atmosphere driven by merit can see Nigeria on top of the world which will reflect in the country's growth are development.

**Key words:** Human Capital Development, Nigerian Youths Development, Gender Issues, Merit System

**008. ASSOCIATION BETWEEN FAMILY COMMUNICATION PATTERNS AND  
CONFLICT MANAGEMENT STYLES OF ADOLESCENTS IN UDENU LOCAL  
GOVERNMENT AREA, ENUGU STATE**

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**Abstract**

This study determined the association between family communication patterns and conflict management styles of adolescents in Udenu Local Government Area, Enugu state. Cross-sectional survey research design was employed. The population comprised of 5,238 students in the 16 secondary schools in the study area. A multi-stage sampling procedure was applied to select 360 pupils that served as sample for the study. Five objectives, five research questions and one



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hypothesis guided the study. Instruments for data collection were two standardized questionnaires and a researcher-structured questionnaire that was validated by three lecturers from the department of Home Science and Management. Data collected were analyzed using frequencies, percentages, means, standard deviation and chi square. Findings showed that 93.3% of the respondents communicated in a consensual pattern and had high conformity orientation and high conversation orientation within their family. A greater proportion (35.6%) of the respondents expressed collaborative conflict management style. The respondents agreed that people's beliefs and values with mean 3.04, a person's ability or inability to communicate effectively (2.97), and an individual's personality type (2.91), were some factors associated with conflict management style of adolescent. Factors associated with family communication pattern as identified by the respondents included religion of family members with mean 2.86, parent-child and sibling relationships (2.82), and communication skills of family members (2.78). Family communication pattern was significantly associated with conflict management styles of adolescents at  $p < 0.05$  level of significance. It was therefore recommended that a proper family communication pattern should be emphasized on as it influences adolescents' conflict management style.

**Keywords:** Conflict Management, Family Communication, Adolescents, Conversation Orientation, Conformity Orientation

### **009. IMPROVED ACHIEVEMENT IN SOCIAL STUDIES: A QUASI-EXPERIMENTAL STUDY OF JIGSAW INSTRUCTIONAL PACKAGE AMONG PUPILS IN IGBO-EZE NORTH LOCAL GOVERNMENT EDUCATION AUTHORITY, ENUGU, NIGERIA**

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#### **Abstract**

The primary objective of social studies is to inculcate proper social behaviours on young children for family and societal cohesion. These days, social issues created by the youths indicate that the aims and objectives of social studies in the primary schools are not being realized. One wonders if the problem is in the method of instruction in social studies classrooms. Hence, the study investigated the effect of jigsaw instructional strategy on primary school pupils' academic achievement in social studies. The study is a quasi-experimental study with a population of 1,623 primary five pupils and a sample size of 71 pupils drawn through purposive sampling technique. Basic Science Achievement Test (BSAT) consisting of 15 multiple choice test items with reliability index of 0.81 was used for data collection. Data collected was analyzed using mean to answer the research questions and Analysis of Covariance (ANCOVA) to test the hypothesis while hypothesis two was tested using independent sample t-test. The result of the study indicated that the jigsaw instructional package is effective in improving pupils' achievement in social studies. In addition, the findings of the study revealed that though boys achieved more than girls in social studies when exposed to jigsaw instructional method, there was no significant difference in the mean achievement scores of male and female pupils in social studies. The study therefore,



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concluded that jigsaw strategy is effective in improving pupil's achievement and recommended the deployment of jigsaw method of teaching in primary schools in the study area.

**Keywords:** Improved Achievement, Jigsaw, Instructional package, Pupils and Social studies.

### **010. EMOTIONAL INTELLIGENCE, AWARENESS AND COMMUNICATION BALANCING FAMILY DEMANDS/DEPLOYMENTS IN MARITAL SATISFACTION**

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#### **Abstract**

We adopted cross-sectional research design and hierarchical multiple regression analysis to investigate whether age, emotional intelligence, awareness, and communication are necessary for understanding and synergizing between the quest for marital satisfaction and the 'maritally-severing' nature of military deployments. Participants were 399 volunteered military personnel purposively drawn from the South-South region of Nigerian military barracks. The participants were administered off-line self-reported and validated measures: Marital Satisfaction, Emotional Intelligence, Awareness, and Communication scales. Four objectives were stated and thereafter tested as hypotheses. According to the results, age negatively predicted marital satisfaction such that being older was associated with less marital satisfaction among the military. Emotional intelligence positively predicted marital satisfaction. Greater awareness was associated with increased marital satisfaction. While responsive communication positively predicted marital satisfaction, blocked communication negatively did. It was concluded that age, emotional intelligence, awareness, and communication (responsive) are keys to marital satisfaction amidst the seemingly martially dissatisfying kind of military deployments.

**Keywords:** marital satisfaction, emotional intelligence, awareness, communication, military personnel

### **011. EXTENT OF UTILIZATION OF DIGITAL MARKETING RESOURCES IN MANAGEMENT AND ADVERTISING ELECTRICAL APPLIANCES IN ENUGU STATE**

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#### **Abstract**

The study investigated the extent of utilization of digital marketing resources in management and advertising of electrical appliances in Enugu state. Two research questions were developed and



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answered in line with the purpose of study. Two hypotheses were formulated and tested at 0.05 level of significance. The study adopted a descriptive survey research design. The population of the study was 53 respondents, made up of 45 employees and 8 marketing managers of the marketers used. No sample was done because the size of the population was manageable. Mean and standard deviation were used to analyze data and t-test to test the hypotheses. The findings of the study revealed that electrical appliances marketers in Enugu state used facebook, WhatsApp and Instagram only out of the fifteen items and did not use twelve items. Based on the findings of the study, the study recommended among others that: the state and the local government councils should establish well equipped computer centers anywhere within the area of the marketers of electrical appliances where marketers and other traders should be trained and assisted on how to make use of android phones, smart phones and laptops, government should collaborate with the market leaders to create a conducive business environment that will support and allow use of digital marketing resources by allowing electronic businesses(e-businesses) to thrive in the state through provision of steady electricity and digital gadgets at a subsidized rate.

**Keywords:** Digital marketing, Resources, Advertising, Management, Electronic appliances.

### **012. EFFECT OF DIFFERENT PROCESSING METHODS (FERMENTATION AND BOILING) ON FATTY ACID PROFILE OF TURMERIC (*CURCUMA LONGA*)**

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#### **Abstract**

The study was designed to determine the effect of different processing method (fermentation and boiling) on fatty acid profile of turmeric (*Curcuma longa*). Fresh turmeric was purchased from Gwagwa market, F.C.T Abuja. Two kilograms (2kg) of freshly harvested turmeric was washed and divided into four portions (sample A, B, C and D). Sample A was boiled at 100<sup>0</sup>C while sample B was fermented for 4days and both sample A and B were dried in a hot conventional oven at 55<sup>0</sup>C for 60 minutes. Samples C and D were used as control. The samples were grounded into fine powder using Thomas-wiley laboratory hammer mill and packed in an air tight labeled containers. All the samples were stored at room temperature 28±2<sup>0</sup>C. The packed samples were subjected to oil extraction using ethanol as a solvent in a soxhlet extractor. Data were analysed using mean and standard deviation. The results showed that boiled (64.64mg) and fermented (46.24mg) turmeric contains higher (p<0.05) amount of omega 3 fatty compared to fresh turmeric. The result also showed that boiled and fermented turmeric had higher (p<0.05) fatty acid (0.72mg and 0.56mg) respectively than fresh turmeric (0.42mg). The fresh and boiled turmeric had no significant difference when compared to their unsaturated fatty acid (40.58mg and 40.32mg) while fermented turmeric had higher (p<0.05) Oleic acid (42.32mg). In conclusion, turmeric oil contains a reasonable quantity of omega 3 and omega 6 fatty acid and other monounsaturated fatty acid which are very beneficial to our overall health. The use of boiled and fermented turmeric should be popularized because of their promising nutritional potentials.

