



# **ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS**

**3RD ANNUAL INTERNATIONAL  
CONFERENCE (VIRTUAL), 2024**

**BOOK OF ABSTRACT**

**THEME:**

**ETHICS AND VALUES IN CONTEMPORARY  
SOCIETY: HUMAN INCLUSIVENESS VERSUS  
INCLUSIVITY**

**DATE: 21ST & 22ND MARCH, 2024**

**VENUE: ZOOM MEETING PLATFORM**



THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE  
ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS

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

## **KEYNOTE SPEAKER:**

**PROF. E. E. UKO-AVIOMOH**  
**DEPARTMENT OF HOME ECONOMICS AND EDUCATION**  
**UNIVERSITY OF BENIN, NIGERIA**

## **LEAD PAPER PRESENTER:**

**AMB. (DR.) IKECHI AGBUGBA**  
**SCHOOL OF CHEMICAL ENGINEERING,**  
**UNIVERSITY OF BIRMINGHAM, UK**

## **WORKSHOP PRESENTER:**

**DR. ADIEBONYE E. JUMBO**  
**HEALTH INFORMATICS DEPARTMENT, SUNY DOWNSTATE**  
**HEALTH SCIENCES UNIVERSITY, NEW YORK, USA**

## **PRESIDENT**

**PROF. FRANCA O. OKECHUKWU**

## **LOCAL ORGANIZING COMMITTEE**

**Chairman**

**Dr. Joseph C. Aliche**

**Secretary**

**Mrs. Ezinne J. Nwauzoije**

### **Sub-committee**

**Publicity/media**

**Dr. Kalu T.U. Ogba**

**Publication**

**Prof. Philip C. Mefoh and Dr. Uju I.  
Nnubia**

**Finance**

**Mrs. Chidiogo L. Umennuihe**

**Welfare**

**Mrs. Chinyere E. Okoroigwe**

**Logistics**

**Mrs. Dorathy N. Okoli**



## THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS

### PROGRAMME OF EVENTS

#### **Opening Ceremony: Thursday, 21<sup>st</sup> March, 2024**

- 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 President of AFASS (Prof. 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. E. E. Uko-Aviomoh)
- 10.40am – 11.40am: Lead Paper Presentation/questions (Amb. (Dr.) Ikechi Agbugba)
- 11.40am – 11.45am: Vote of Thanks by LOC Chairman (Dr. J. C. Aliche)
- 11.45am – 11.50am: Short Break
- 11.50am – 2.00pm: Plenary session
- 2.00pm – 3.00pm: Workshop on Research Process and Communication (Dr. J.E. Jumbo)
- 3.00pm – 3.55pm: Plenary Session Continued
- 3.55pm – 4.00pm: Closing remarks/prayer

#### **Plenary Session Continued: Friday, 22<sup>nd</sup> March, 2024**

- 8.30 am – 9.00 am: Logging in of participants to their rooms
- 9.00 am – 9.05 am: Opening Prayer
- 9.05 am – 1.05 pm: Plenary session continued
- 1.05 pm – 2.05pm: Annual General Meeting
- 2.05 pm – 2.10pm: Vote of thanks



### THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS

#### CONTENTS

<b>Title of Abstract</b>	<b>Author(s)</b>	<b>Page</b>
<b>Evaluation of heavy metal pollution in soils within Nsukka environs</b>	Cordelia N. Mama, Chimankpam K. Ezugwu, Franca O. Okechukwu, Mkpamdi N. Eke	
<b>Assessment of Coping Strategies among Parents with Children with Special Needs in Kwara State School</b>	Abdulkadir, S.O., Opaleke, D.O., Johnson, W.O. and Ilias, A.	
<b>Environmental Consequences of Poor Waste Management on the Quality of Stream Water: A Case Study of Eha-Alumona in Nsukka East Local Government Area, Enugu State, Nigeria</b>	Benjamin Okwudili Mama	
<b>Nutritional and Sensory Qualities of Kuli Kuli Produced from Blends of Defatted Peanut Paste and Okara.</b>	Asogwa, Ifeyinwa S, Omeje Chinasa P and Eze, Faith C.	
<b>Influence of Early Centre-Based Care/Creche on Child Physical, Cognitive and Socioemotional Development</b>	Abdulkadir, S.O., Adebisi, T.T., Tijani, S.A. and Balogun, A.A.	
<b>Knowledge of the Recommended Infant Feeding Practices and Attitude among Pregnant Women Attending Antenatal Clinic in Enugu State, Nigeria</b>	Nnadi Ihuoma Mary, Ngwu Elizabeth Kanayo, Onodugo Nkechierem Gift	
<b>Safeguarding Against the Use of AI to Generate Sexually Explicit Images in Nigeria</b>	Chibike Oraeto Amucheazi and Fochi Amabilis Nwodo	
<b>Implications of Insecurity on Household Economic Wellbeing for Sustainable Family Living in Rivers State</b>	Lilly, Gloria, Nkan, V, V. & Nnubia, U.E.	
<b>Nutrition Knowledge, Awareness of Healthy Diets and Lifestyles of Commercial Vehicle Drivers in Yaba Local Government Area of Lagos State, Nigeria</b>	Ifebajo, A.Y. & Ifebajo, I.P.	
<b>Relevant for Election but not for Government: Women and Politics of Exclusion in Ebonyi State, Nigeria</b>	Daniel Clement Unachukwu	
<b>Nutritional status of adolescents in Nigeria: A narrative review of studies from 2012-2022</b>	Ikekwem K. R. and Ayogu R. N. B	
<b>Post Pandemic Experiences, Effects on Academic Stress Level and Mental Health of Social Science Education Students in University Of Nigeria, Nsukka</b>	Eneogu, N.D., Okafor, I.G. & Obiora, N.J.	
<b>Social Media and Self-Esteem as Predictors of Body Image Dissatisfaction among Undergraduates of University Of Nigeria, Nsukka</b>	Onyedikachi Chinonyelum NNAMCHI, Chiedozie	



**THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE  
ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS**

	Okechukwu OKAFOR, Kalu T. U. OGBA, Gloria Chidera OBUNUKWU, and Obinna Osita IKE	
<b>Functional Properties and Sensory Evaluation of Instant Swallow Meal from Pre-Gelatinized Composite Flours</b>	Nwosu, A.N., Nwaorgu, I.S.E., & Anozie, J.K.	
<b>Impact of Digital Skills on Textile and Clothing Business in Kaduna State, North- West, Nigeria</b>	Nwadi, C.L.	
<b>Effect of Processing Methods on the Sensory Attributes of African Spinach and Fluted Pumpkin Leaves in Egusi Soup</b>	Odudu J.H., Amu N. & Gera P. N.	
<b>Nutrient Composition, Sensory Evaluation and Cooking Characteristics of Pasta Made from Wheat Semolina Flour (<i>Triticum durum</i>) and African Yam Bean Flour (<i>Sphenostylis stenocarpa</i>)</b>	Ezegbe, A.G., Egumgbe, U.D., Okoye, O.I., & Ukala C.U.	
<b>The Nigeria's Customary Law Practice and Repugnancy Test: A Reading in Colonial Legacy</b>	Eze, Jonas Olisaemeka	
<b>Micronutrient composition and acceptability of locally formulated complementary foods for optimal Child Nutrition</b>	Ani, Peace N. & Chiama, Ujunwa D.	
<b>Nutritional evaluation of three species of fish (<i>Sardinella gibbosa</i>, <i>Mugil cephalus</i> and <i>Lutjanus campechanus</i>) flour</b>	Ani, Peace N. & Eze, Scholastica N. & Ekpate, Bellyda O.	
<b>Can self-reported health outcome measures developed in western culture be useful for people in Nigeria? Findings from the cross-cultural adaptation and validation of the Coping Strategies Questionnaire amongst Igbo adults with chronic low back pain</b>	Igwesi-Chidobe, C., Isaac Olubunmi Sorinola and Emma Louise Godfrey	
<b>Physiochemical Properties of Essential and Edible Oil Extracted From Cashew Nuts and Shell</b>	Egumgbe, U.D., Ezegbe, A.G., Ilo, O.O., & Okeke, C.C.	
<b>Development of an IoT Based Temperature, Heart Beat and Blood Pressure Monitoring System</b>	Mohammed, A.A. Haruna, I. & Alhassan A. N.	
<b>Relationship between the Clothing Interest and Mental Health of Undergraduate Students in the University of Nigeria</b>	Nnubia, U. I., Oluah E.B and Gabriel C. D.	
<b>Exploring the Use of Digital Technology in Management of Household in University of Nigeria Nsukka</b>	Owoh, N.P., Okoye, O.I., & Okechukwu, F.O.	
<b>Personalized Nutrition, Individual Well-being, and Public Health of Nigerians: A Review</b>	Agu, R.I. & Okadi, A.O.	



**THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE  
ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS**

<b>Safety Practices among Residents of Bole Street, Karewa Masakare in Yola North of Adamawa State</b>	Bagula, L.R.	
<b>Impact of Ethical Education on Household Values: Integrating Ethics into Secondary School Educational Standards in Enugu State</b>	Jovita C. Ejimonye	
<b>Microbiological Quality of Locally Fermented Food Condiments Sold in Nkwo-Ibagwa Market in Nsukka, Enugu State</b>	Nwobi, C.A., Owoh, N.P., Oguejiofor, O.M., & Eze, D.	
<b>Decision Support System: A comprehensive review</b>	Ukeoma Pamela E., & Bakpo, Francis	
<b>Conceptual Trends Associated with Name Changing in Nsukka Cultural Zone</b>	Festus U. Ngwoke PhD; John Kenedy A. Ozoemena; James A. Abah PhD.	
<b>Influence of Social Media Use on the Eating Behavior and Food Preferences of Undergraduate Students in the University of Nigeria, Nsukka</b>	Umennuihe, C.L., Onyeke, N.G., Umennuihe, A.E., & Ekeh, P.N.	
<b>Family communication patterns and their implications on adolescents' conflict management in Onitsha North Local Government Area of Anambra State</b>	Obi, Rita Nkemjika	
<b>Influence of Ethical Codes and Integrity Practices on Academic Engagement among Building and Metalwork Technology Education Students in Enugu State Universities</b>	Ariyo Samson Oluwatimilehin, Vincent, Deborah Ahuoiza, Ogbu Damian Kanayochukwu	
<b>Social Norms and Ethical Values in Early Child Care and Education: Caregivers' Perspectives</b>	Okenyi, Emmanuel Chidobe, Igwe, Onyinyechi, Ezema, Victor Sunday, Anthonia N. Ngwoke & Anthonia O. Aneke	
<b>Awareness Level of Occupational Hazards of Hairdressers in Umuahia Metropolis, Abia State, Nigeria</b>	Dr. Catherine Chika Igbokwe	
<b>Social Media Use and Eating Disorder among Young Adults: Moderating Role of Self-Esteem</b>	Kalu T. U. Ogba, Oha, Christiana Kelechi, and Ugwuegede, Patience	
<b>Employing the Potentials of Vocational Technical Education for a Sustainable National Development</b>	Uloh, E.V. (PhD); Nnaji, J.R and Onyebule, B.A	
<b>Traits for Peaceful Co-Existence in Families</b>	Gavou, T. Pam (Ph.D) and Keswet, L. A. (Prof.)	
<b>The Roles of the Family in Mitigating Moral Decadence in the Society</b>	Chisom Ezenwaji and Obasi Chidi Chukwu	



**THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE  
ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS**

**001. Evaluation of heavy metal pollution in soils within Nsukka environs**

**\*Cordelia Nnennaya Mama<sup>1</sup>, Chimankpam Kenneth Ezugwu<sup>2</sup>, Franca Obiageli  
Okechukwu<sup>3</sup>, Mkpamdi Nelson Eke<sup>4</sup>**

<sup>1</sup>Department of Civil Engineering, University of Nigeria, Nsukka

<sup>2</sup>Department of Geology, University of Nigeria, Nsukka

<sup>3</sup>Department of Home Science and Management, University of Nigeria, Nsukka

<sup>4</sup>Department of Mechanical Engineering, University of Nigeria, Nsukka

\*Email of Corresponding Author: [cordelia.mama@unn.edu.ng](mailto:cordelia.mama@unn.edu.ng) Phone No.: +2348063711674

**Abstract**

Owing to population growth and urbanization, there has been an increase in the number of auto mechanic workshops, vulcanizer's shops and engine oil retail shops along the roads within Nsukka with a direct increase in heavy metal concentration in dust. Emissions from these activities pose serious environmental concern along the major roads. This study is centered on the assessment of heavy metal pollution in dust and top soil along major roads within Nsukka metropolis. Soil and dust samples were collected along major roads at maximum distance of five meters from the roads edge, with control samples collected 400 m away from the nearest road. Heavy metals (Cadmium, Zinc, Iron, Lead, Chromium, Arsenic, Copper, Nickel, and Manganese) concentrations in the dust and soil were analyzed using Atomic Absorption Spectrophotometry method. The result of the analyzed heavy metal concentration showed no significant variation from the background concentration. The concentrations of Pb and Cr showed little variation, whereas As showed the greatest variation from the background value. The results of heavy metals contamination factor in soil and dust ranged from low contamination to very high contamination ( $CF < 1$ ; to  $CF 6$ ). High and very high contamination values were obtained for As, Cr, and Mn in both dust and soil samples. The enrichment factor of heavy metals ranged from EF 1 (background rank) to EF > 40 (extremely high enrichment). Among the analyzed heavy metals, Zn, Pb, As, and Cr showed the highest enrichments in both soil and dust samples respectively. The result of Igeo ranged from Igeo 0 (uncontaminated) to  $2 < Igeo < 3$  (moderately to heavily contaminated). In the dust and soil samples, Igeo for Zn, Pb, Cd, Ni, and Cu show no contamination; Igeo for As and Cr showed moderate contaminations in some locations whereas that of Mn showed moderate to heavy contamination. Results of PLI ranged from  $PLI < 1$  (no pollution) to  $3 < PLI$  (extremely heavy pollution).

**Keywords:** Automobile; Dust; Geogenic; Heavy metal pollution; Nsukka environs

**002. Assessment of Coping Strategies among Parents with Children with Special Needs in  
Kwara State School**

**<sup>1</sup>Abdulkadir, S.O., <sup>2</sup>Opaleke, D.O., <sup>3</sup>Johnson, W.O. and <sup>4</sup>Ilias, A.**

<sup>1,2,3,4</sup>Department of Home-Economics and Food science, Faculty of Agriculture, University of Ilorin, Ilorin.

**Corresponding Author:** [bello.os@unilorin.edu.ng](mailto:bello.os@unilorin.edu.ng)

08061516669

**Abstract**

Parents of children with special needs have to deal with unique challenges that require special strategies to cope with. Therefore, this study assessed coping strategies among parents with



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

children with special needs in Kwara state school. Five research questions were raised and two hypotheses were tested at 0.05 levels of significances. Stratified Random Sampling Technique was used in selecting a total of 100 respondents from the study area. The instrument used was questionnaire Data were analyzed using a mean, standard deviation and PPMC. The findings of the study revealed that parents of special need children face different challenges associated with parenting and they adopt various coping strategies that are effective in managing their child special need, there was a significant relationship between effectiveness of coping strategies adopted by parents and its influence on the academic and social outcomes of children with special needs. ( $p < 0.005$ ). There is no significant relationship between challenges faced by parents and adopted coping strategies. ( $p > 0.005$ ). It can be concluded that parents coping strategies are well implemented and effective in managing special needs children, they have a great influence on the academic and social outcomes of their special need child. It was recommended that parents should advocate for the needs of children with special needs.

**Keywords:** Special need children, Parents, Challenges, Coping strategies, Child outcome

#### **003. Environmental Consequences of Poor Waste Management on the Quality of Stream Water: A Case Study of Eha-Alumona in Nsukka East Local Government Area, Enugu State, Nigeria**