**Keywords:** Processing methods, Turmeric, Fermentation, Boiling, Fatty acid



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**013. INFLUENCE OF PARENTING STYLES ON SELF-ESTEEM AND SELF-DISCLOSURE OF ADOLESCENTS IN NSUKKA URBAN OF ENUGU STATE**

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**Abstract**

The major purpose of the study was to find out the influence of parenting style on self-esteem and self-disclosure of adolescents in Nsukka urban. Four specific objectives guided the study. Cross sectional survey research design was adopted for the study. The population for the study consisted of all the SSI and SSII students in 15 government secondary schools in Nsukka urban. The sample size was 344 SSI and SSII students in nine secondary schools in Nsukka urban. Modified standardized questionnaire was used for data collection. The instrument was validated by three experts from the Department of Home Science and Management, University of Nigeria, Nsukka. Cronbach Alfa reliability formula was used to obtain a reliability co-efficient of 0.80 for the instrument. The data from the questionnaire was coded and input into the Statistical Product and Service Solution (IBM-SPSS) version 23.0. Descriptive results were presented in frequencies, percentages, means and standard deviations. Findings reveal that the authoritative parenting style (52.00%) was prevalent among the study group. Majority (89.20%) of the adolescents had high self-esteem. Respondents with high level of self-disclosure were 78.80%. The study concludes that adolescents in the study area had relatively high level of self-esteem and high level of self-disclosure. Authoritative parenting style was more prevalent in the area. The study recommend that more research should be conducted in other parts of state and Nigeria to provide national data on influence of parenting style on self-esteem and self-disclosure of adolescents.

**Keywords:** Parenting style, Adolescent, Self-esteem, Self-disclosure

**014. MICRONUTRIENTS OF IMPORTANCE IN THE FIRST 1000 DAYS OF CHILDREN'S COGNITIVE DEVELOPMENT FOR SUSTAINABLE EDUCATIONAL AND CAREER DEVELOPMENT**

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**Abstract**

The paper reviewed the micronutrients that are required for the cognitive development of children from conception to the first two years of life. Micronutrients are dietary components that include vitamins and minerals that are needed in the human body only in small amounts but very essential for growth and development of the body, disease prevention, and overall well-being. It has been established that micronutrients of importance to the proper development of children's brain and prevent learning difficulty include iron, iodine, zinc, folates, Vitamin B<sub>12</sub> and Vitamin A. The



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deficiency of these nutrients especially during the critical stage of brain formation, could lead to structural and functional damages to the brain and delayed or non-acquisition of cognitive competencies. Children rely on their mothers' personal nutrition and baby feeding practices for their daily intake of micronutrients throughout the first 1000 days of life. Micronutrients are crucial for children's cognitive development because they give structural and functional advantages to the brain and central nervous system during their formative years. While some of the impacts are easily reversible, others are more permanent. Micronutrient deficiency and its negative effects could be mitigated through exclusive breastfeeding in the first six months of life, adequate complimentary feeding, food fortification, dietary diversification and equipping mothers with knowledge of nutrition through Nutrition Education. It is recommended that pregnant women should be exposed to knowledge of infant and childhood nutrition, care and practices that promote micronutrient intake for mother and child so that they intentionally consume meals high in vitamins and minerals.

**Keywords:** Micronutrients; Children; First 1000 days; Cognitive development; Nutrient deficiency.

### **015. INFLUENCE OF PEER RELATIONSHIP ON SELF-CONSCIOUSNESS AND SOCIAL ADAPTATION OF SCHOOL-AGED CHILDREN IN ENUGU NORTH LOCAL GOVERNMENT**

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#### **Abstract**

This study assessed the influence of peer relationships on the self-consciousness and social adaptation of school-aged children in Enugu North Local Government Area of Enugu State. A descriptive cross-sectional survey design was employed in a population of 60,780 (29,968 males and 30,812 females). Multi-stage sampling method was employed in the selection of 602 school-aged children from 58 schools in the Local Government Area who formed the sample size for the study. The study was guided by five research questions and two null hypotheses tested at  $p < 0.05$  level of significance. The reliability of the instrument was ascertained using Cronbach's alpha reliability index and scores of 0.48, 0.63, and 0.70 respectively were obtained. Data obtained were analyzed in Statistical Product for Service Solution (IBM-SPSS) software version 23, using descriptive statistics (frequencies, percentages, mean and standard deviation) and inferential statistics (Pearson's correlation, T-test, and Chi-square), and presented in form of tables. More than half of the respondents (62.6%) showed moderate social adaptation mostly when they are with their families ( $4.53 \pm 2.31$ ). Majority of the them (76.6%) had low peer relationships while a greater percentage of them (80.6%) had high self-consciousness. The mean peer relationship, self-consciousness, and social adaptation of the female respondents differed from those of the males. The female gender showed higher peer relationships and social adaptation. More so, the mean peer relationship score of those in private schools was seen to differ from those in public schools with those in public schools showing higher peer relationships. A moderate positive relationship was



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seen to exist between peer relationships and social adaptation at  $p < 0.05$ . Based on these findings, governmental and non-governmental organizations should organize programs that will facilitate peer relationships and social adaptation among school-aged children and also educate teachers and parents to be of great help to the children.

**Keywords:** Peer relationship, Social adaptation, Self-Consciousness, Middle childhood, Enugu North

### **016. EFFECT OF FERMENTATION, GERMINATION AND ROASTING METHODS ON PROXIMATE COMPOSITION AND SENSORY EVALUATION OF COMPLEMENTARY FOOD PRODUCED FROM BLENDS OF MILLET, COWPEA AND UNRIPE PLANTAIN**

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#### **Abstract**

Millet flours were produced using fermentation, germination and roasting methods. Blends were formulated with 70 % millet, 20 % cowpea and 10 % unripe plantain including the untreated millet sample to obtain four samples. Designated as MCF<sub>a</sub>, MCF<sub>b</sub>, MCF<sub>c</sub>, MCF<sub>d</sub>. Complementary foods were produced from the blends. The samples were analyzed for proximate composition. The gruel obtained was subjected to sensory evaluation using a nine point Hedonic scale. The research was laid out on Completely Randomized Design (CRD). Data obtained was subjected to one-way analysis of variance (ANOVA) using Special Package for Service Solution (SPSS) software version 25. The proximate analysis shows that protein content ranged from 6.57 % to 9.98 %, with sample MCF<sub>b</sub> recording the highest. Fat content ranged from 2.81 % for sample MCF<sub>c</sub> to 5.41 % for sample MCF<sub>d</sub>, ash content ranged from 4.90 % for sample MCF<sub>b</sub> to 6.05 % for sample MCF<sub>a</sub>, crude fibre content ranged from 3.50 % for sample MCF<sub>c</sub> to 7.98 % for sample MCF<sub>a</sub>, moisture content ranged from 7.08 % for sample MCF<sub>d</sub> to 7.62 % for sample MCF<sub>b</sub>, carbohydrate content ranged from 65.92 % for sample MCF<sub>a</sub> to 73.15 % for sample MCF<sub>c</sub> and energy value ranged from 305.72 Kcal to 331.19 Kcal. The sensory scores showed that the samples were acceptable to panelists. The fermented samples received a significantly higher score (8.25) when compared with other samples. The product has the potential to make significant contribution to the improvement in nutrition of infants in developing countries.

**Key words:** Millet, Cowpea, Unripe plantain, Fermentation, Germination, Roasting



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**017. ANALYSIS OF FACTORS AFFECTING THE SUSTAINABILITY OF FAMILY-  
OWNED BUSINESSES IN ENUGU STATE**

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**Abstract**

Family-owned businesses are seen as the oldest form of business organization. They are recognized as important and distinct participants in the world economy because they contribute immensely to nations' Gross Domestic Product (GDP) and generate millions of jobs for the unemployed. This study seeks to investigate the factors affecting the sustainability of family-owned businesses in Enugu State. Three research questions were developed for the study. The study employed the survey research design and purposive sampling was employed to select the sample size of 147 registered family-owned businesses in Enugu State. The instrument for data collection was designed by the researchers based on the three research questions. The method of data collection was the direct administration of questionnaires and on-the-spot collection. The study employed descriptive statistics. The method of data analysis was mean and standard deviation. The findings revealed that training of the next generation or the successor to be able to professionalize the organization, acquire necessary skills, and develop human capital is necessary for the sustainability of family-owned businesses. However, the study recommended that business owners should pick their successors on time and give them adequate and necessary training on the business. This will surely help to sustain the business.

**Keywords:** Business, Family business, sustainability, Business owners

**018. SLEEP HABIT OF SCHOOL-AGE CHILDREN AND TIME SPENT ON  
ELECTRONIC MEDIA IN NSUKKA URBAN, ENUGU STATE**

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**Abstract**

This study investigated the relationship between sleep habit of school-aged children and time they spend on electronic media in Nsukka local government area, Enugu state. Four research purposes and questions guided the study. The study adopted a cross sectional survey research design. Sample size was 700 primaries four and five pupils from twelve registered primary schools in the study area. Questionnaire was the instrument used for data collection. The instrument was validated by three experts from the Department of Home Science and management, University of Nigeria, Nsukka. Cronbach Alfa reliability formula was used to obtain a reliability co-efficient of



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0.82. Data collected were coded into the Statistical Product and Service Solution (IBM-SPSS) version 23.00. Frequencies, percentages and chi-square were used for data analysis. The findings showed that the household income of more than half (56.1%) of the respondents was above ₦50,000 per month. On the sleep habits of respondents, 69.40% of them had healthy sleep habit while 30.6% of them had unhealthy sleep habits. Majority (92.9%) of the children use electronic media in moderate amount while 7.1% use electronic media excessively. The most commonly used electronic media by the respondents was Television (31.00%) and the least used was headphones (9.60%). The respondents engage in media activities such as watching cartoons, animation, films and video clips; playing games; listening to music; taking pictures; and chatting with friends. At  $p < 0.5$ , no significant relationship existed between respondents' sleep habits and electronic media use. Practicing and maintaining healthy sleep habit for school-aged children should be of paramount importance.

**Keywords:** Sleep habits, Electronic media, School-aged children, Media activities

### **019. EFFECT OF DIFFERENT PROCESSING METHODS (ROASTING AND SHADE-DRYING) ON FATTY ACID PROFILE ON TURMERIC (*CUCUMIN LONGA*)**

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#### **Abstract**

Temperature has been identified as an important factor affecting the fatty acid composition in food products. The study assessed the effect of roasting and shade-drying on fatty acid profile of turmeric (*Cucumin longa*). Two kilogram of freshly harvested turmeric was purchased from local market in Nsukka LGA, Enugu State, Nigeria. Three samples including A, B and C were used for the study. Samples A and B were subjected to roasting and shade-drying, respectively, while C was untreated and served as control. Turmeric flour was prepared using standard methods and taken to the laboratory for analysis. Oil from these samples were extracted using standard methods. Data obtained were analysed statistically using statistical product and service solution (SPSS) version 22. Analysis of variance (ANOVA) was used to compare means while Turkey HSD-test. Statistical significance was set at ( $p < 0.05$ ). The results showed that shade-dried and roasted turmeric had higher ( $p < 0.05$ ) unsaturated fatty acid (2.51 and 2.03 mg), respectively than fresh turmeric (0.53 mg). The fatty acid profile revealed that the roasted and the shade-dried samples had higher ( $p < 0.05$ ) unoleic and linoleic acids (10.76 for roasted and 3.96 mg for shade-dried) while the fresh sample had higher unolenic acid (16.13 mg) and eicosadienoic acid (3.84 mg). The total omega-3 fatty acid (1029.93 mg) in the shade-dried and 720.72 mg in the roasted samples were higher than that in the fresh sample. Therefore, shade-drying and roasting increased the unsaturated fatty acids, omega-3 and omega-6 fatty acids contents of turmeric.

**Key words:** Roasting, shade-drying, turmeric, fatty acid profile.



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**020. FAMILY RESOURCE MANAGEMENT PRACTICES IN POST COVID-19 ERA:  
THE ROLE OF INFORMATION AND COMMUNICATION TECHNOLOGY**

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**Abstract**

This study focused on determining the role of information and communication technology (ICT) in family resource management practices in post-covid19 era. It is obvious that the modern family is faced with huge challenges during covid19 period which escalated the level of inflation and food shortage leading to hardships and sufferings among typical Nigerian families in the post-covid19 era. This has been worsened due to the fact that many families find it difficult to effectively plan for judicious use and management of their scarce resources in order to meet up with the family demands. Therefore, this study x-rayed how ICT can be effectively applied in the management of family resources for sustainable family livelihood. The study adopted survey research design and was conducted in the South-East zone of Nigeria. Due to the peculiar nature of the study, Google Forms was used to develop the instrument for data collection, which was face-validated by three experts. The Google forms' link was shared with parents irrespective of their occupations and gender. The study recorded responses from 257 respondents and the data collected were analyzed using mean scores, while t-test and ANOVA statistics were used to test the null hypotheses at 0.05 level of significance. In general, the study revealed that families are less aware of the roles of ICTs in the management of family human and non-human resources. The ICT mostly used by families is the mobile app or USSD used for financial transactions and social media for sharing of vital family information among family members. It is therefore recommended that the media industry and home management educators and specialists in schools and industries should help in creating strong awareness on digital technologies that could be used by families for the management of scarce resources to meet up with family needs in post-covid19 era.

**Keywords:** Family, Resource Management, Practices, ICTs, Post Covid-19

**021. EFFECTS OF SUN DRYING AND SHADE DRYING ON THE NUTRIENT  
COMPOSITION OF TURMERIC (*CURCUMA LONGA*)**

**Ezegbe A.G., Egumgbe U.D., Okoye, O.I., Onumegbu, C.J., Mbah, B.O.**

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**Abstract**

The study determined the effect of sun drying and shade drying on the nutrient composition of turmeric (*Curcuma longa*). Two kilograms of the sample were trimmed and thoroughly washed under running water to remove debris. The sample was divided into two portions. The samples were peeled and thinly sliced. The first portion was sundried while the other portion was shade dried. The two samples were processed into powder and packaged in a well labeled airtight



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container for analysis. Association of Analytical Chemist (2010) and other analytical methods were used to determine the nutrient composition of the samples. Data generated from the study were analyzed with mean and standard deviation using Statistical Product for Service Solution (version 22). The level of significance was determined using ANOVA and accepted at  $P < 0.05$ . Duncan's New Multiple Range test was used to separate the mean for each parameter. The findings of the study revealed that sun dried sample had the highest value for carbohydrate (55.51%), ash (8.03%), moisture (18.50%) while shade dried sample had the highest protein (8.61%) and fat (7.21%). Shade drying had the highest value for some vitamins, minerals and phytochemicals analyzed. Therefore, the use of shade drying processing method on the tumeric should be encouraged as it conserved more nutrients.

**Keywords:** Nutrients composition, turmeric, sun drying, shade drying,

### **022. ASSESSMENT OF NUTRITION KNOWLEDGE, FRUITS AND VEGETABLE CONSUMPTION PATTERN AMONG UNDERGRADUATES IN UNIVERSITY OF NIGERIA, NSUKKA**

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#### **Abstract**

This study assessed the nutrition knowledge and fruit and vegetable consumption pattern of undergraduate students of university of Nigeria. The study adopted a descriptive cross-sectional survey design involving multistage sampling of 415 students of the university. A self-structured and validated questionnaire was used to elicit information on socio-demographic data, source of nutritional information and the barriers influencing fruit and vegetable consumption. Information on fruit and vegetable consumption was obtained using food frequency questionnaire. Respondents' knowledge was evaluated based on ten questions, each carrying a weight of ten making a total of 100%. This was categorized as good ( $\geq 70\%$ ), average (50-69%) and poor ( $< 50\%$ ). Chi square test was used to establish significant relationship among variables as  $p \leq 0.05$ . The result revealed that majority (60.8%) of the respondents were 21-25 years old, majority (51%) had poor knowledge of the nutritional value of fruits and vegetables. Majority (96.2%) consumed fruits and vegetable while only 20.9% consume it daily. The most consumed fruits by the respondent were banana, orange and pineapple. Most of the vegetables were used daily. The barriers to fruit and vegetable consumption identified were cost, seasonal availability, fondness and taste of the fruits. The prominent sources of nutritional information were social media and radio/ television. Age, marital status, monthly allowance and level of study had a significant relationship ( $P < 0.05$ ) with knowledge of the nutritional value of fruits and vegetable. The study concludes that there was inadequate fruit consumption among the respondents which coincides with their poor knowledge of the nutritional value of fruits and vegetables.

**Keywords:** Nutrition knowledge, Fruits, vegetables, consumption pattern, undergraduates



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**023. REFLECTIVE INQUIRY AN INSTRUCTIONAL TECHNIQUE FOR EFFECTIVE  
ENGLISH ESSAY WRITING**

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**Abstract**

The researcher attempts to investigate reflective inquiry an instructional technique for effective English essay writing. Two research questions and two null hypotheses were formulated and tested at 0.05 level of significance. The study adopted a quasi-experimental research design. The population of the study was made up of 5381 senior secondary school of Nsukka Local Government Area. The sample consist of 173 senior secondary of 78 male and 95 female students. English Essay Writing Achievement Test as a research instrument was developed. The scripts were scored by three experts. To avoid the error of non-equivalence and reduce the initial group differences due to the non-randomization of subjects and to establish scorers' reliability among raters, the scores of the different raters were correlated using Kendell coefficient of concordance with the help of the Statistical Package for Social Sciences. This yielded a coefficient of 0.810 which is approximately 0.81. This showed that the instrument was highly reliable. Mean scores and standard deviation were used to answer the research questions. The hypotheses were tested using analysis of covariance at 0.5 level of significance. The result showed that reflective inquiry instructional technique improved students 'effectiveness in English essay writing than the lecture method. Finding also showed that reflective inquiry instructional technique improved the score of both male and female students. The study recommended the use of reflective inquiry instructional technique in teaching English essay writing in our secondary schools.

**Key words:** Reflective inquiry, Instructional, Technique, English essay writing, Lecture method

**024. A REVIEW OF THE STRATEGIES FOR PROMOTING SUSTAINABLE  
AGRICULTURAL PRODUCTION AND FAMILY FOOD SECURITY IN NIGERIA**

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**Abstract**

The need to provide unrestricted access to quality food and ensure nutrition security for all citizens has been at the forefront of the development agenda of all countries across the globe. Considering the cardinal role of agriculture in ensuring sustainable family food and nutrition security, the goal number two of the United Nations Sustainable Development Goals (SDGs) is focused on the need to "End hunger, achieve food security and improved nutrition, and promote sustainable agriculture production". This paper reviewed the strategies for promoting sustainable agricultural production and family food security in Nigeria. A literature search was conducted through databases such as Scopus, ISI Web of Knowledge, google scholar, directory of open access journal (DOAJ) and research gate. The search terms included keywords such as food security, strategies for promoting food security, sustainable agricultural production, family food security, sustainable production,



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and Nigeria among others. A total of 108 results were returned from the search, 72 papers were relevant to the study, while the authors were unable to access 11 of the papers. The reviewers assessed the full texts of all the available articles through narrative synthesis following laid down eligibility criteria. The results revealed that a number of studies have been conducted on the strategies for promoting sustainable agricultural production and family food security in Nigeria. Several recommendations were made among which is the need for policy initiatives to empower small scale farmers, promote all season agricultural production and provide modern agricultural food processing and storage facilities.

**Key words:** sustainable production, agricultural production, sustainable agricultural production, food security, family food security

### **025. LIFESTYLE AND FOOD CONSUMPTION PATTERN OF PREGNANT WOMEN ATTENDING ANTENATAL CARE IN SELECTED HEALTHCARE FACILITIES IN OWERRI IMO STATE NIGERIA**

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#### **Abstract**

The study assessed the lifestyle and food consumption pattern of pregnant women attending antenatal care in selected healthcare facilities in Owerri Imo State Nigeria. A cross-sectional study design was used, 429 pregnant women attending antenatal care were randomly selected from each of the five hospitals randomly selected from Owerri. A structured and pre-tested questionnaire was used for data collection. Data were statistically analyzed using Pearson correlation and Chi-square test with SPSS Version 22 at significance level of  $p < 0.05$ . The study shows that most of the pregnant women were young adults (aged 26 to 35 years), married, educated (literate), unemployed or petty traders and low income earners. Approximately 72.3% of the pregnant women were in the third trimester and 77.4% had multigravida. Less than half (48.3%) skipped meal, the most skipped meal was breakfast and the common reasons for the meal skipped was due to loss of appetite, nausea and vomiting, respectively. One third (36.8%) consumes alcohol while 17.7% were passive smokers. About 70.5% of the pregnant women consumed beef, 74.1% consumed fish, 62.3% consumed green leafy vegetable and up to 62.0% consumed fruits at least 4 times weekly. There is a significant ( $P < 0.05$ ) association between socio-economic and food consumption frequency of pregnant women. This study revealed poor lifestyle and poor food consumption among pregnant women in the area. Hence there is need to re-enforce nutrition education during antenatal care visit as to reduce poor lifestyle habits and improve food consumption pattern among pregnant women.

**Keywords:** Pregnant women, lifestyle, food consumption and Antenatal Care



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**026. INFLUENCE OF SOCIAL MEDIA ON MARITAL RELATIONSHIPS AMONG  
COUPLES IN NWAFOR ORIZU COLLEGE OF EDUCATION, NSUGBE**

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**Abstract**

The major purpose of the study was to find out the influence of social media on marital relationships among couples in Nwafor Orizu College of Education, Nsugbe. Six specific objectives guided the study. The study adopted a survey research design. The population for the study consisted of all married teaching staff of Nwafor Orizu College of Education, Nsugbe. A purposive sampling technique was used to select 119 respondents. The study used validated questionnaires to collect demographic data of the respondents; responses on social media platforms used by married couples; what activities the platforms are used for and time spent on the platforms as well as the positive and negative influence of social media on marital communications and ways in which social media can be used to improve marital communication. The data collected were statistically analysed using mean and standard deviations. The results of the study showed that majority of the respondents use social media platforms like Facebook, WhatsApp and Instagram to keep in touch with friends and family as well as finding products to purchase. The study also showed that married couples spend two hours and more on the platforms. The study highlighted some of the positive influences of social media such as improving family cohesion and bond also the negative influences which include being distracted from paying attention to what is happening in one's spouse's life. The findings of the study also show that making video calls especially in long distance relationships is one of the ways in which social media can be used to improve marital communication.

**Keywords:** Social Media, Communication, Marriage, Married Couples, Relationship

**027. PHYTOCHEMICALS IN AFRICAN TRADITIONAL SOUPS: A STUDY OF  
OGBONO AND BITTERLEAF SOUPS OF THE EASTERN NIGERIANS**

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**Abstract**

The health benefits of phytochemical consumption have been echoed over the years. Being a plant product, sourced especially from vegetables, which are abundant in Africa, there is a likelihood of phytochemicals' presence in African dishes. To affirm or disprove this, the standard protocol was used to assess the phytochemical compositions in the Ogbono and Bitterleaf soups of eastern Nigeria in this study. Recipes for these soups were collected from two urban (Nsukka and Ehamufu) and two rural (Obukpa and Neke) communities in Enugu State using Focus Group Discussion (FGD). These recipes were used to prepare the dishes, which were homogenised and



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screened for alkaloids, tannins, saponins, steroids, terpenoids, glycosides, flavonoids, carotenoids, and phenols. The phytochemicals present were also quantified. Phytates and oxalates were directly quantified (not screened). The statistical package for service solution (SPSS) version 22 was used to analyse the data obtained. The result shows that in both soups there is a presence of tannin, flavonoids, alkaloids, oxalate, and phytates. It also revealed that carotenoids and steroids are only found in Bitterleaf soup, whereas phenol is only found in Ogbono soup. Therefore, it is affirmed that there is a presence of phytochemicals in African dishes since both soups studied contain a significant amount of them.

**Keywords:** Traditional soups, Bitterleaf soup, Ogbono soup, Phytochemicals, Nigeria

### **028. EVALUATING THE LEVEL OF HEAVY METALS IN COMMERCIALY PRODUCED FOOD SPICES CONSUMED IN ENUGU, SOUTH-EAST NIGERIA**

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#### **Abstract**

Heavy metals are potentially detrimental to human health. The study evaluated the level of heavy metals in commercially produced food spices consumed in Enugu, South-East Nigeria. A total of thirty-five (35) commercially produced food spices (FS) were selected from four different markets in Enugu metropolis for analysis of heavy metals (arsenic, cadmium, lead and nickel). FS were grouped into seven (7). Flame atomic absorption spectroscopy was carried out at the National Centre for Energy Research and Development, University of Nigeria Nsukka. The statistical analysis software GraphPad Prism version 7 was used to analyze the data from this study. A statistically significant increase ( $p < 0.05$ ) in cadmium was observed in group 1 ( $0.36 \pm 0.01$ ) mg/kg and group 2 ( $0.24 \pm 0.01$ ) mg/kg in comparison to FAO/WHO permissible limit (0.20) mg/kg. In addition, we observed a statistically significant increase ( $p < 0.05$ ) in arsenic, in all the groups. Nickel and lead were all within FAO/WHO permissible limits. Cadmium and Arsenic are both toxic to humans, even at low concentrations. They are harmful to the liver and kidneys. Therefore, we recommend a reduction in the intake of commercially produced food additives.

**Key words:** Arsenic, Cadmium, Lead, Nickel, food spices.



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**029. ROLES OF PARENT-CHILD RELATIONSHIP AND PARENTAL CONFLICT IN  
SIBLING VIOLENCE**

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**Abstract**

The dynamic bond of sibling relationships is often affected by violence perpetrated within the family circle. Although sibling violence is highly underreported outside the family, it has remained one of the most common forms of domestic violence and more is yet to be known about the factors that promote such behavior. This study examines the roles of the Parent-child relationship and Parental conflict in sibling violence. Three hundred and fifty-nine (359) participants (125 males and 234 females) drawn from four universities in Nigeria participated in the study using a convenience sampling method. Three measures were used in the study: the Parent Adult-Child Relationship Questionnaire (PACQ), which measures the parent-child relationship; Children's Perception of Interparental Conflict (CPIC), which measures parental conflict, and the Conflict Tactics Scale (CTS) which measures sibling violence. A cross-sectional design was adopted for the study. Two hypotheses were tested and Hierarchical multiple regression using SPSS was used to examine the hypotheses. The findings of the study showed that Parental Conflict ( $\beta = .19$ ,  $p < .001$ ) was a positive predictor of Sibling Violence indicating that the higher the parental conflict, the higher the sibling violence. Parent-child relationship and gender were not significant predictors of sibling violence. The findings of this study suggest that those who are constantly exposed to parental violent displays have a higher chance of imitating the same.

**Keywords:** Parent-child relationship, Parental conflict, Sibling Violence.

**030. WATER HYACINTH BIOREFINERY: ENHANCING THE QUALITY OF  
PYROLYTIC LIQUID FRACTION YIELD USING *TRICHODERMA ATROVIRIDE*  
PRETREATMENT**

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**Abstract**

The use of lignocellulosic biomass such as water hyacinth in the biorefinery concept is receiving attention and acceptance because of its availability and economic viability. However, lignin, one of the three major fractions of biomass, is a significant drawback for the profitable processing of water hyacinth in biorefinery. The efficacy of *Trichoderma atroviride* fungal pretreatment on



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improving water hyacinth's pyrolytic products using a fixed-bed reactor was investigated in this study. Delignification of the biomass was established as the elemental analysis showed a 25.42 % increase of cellulose content and 23.40 % and 3.37 % decrease of lignin and hemicellulose contents, respectively. The physical and chemical characteristics of the pyrolytic products were influenced by the biomass pretreatment applied. The highest liquid fraction increased by 25.81 % at temperature 575 °C and particle size 2290 µm, while highest char yield decreased by 4.23 % at temperature 273 °C and particle size 1500 µm. The central composite design in response surface methodology (RSM) using Design Expert 13 was utilised in studying the optimisation process.

**Keywords:** Biomass; Water hyacinth; Fungal pretreatment; Pyrolysis; Optimisation

### **031. MANAGEMENT OF GAMBLING ADDICTION AMONG YOUTHS: A PSYCHO-EDUCATIONAL INTERVENTION**

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#### **Abstract**

The aim of the study was on management of gambling addiction among youths: A psycho-educational intervention. The study adopted descriptive research design. The population of the study was 1000 gamblers gotten from 20 gambling shops in Nsukka Local Government Area of Enugu State. Simple random sampling was adopted for the study where 30 gamblers were selected from each gambling outlet, making a total of 600 respondents selected for the study. The instrument for data collection was Behavioural Modification Strategies Questionnaire (BMIQ) and Cognitive Restructuring Interventions Questionnaire (CRIQ) both designed by the researcher. These items were validated through selection of 10 gamblers for the face validity through trial testing for the instrument. The questionnaires were made up of two clusters which covered Behavioural modification strategies and cognitive restructuring strategies for ameliorating gambling addiction. The instrument was a rating scale of Strongly Agree (SA) = 4, Agree(A)=3, Disagree(D)=2 and strongly Disagree(SD)=1. A total of 600 copies of the questionnaire were given out to the respondents in the sampled gambling outlet which was collected back after four days. Data obtained were analysed using mean and standard deviation to answer research question while chi-square was used to test the hypotheses. The cut-off point considered as agree for the respondents was 2.50 or above which was considered positive while a mean score below 2.50 was considered negative. The findings revealed that behaviour modification and cognitive restructuring interventions could manage gambling addiction among youths.

**Key Words:** Management, Gambling Addiction, Behavioural Modification, Cognitive Restructuring, Psycho-Education.



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**032. ANAEMIA IN PREGNANCY: PREVALENCE, KNOWLEDGE AND ASSOCIATED  
FACTORS AMONG ANTENATAL ATTENDEES IN ENUGU STATE**

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**Abstract**

This study determined the prevalence, knowledge of anaemia and associated factors among antenatal attendees in Enugu State. Three research questions and one hypothesis guided the study. The study adopted a descriptive cross-sectional survey. Three hundred and twenty-two pregnant women were drawn through multi-stage sampling technique. Semi-structured questionnaire and blood test measurement (hemoglobin level estimation) were used for data collection. Reliability index of .78 was established using split-half method. Data analyses were performed with SPSS, version 23. Frequency, percentages, Pearson Product Co-efficient Correlation was used to answer research questions while multiple regression analysis was used to test the hypothesis. The study found that the overall prevalence of anaemia among the respondents was (24.9%). The study also found that overall, pregnant women had low knowledge (39.7%) of anaemia. Finally, the result indicated that there was low relationship between demographic variables (age, level of education, marital status, occupation and parity) and knowledge of anaemia among pregnant women. It was concluded that knowledge of anaemia among the antenatal attendees are low which can have adverse effect on the fetal and maternal outcome. The study recommended for an intensified sensitization and enlightenment of the pregnant women on the causes of anaemia, treatment and necessary precautions to prevent anaemia in pregnancy.

**Key words:** Anaemia, prevalence, knowledge, pregnancy, antenatal and associated factors.

**033. KNOWLEDGE, ATTITUDE AND PRACTICE OF CERVICAL CANCER  
SCREENING AMONG FEMALE SECONDARY SCHOOL TEACHERS IN NSUKKA  
URBAN, ENUGU STATE**

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**Abstract**

Cervical cancer is one of the commonest cancers in Nigeria. It is a preventable and curable disease with early detection and treatment. Unfortunately, the practice of cervical cancer screening remains poor in resource constrained countries. The study aimed to identify knowledge of cervical cancer, attitude and practice of cervical cancer screening among female secondary school teachers. Three specific objectives and two hypotheses were formulated to guide the study. A descriptive survey design, simple random sampling and Purposive sampling technique was adopted to get the 147 sample size that was used for the study. Four sectioned questionnaire was used for data collection, simple percentage and frequency table was used to analyze the data, while chi-square and T-test was used to test the hypotheses. A p-value of <0.05 was considered significant. The



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findings revealed that, 16.32% of female teachers had good knowledge of cervical cancer, 16.32% had favourable attitude, while 91.83% did not practiced cervical cancer screening. Hypotheses tested, revealed no significant association in the knowledge of the female secondary school teachers and their practice of cervical cancer screening and also, no significant relationship in the attitude of the female secondary school teachers and their practice of cervical cancer screening where Chi-square calculated of 0.842, p-value of 0.359 and 0.310, p-value of 0.578 were greater than 0.05 level of significance respectively. There is an overall poor knowledge, attitude and practice of cervical cancer screening among female secondary school teachers in Nsukka Urban, Enugu State Nigeria.

**Keywords:** Cervical cancer, Knowledge, Attitude and Practice and Female teachers

### **034. RELATIONSHIP BETWEEN THE FAMILY, PARENTING, AND CHILD STREET BEGGING IN SOUTH EAST NIGERIA**

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#### **Abstract**

Until recently, begging was hardly heard of in Igbo society. This is because of the Igbo philosophy of *aka aja aja na ebute onu mmanu mmanu* (a handmade dirty by work is the hand that will put food in the mouth). Again, the Igbo traditional education made it that everybody acquired skills that made him/her functional in the society. This is achieved by apprenticing every child in the line of business that he/she shows interest in. This being the case, everybody strived to be engaged in some work that at least puts food on his/ her table because it is an aberration for an adult to depend on another for his /her daily needs. Today, the reverse is the case as one sees hordes of beggars, especially children, in major cities in South East Nigeria staying idle and harassing passersby for money. While some of these children are encouraged by their parents to engage in begging, some are involved without the knowledge of their parents. The study will adopt qualitative survey research design to investigate how child street begging is depriving the child beggars of their fundamental human right to education, expose them to both sexual and other physical abuses, and look into how parenting style contributes to this menace in the South East. It is envisaged that the findings of this paper will proffer solutions that could sustainably manage the scourge of street begging and idleness in Igboland since it negates the Igbo core value for hard work.

**Keywords:** Family, Parenting, Sexual abuse, Begging, Education.



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**035. PLACE OF FOOD AND NUTRITION IN SUSTAINABLE MANAGEMENT OF  
FAMILY RESOURCES IN DELTA STATE**

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**Abstract**

This paper titled “Place of food and nutrition in sustainable management of family resources in Delta State”. The paper made use of two purpose of the study with corresponding research questions and hypothesis. The study adopted descriptive survey design. The population of the study comprised all the Home economics lecturers in the four Colleges of Education in Delta State which were all accommodated as the sample size. The instrument for data collection was Questionnaire Survey entitled “Place of Food and Nutrition in Sustainable Management of Family Resources Questionnaire” (PFNSMFRQ). The instrument was validated by two experts in Home Economics- and one lecturer in Measurement and Evaluation all in Faculty of Education, Delta State University Abraka. The internal consistency of the instrument was determined by administering the instrument to twenty (20) lecturers from Isaac Jasper Boro College of Education Sagbama, Bayelsa State, Nigeria. The reliability was ascertained which yielded an index of 0.79. The result of the study showed that food and nutrition plays a significant role in maximizing family resources through the use of homemade materials in preparing the necessary family goods in form of foods and beverages. The hypotheses shows that there is a significant relationship between food and nutrition and sustainable management of family resources in Delta State. Based on these findings, the paper recommended among other things that there is need for increase awareness of the importance of food and nutrition among the general public to reduce the rising cost of living presently in our society.

**Keywords:** Food, Nutrition, Family, Food Security, Development, Individual, Resources

**036. THE ROLE OF THE CHURCH AND SOCIETY IN CURBING THE USAGE AND  
NEGATIVE EFFECTS OF MKPURU MMIRI AMONGST NIGERIAN YOUTHS**

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**Abstract**

Mkpurummiri is a highly addictive stimulant scientifically recognized as methamphetamine hydrochloride has rid the society of its serenity to a large extent because of its abusive use by the youth, a crucial population of every society. This paper seeks to assess the involvement of the church, religious bodies and the government in combating or curbing the spread of this addictive stimulant. Mkpurummiri, which distorts the central nervous system, looks like a glass fragment. It was developed in Japan during the First World War. The drug was smuggled into Nigeria by a Mexican cartel in the 1990s. Most of its effects include insomnia, loss of appetite, unnecessary violence, and increase in criminal tendency, deteriorating health conditions and in some cases,



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death. The society and religious bodies have a role to play in curbing this menace. Through societal structures such as educative programs on drug abuse, rehabilitation programs, public enlightenment campaigns, and opportunities that creates job openings, the society can assist to a greater extent in curbing this menace. Also, the body of Christ has an important role to play; through the church, morale can be built and habits evil habits changed. This research engages the use of comprehensive questionnaires consisting of three sections; demographic data and data on roles of the society, and the church. A sample space of 150 is utilized for this survey. Data generated are analyzed using an extensive data analysis plan. The data are ranked so as to establish the need priority for conclusions to be made.

**Keywords:** Mkpurummiri, Church, Society, Methamphetamine Hydrochloride, Youth

### **037. DETERMINATION OF THE MACRO AND MICRONUTRIENT PROFILE OF BASIL (*OCIMUM GRATISSIMUM*) LEAVES AND SEEDS.**

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#### **Abstract**

The consumption and sustainable management of vegetable crops such as basil (*Ocimum gratissimum*) in the family is beneficial as they are believed to possess various nutritional and therapeutic values. The study investigated the macro and micronutrient profile of fresh basil leaves and seeds. Specifically, the study analysed proximate composition (moisture, crude protein, fat, ash, crude fibre and carbohydrate); vitamin content (pro vitamin A, niacin, riboflavin, thiamine, and vitamin E) and minerals contents (calcium, iron, phosphorus and zinc) of the basil leaves and seeds. Samples were gotten from a home garden in Ede Ani, Nsukka, Enugu State. They were processed using different methods. The proximate, vitamin and mineral compositions of the samples were analysed using standard methods. Result of three replicates were used. All data were expressed as mean  $\pm$  standard deviation. Analysis result on proximate composition of the samples showed that the seeds contained higher levels of crude protein (14.93%), fat (28.49%), ash (4.28%), crude fibre (14.20%) carbohydrate (33.35%) than the leave which recorded 5.90%, 3.63%, 1.0%, 0.77% 1.82% respectively. Vitamin analysis showed a wide variation in levels of pro vitamin A where the leave contained 170.70 $\mu$ g/100g compared to the seed (11.28 $\mu$ g/100g). Analysis on mineral content showed that the concentration of calcium in the leaf was higher (192.24mg/100g) compared to the seed (146.90mg/100g). Result showed that basil leaves and seeds contain significant quantities of macro and micro nutrients. The findings of the study indicated that the basil leaves and seeds could be used in food and pharmaceutical industries to manufacture spices, beverages and drugs.

**Keywords:** Basil, leaves, Seeds, Proximate, Vitamin, Minerals



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**038. EMOTIONAL CHILD ABUSE AMONG SECONDARY SCHOOL STUDENTS IN A  
COMMUNITY, BENUE STATE**

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**Abstract**

Child abuse is a serious and trending public health issue globally and locally, requiring thoughtful as it negatively affects the developmental milestone of the growing child. Unfortunately more attention has been paid on the physical and sexual abuse with little or no attention given to emotional Child abuse. Hence, the aim of this study is to determine the proportion of secondary school children that are emotionally abused as well as the association between emotional child abuse and gender, age and parental level of education. Cross-sectional research design was adopted for the study. Population of the study was 800 students from 6 secondary schools in Igunmale local Government Area of Benue State. 300 students were sampled from the population. 2 specific objectives were formulated with corresponding research questions and one null hypothesis formulated. A researcher developed questionnaire was utilized for the study after validation. The research questions were analyzed with frequencies and percentages while chi-square statistics was used to test the null hypothesis at 0.05 level of significance. Findings showed that moderate proportion (51.0%) of secondary school students experienced emotional abuse. There was no significant difference in the proportion of secondary school student who experienced physical abuse based on gender and age. However, there was a significant difference in the proportion of secondary school student who experienced based parents level of education. The study recommends that greater investments and provisions be made on programs to stop and report child abuse with more emphasis on the emotional child abuse

**Keywords:** Emotional, Child Abuse, Proportion, Age, gender, Educational level

**039. INFLUENCE OF HOSTEL SANITATION PRACTICES ON STUDENTS' HEALTH  
IN UNIVERSITY OF NIGERIA NSUKKA.**

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**Abstract**

This study investigated the impact of hostel sanitary practices on students' health in the University of Nigeria Nsukka. The objectives of the study were to find out the causes of poor sanitation practices in UNN, the influence of poor hostel sanitation practices on students' health and the measures to improve sanitary practices in UNN. The theoretical framework was anchored on the



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Integrated Behavioral Model for Water, Sanitation, and Hygiene. The study design was survey and the sample of the study was 160 respondents. The population for the study was the entire 7129 bed space occupants from the 16 hostels in UNN. Questionnaires were used for the data collection and the data was analyzed using mean. The study discovered that the causes of poor hostel sanitary practices are due to water scarcity, lack of hygiene instruction, and lack of garbage container for disposing wastes. Likewise, the study reviewed that undergraduate students at the University of Nigeria Nsukka campus have not changed their sanitation practices, which has a detrimental impact on their health. Also, the study finds out that poor sanitary practices can cause food poisoning, undiagnosed depression, Asthma, malaria, and skin irritation and that adequate water sources be provided in every hostel so that the problem of water scarcity be solved. The university authorities should be provided waste disposing cans also, hygiene instruction should be provided for students. Recommendation included inter-alia: the government, non- governmental organizations, parents, health workers, sanitation workers, families, and school administrations collaborates to ensure that adequate facilities to improve sanitation practices are provided and maintained in the society, schools, states, nation and families.

**Keywords:** Influence, Hostel, Sanitation-practices, Students and Health.

### **040. MINDFULNESS MODERATES THE RELATIONSHIP BETWEEN POSTTRAUMATIC STRESS DISORDERS SYMPTOMS (PTSD) AND POSTTRAUMATIC GROWTH (PTG) AMONG TYPE 2 DIABETES PATIENTS**

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#### **Abstract**

Type II diabetes is a chronic medical condition capable of causing negative psychological consequences such as posttraumatic stress disorders symptoms (PTSD). However, many victims also do report positive adaptation such as posttraumatic growth (PTG). Previous studies on the association between PTSD and PTG has largely reported inconsistent findings. Therefore, the aim of this study was to test whether mindfulness moderates the relationship between PTSD and PTG. One hundred and ninety one (191) type 2 diabetic patients participated in this study. The participant age ranged from 29 – 85, Mean = 63.08, and SD = 9.83. Results showed that there was no relationship between PTSD and PTG. Mindfulness was found to be positively associated with PTG. Mindfulness moderated the relationship between PTSD and PTG. The findings of this study underscore the importance of mindfulness-based therapy as it is capable of promoting positive recovery among type 2 diabetic patients.

**Keywords:** type 2 diabetic patients, PTSD, mindfulness, PTG, resilience



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**041. INFLUENCE OF ATTITUDE AND SOCIAL LIFE ON CAREER GOAL  
ATTAINMENT AMONG ELECTRICAL/ELECTRONIC TECHNOLOGY TEACHERS  
IN TECHNICAL COLLEGES IN NIGERIA**

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**Abstract**

The study determined influence of attitude and social life on career goal attainment among Electrical/Electronic Technology Teachers in Technical Colleges in South-South Nigeria. The study adopted correlational survey research design. Three research questions and four null hypotheses guided the study. The population for the study was 186 Electrical/Electronic Technology Teachers in South-south States of Nigeria. Three states were selected for the study by simple random sampling. All the 100 Electrical/Electronic Technology teachers from Technical Colleges that offer Electrical/Electronic Technology in the selected states were studied. The instrument used for data collection was a structured questionnaire which consists of 115 question items on work attitude (25), social life (23) and career goal attainment (67). The questionnaires were validated by five experts. The internal consistency of the instrument was ascertained using Cronbachs' alpha and an overall reliability coefficient value of 0.92 was obtained. Pearson's Product Moment Correlation Co-efficient was used to analyze the data for answering research questions while correlational analysis and multiple regressions were used to test the hypotheses of no significance difference at .05 level of significance. The findings revealed that that there were high positive relationships among work attitude, social life and career goal attainment. The result of multiple regressions shows significant influence among the variable on career goal attainment among Electrical/Electronic Technology teachers in technical colleges in South-South, Nigeria. It was recommended among others that workshop should be organized for Electrical/Electronic Technology teachers on the roles attitude and social life play on career goal attainment of their students.

**Keywords:** Work attitude, Social Life, Career, Career goal attainment, Electrical/Electronic Technology.

**042. EFFECT OF URBANIZATION ON ACCESS TO HEALTHCARE DELIVERY  
SERVICES BY OLDER ADULTS IN NSUKKA LOCAL GOVERNMENT AREA**

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### Abstract

Nigerian healthcare delivery system is organized under the three tiers of government (Federal, State and Local), and as such most of the healthcare facilities are located in urban areas while majority of older adults resides in different local governments in rural communities where there are inadequate provision of health care facilities. This study sought to determine the effect of urbanization on access to healthcare services by older adults in Nsukka Local Government Area (LGA). A survey design based on a quantitative approach was used in the study. The study adopted a questionnaire survey of 180 older adults of 60 years and above from six villages in Nsukka LGA. Students' sample t-test statistics was used to analyse the data. The result of the study showed that there are inadequate healthcare facilities for the elderly in Nsukka LGA. The study recommends that more efforts should be geared toward providing adequate health facilities by government at public hospitals in rural communities to increase accessibility by the older adults.

**Keyword:** Urbanization, Healthcare, Older Adults, Nsukka LGA, Nigeria

### **043. AVAILABILITY AND UTILIZATION OF INFORMATION COMMUNICATION TECHNOLOGY IN SENIOR SECONDARY SCHOOLS IN NSUKKA LOCAL GOVERNMENT AREA, ENUGU STATE**

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### Abstract

The study investigated the availability and utilization of information communication technology in senior secondary schools in Nsukka LGA. Specifically, the study determined the various types of ICT available to students, students' utilization of the available ICTs, barriers to ICT usage and ways of improving students' utilization of ICT for their studies. The study adopted descriptive survey research design. Population was 3,467 senior secondary class two (SS 2) students. Simple random sampling was used to select a sample size of 268 respondents. Questionnaire was used for data collection. Data were analysed using frequencies, percentages, means and standard deviation. Findings showed that the respondents have desktop computers (80.20%), internet (71.60%), laptop (71.60%), smartphone (69.80%) and television (79.50%) available to them; while tablet (56.70%), digital camera (53.70%), E-book reader (51.50%) and presentation tools (55.20%) were not available. Some of the barriers to ICT usage identified by the respondents were high cost of new ICT devices and internet data bundles (2.50), teachers' lack of technological skills (2.51), school administrators' dismissive attitude towards learning through computers (3.00), poor electric power supply (2.51), large number of students in a class (2.90), poor internet access (2.59), substandard quality of existing ICT tools (2.53) and poor educational funding by government (3.02). Some ways of improving utilization of ICT for studies identified by the respondents were provision of computer laboratories with versatile ICTs for usage (2.95) and promoting sharing of knowledge



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with ICTs among students (2.61). Therefore, the government should make adequate provisions for ICT facilities and constant power supply for secondary schools. This will help to increase the use of ICT for academic purposes.

**Keywords:** Information Communication Technology, School, Availability, Utilization, Students

### **044. SENSORY EVALUATION, MICROBIOLOGICAL AND STORAGE STABILITY STUDIES OF TWO VARIETIES OF AFRICAN YAM BEANS (*Sphenostylis stenocarpa*)-HONEY PASTES**

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#### **Abstract**

Sensory evaluation, microbiological and storage stability studies of two varieties of African yam beans-honey pastes were carried out for the period of 3 months in two storage materials. Five (5kg) each of red and brown African yam bean seeds were purchased from local markets and identified botanically. The seeds were sorted, weighed, drained, sundried, reweighed till a constant weight were obtained, milled into flour, sieved, packaged and stored in airtight plastic container. One and half litres of the natural dark honey were purchased from honey producer inside plastic bottles. The pastes were prepared respectively in the ratios of 1:4 (1 part of red or brown African Yam Bean flour (252g) to 4 parts of honey (1008g)) into thick pastes; weighed, recorded and stored in glass and plastic bottles. All samples stored at room temperature ( $\pm 28^{\circ}\text{C}$ ). The microbiological activities were determined by checking the presence of microbial growth, the total plate count and cultural characterization of contaminant. Sensory evaluation of the samples was done using 9-point hedonic scale. Data were analyzed using IBM Statistical Package for Social Science (SPSS) for windows version 22. One-way Analysis of variance (ANOVA) and Turkey honestly significant difference (HSD) test were used to separate and compare the means of the sensory evaluation of the samples at  $p < 0.05$ . The two pastes stored in the two storage materials had comparable high acceptability scores (6.7-7.4) ( $p > 0.05$ ), with slight reduction in the third month (6.4). Appearance and flavour were the sensory attributes of the pastes affected by duration of storage in both materials. Microbial analysis showed the growth of *Bacillus alvei* and *Staphylococcus aureus* as bacteria and *Penicillium marneffeias* fungi. The concentrations of these organisms were within safe levels of  $10^3 - \leq 10^5$ ,  $20 - \leq 10^4$  and  $< 10^7$  cfu/ml respectively, which proves that these pastes are not harmful to the body if taken within the period of 3 months.

**Key words:** Sensory evaluation, microbiological studies, storage stability, African yam beans, honey, African yam beans-honey pastes



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**045. PROXIMATE AND SENSORY QUALITY CHARACTERISTICS OF  
FORMULATED YOGHURT ANALOGUE FROM COW MILK AND JACKFRUIT  
SEED MILK BLENDS**

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**Abstract**

Current trends and changing consumer demand provides a great opportunity for innovations and development in fermented milk. This can be attributed to problems associated with animal milk such as high fat, high cholesterol, and the inability of some individuals to digest lactose in milk, thus the increased need for plant-based milk alternatives and their products. In this study, dairy milk was blended with jackfruit seed milk to produce yoghurt analogue. Seven formulations (100:0, 0:100, 90:10, 80:20, 70:30, 60:40 and 50:50) coded as YC<sub>0</sub>, YJ<sub>1</sub>, YJ<sub>2</sub>, YJ<sub>3</sub>, YJ<sub>4</sub>, YJ<sub>5</sub> and JC<sub>0</sub> respectively, were generated by blending different proportions of dairy milk and jackfruit seed milk to produce a yoghurt analogue. The Proximate and sensory quality characteristics were analyzed. 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 protein, moisture, fat, fiber, ash and carbohydrate content ranged from 6.27 - 3.06 %, 83.74 - 87.46 %, 0.6 - 1.49 % fat, 0.0 - 0.02 % fiber and 0.7 - 1.35 %, 6.62-12.5% respectively. Sensory evaluation scores showed that samples YC<sub>0</sub>(100:0) and YJ<sub>1</sub>(90:10) were not significantly ( $p > 0.05$ ) different but differed ( $p < 0.05$ ) significantly from samples YJ<sub>2</sub>- JC<sub>0</sub>. The overall acceptability showed that samples YJ<sub>1</sub> (90:10) and YJ<sub>2</sub> (80:20) was most acceptable to the panelists. It can be concluded that an acceptable yoghurt with high nutritional profile can be produced at 20% optimal substitution levels of jackfruit seed milk.

**Keywords:** Yoghurt analogue, Jackfruit seed milk, dairy milk, Proximate, Sensory quality characteristics

**046. IMPLICATIONS OF THE HIGH COST OF LIVING ON HOUSEHOLDS IN  
GWAGWALADA AREA COUNCIL, ABUJA.**

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**Abstract**

Many Nigerian households are going through hardship to acquire the crucially needed basic necessities of food, clothing and shelter. This paper investigated the implications of the high cost of living on households in the Federal Capital Territory. The investigation was conducted in Gwagwalada Area Council, Abuja. The study adopted a descriptive survey research design. The



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population consisted of 150, 000 households in Gwagwalada Area Council. The sample size of 399 households was used for the study, using the Taro Yamen formula technique. Ten (10) items self-structured questionnaire titled “High Cost of Living on Households Questionnaire (HCLHQ)” was used as an instrument for data collection. The questionnaire was designed and self-administered by the researchers with the help of three research assistants. Out of the 399 questionnaires administered, 301 were returned valid, representing a 75% success return rate. The results were electronically generated through the SPSS version 25 software and then analyzed. The frequency counts, charts and percentages were used to present the data collected. The results revealed among others that bad government economic policies and the hike in petroleum prices are the main causes of the high cost of living. The high crime rate, social ills and poor health are some of the implications of the high cost of living among households. The researchers recommended among others that government should: introduce people-friendly policies that protect consumers’ welfare, fully deregulate the entire petroleum sector including the production and sale of petroleum motor spirit (PMS), allow the operation of modular refineries by small private sector holders, and ensure value re-orientation among the citizens.

**Keywords:** Implications, cost of living, households, Gwagwalada

### **047. ASSESSMENT OF HOSPITAL CAREGIVERS ON ENRICHED COOKIES MADE FROM BLENDS OF MAIZE, MILLET AND CRAYFISH**

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#### **Abstract**

The study assessed the perception of hospital caregivers on enriched cookies made from blends of Maize, Millet and Crayfish. Four research questions were raised. Descriptive research and experimental design methods were adopted. Purposive sampling technique was used to select two hospitals in Ilorin. Structured questionnaire was used to solicit information from the respondents and validated. It was found reliable at 0.78. Five Likert-scale was used and 3.00 was used to determine the mean scores. All the ingredients used in the preparation of the cookies were bought from Pjd superstore, Tanke, Ilorin. The baking of the cookies were carried out in Home Economics Food preparation Laboratory, University of Ilorin. Frequency counts and mean scores were used for the analyses. The findings show that: in colour, sample ABU<sub>2</sub> was most accepted with mean score 9.29, in aroma, ABU<sub>2</sub> was most preferred with mean score 6.24, in taste, ABU<sub>6</sub> sample was most preferred and overall acceptability was sample ABU<sub>6</sub>. The respondents also perceived that if the enriched cookies are available in the market, everyone can purchase them. Conclusively, it was perceived that cookies are generally consumed by children. They contain higher nutrients that will promote wellness than the non-supplementary cookies. These cookies also can easily increase appetite. Among the recommendations stated is that other protein-rich ingredients should be used to produce cookies for varieties and sustainable management of the children.

**Keywords:** Hospital, Caregivers, cookies, Blends and Enrichment



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**048. PARENTING STYLES AND RUNAWAY CHILDREN IN NSUKKA AREA OF  
ENUGU STATE**

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**Abstract**

The study investigated parenting styles and runaway children in Nsukka area of Enugu state. Specifically, types of parenting styles experienced by runaway children, duration of their runaway including problems encountered while on the run were ascertained. The study adopted descriptive survey research design and was carried out in Nsukka in Enugu State of Nigeria. Convenience and snowball sampling techniques were used to reach 200 adolescents that had very close and intimate contacts with runaway children in Nsukka area and they formed the study sample. A researcher's developed structured questionnaire that was validated by three experts was used to collect data for the study. Data were analyzed using frequencies, percentages, means and standard deviations. Statistical package of social sciences (SPSS) version 2020 was used in analyzing the data. Benchmarks for items acceptance decision were 50% and mean of 2.50 scores and above while below were rejected. Results indicated that parenting styles' experiences of runaway children were; authoritarian (32.5%), authoritative (25.5%), uninvolved (23.5%) and permissive (18.5%). Seventy percent of the children had ran away once or twice for a day between the ages of 10 to 15 years and were confronted with problems of hunger ( $\bar{x}$  3.75), being beaten ( $\bar{x}$  3.60) and joining bad gangs ( $\bar{x}$  3.77) while on the run. The study recommended special early teen's programme that would involve parents, schools and religious bodies in stemming down children runaway syndrome even as further study is recommended in areas of socio-demographics of runaway children and reasons for their runaway.

**Keywords:** Runaway Children, Parenting Styles, Challenges

**049. THE ROLE OF CLOTHING AND TEXTILES RELATED OCCUPATIONS IN  
POVERTY ALLEVIATION AMONG WOMEN IN ABAKALIKI LOCAL  
GOVERNMENT AREA**

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**Abstract**

This study assessed the role of clothing and textile related occupations in poverty alleviation among women in Abakaliki Local Government Area. The study was guided by five research questions and two hypotheses tested at  $p < 0.05$  level of significance. A descriptive cross-sectional survey design was employed in a population of 555. Proportionate stratification sampling method was employed in selection of 239 women from seven districts in the zone who formed the sample size for the study. Instrument for data collection was a structured questionnaire titled "Role of Clothing and Textile Related Occupations in Poverty Alleviation among Women Questionnaire".



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The structured questionnaire was validated by two lecturers from the Department of Home Science and Management. Data obtained were analyzed in Statistical Product for Service Solution software version 23, using descriptive statistics and inferential statistics, and presented in form of tables. The results showed that clothing and textile related occupations allow women more time for leisure and household chores; and there is no entry barrier. The study identified the lack of a ministry of clothing and textiles in Nigeria as a major challenge for effective poverty alleviation through clothing and textile related occupation. The survey suggested that businesses should manufacture some necessary raw materials, like soaps for laundry, to help mitigate the challenges. Also, that the women should lease equipment in order to scale up; and include complementary products for a makeover in their catalogue like accessories, wigs, cosmetics, etc.

**Keywords:** Clothing, Textiles, Poverty, Alleviation, Women

### **050. PERCEPTIONS ON THE SUPPLY, MARKETING AND CONSUMABILITY OF THE STONE PARTRIDGE *PTILOPACHUS PETROSUS* PRIZED AS BUSHMEAT IN BENIN, WEST AFRICA**

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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 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 induice an increasing anthropogenic pressure on the species. In



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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.

### **051. THE INFLUENCE OF LOW GLYCAEMIC INDEX AND GLYCAEMIC LOAD MEALS ON POSTPRANDIAL PLASMA GLUCOSE IN TYPE 2 DIABETES PATIENTS**

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#### **Abstract**

High glycaemic index (GI) and glycaemic load (GL) meals has been associated with hyperglycaemia. The GI and GL of three meals were investigated, as well as their relationship with type 2 diabetes patients (T2DP) postprandial plasma glucose (PPG) response. This study was experimental in design. The thesis was completed at University of Nigeria Teaching Hospital (UNTH), Enugu, by consenting 100 T2DP on diet alone. Control consisted of 100 UNTH workers who were healthy and not diabetes patients. Every meal had 50g of glycaemic carbohydrate for participants to consume. To determine GI, control was given 50g of glucose to consume. Pap and beans fritter (akara) (meal 1), meat and three-leaved yam and bush buck sauce (meal 2), and meat and beans and plantain pottage and spinach (meal 3) were the three test meals. For calculation of GI, PPG concentrations were tested every 15minutes for 2hours. Findings showed that 3 had lowest GI and GL ( $33 \pm 1.38$  and  $5 \pm 0.57$ ), while meal 2 had highest GI and GL ( $56 \pm 3.84$  and  $15 \pm 0.95$ ). Meal 3 gave lower GI, GL and reduced PPG peak compared to meal 1 and meal 2 at 30, 45, 60, 90 and 120 minutes in T2DP and control ( $P < 0.05$ ). Meal 3 had lower GI and GL in control and lower PPG in T2DP when compared to other two meals, and can be used as adequate substitute.

**Keywords:** Type 2 diabetes, glycaemic index, glycaemic load, meals, hyperglycaemia.