**Benjamin Okwudili Mama**

Department of Civil Engineering, University of Nigeria, Nsukka

**Email:** [benjamin.mama@unn.edu.ng](mailto:benjamin.mama@unn.edu.ng)

#### **Abstract**

The environmental consequences of improper garbage disposal on the stream water quality in the Eha-Alumona Area of the Nsukka LGA of Enugu State were the main focus of this study. For this investigation, the Okpe stream was selected over other streams. The study area's stream water resources were identified and described, the composition of solid wastes and how they are disposed of were examined, the impact of waste dumps on the quality of the stream water was evaluated, the health implications of the observed trend was examined, and most importantly, effective management strategies for managing solid wastes in the study area were suggested. Sample stations A and B, which are designated as the locations where the majority of the refuse is disposed of, are the locations from which one liter clean plastic containers were dipped into the stream for approximately 1.2 and 2.5 meters, respectively, in order to perform a laboratory analysis of the physical, chemical, and biological quality of stream water samples. Color, pH, total dissolved solids, total suspended solids, chemical oxygen demand, biochemical oxygen demand, coliform, nitrates, chloride, calcium, magnesium, and dissolved oxygen were the factors taken into consideration utilizing accepted standard test protocols. Through the use of questionnaires and field observation, pertinent data were gathered. The findings showed that careless trash disposal has a negative impact on the surface water quality in Eha-Alumona. When compared to the drinking and household water quality standards set by the World Health Organization, it was determined that the stream water was unfit for human consumption. It was suggested that in order to control the threat, individuals should reorient themselves, sort their garbage before disposing of it, use fewer contaminants, and treat contaminated surface water before using it.

**Keywords:** Environmental, Poor, Waste Disposal, Stream, Water Quality



**THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE  
ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS**

**004. Nutritional and Sensory Qualities of Kuli Kuli Produced from Blends of Defatted  
Peanut Paste and Okara**

**Asogwa, Ifeyinwa S\*, Omeje Chinasa P and Eze, Faith C.**

Department of Food Science and Technology, University of Nigeria, Nsukka

**\*Corresponding Author:** [Ifeyinwas.asogwa@unn.edu.ng](mailto:Ifeyinwas.asogwa@unn.edu.ng)

07037513100

**Abstract**

This study investigated the nutritional and sensory qualities of kuli kuli produced from defatted peanut paste and okara. Okara was obtained after soy milk processing and dried in an oven (60°C). Groundnut was milled into paste and defatted by squeezing through a muslin cloth. Five samples of kuli-kuli was produced by incorporating varying (0, 10, 20, 30 and 40 %) levels of okara and defatted peanut paste. The respective samples were labeled KK0, KK1, KK2, KK3 AND KK4. Proximate, mineral and phytochemical compositions were conducted using standard methods. Sensory analysis was conducted on a 9 point Hedonic scale using 20 member semi-trained panelists. Data were statistically analyzed with one-way analysis of variance (ANOVA). Duncan's Multiple Range Test was used to determine differences between mean values at  $p < 0.05$ . Protein, ash and fibre contents increased ( $p < 0.05$ ) with increase in okara substitution. Moisture content decreased with increased substitution of okara. Protein values ranged from 30.08-32.68% for sample KK0 and KK4 respectively. Moisture content value ranged from 8.91 -9.74% for sample KK4 and KK0 respectively. Sodium, potassium, calcium and iron contents increased with increased substitution of okara. The phenolic content of the samples increased significantly ( $p < 0.05$ ) from 45.8 mgGAE/100g for KK0 to 59.5 mgGAE/100g for KK4. Sensory evaluation scores revealed that the Kuli-kuli samples were acceptable by the panelist and the kuli-kuli produced from 40% (sample KK4) okara blend compared favorably with the control sample. This study showed that acceptable kuli-kuli with enhanced nutritional quality can be produced by substituting defatted groundnut paste with okara up to 40% levels.

**Keywords:** Kuli kuli, Okara, Nutritional composition, Sensory properties

**005. Influence of Early Centre-Based Care/Creche on Child Physical, Cognitive and  
Socioemotional Development**

**<sup>1</sup>Abdulkadir, S.O., <sup>2</sup>Adebisi, T.T., <sup>3</sup>Tijani, S.A. and <sup>4</sup>Balogun, A.A.**

<sup>1,2,4</sup>Department of Home-Economics and Food science, University of Ilorin, Ilorin.

<sup>3</sup>Department of Agricultural Extension & Rural Development, University of Ibadan, Ibadan.

**Corresponding author:** [bello.os@unilorin.edu.ng](mailto:bello.os@unilorin.edu.ng)

08061516669

**Abstract**

Early centre-based care that provides childcare services within a designated facility has influence on the physical, cognitive, and socio-emotional development of children. This study investigated the Influence of early centre-based care/creche on child physical, cognitive and socio-emotional development in Ilorin metropolis, Kwara state. Seven research questions were raised and three hypotheses were formulated, tested at 0.05 levels of significances. Survey research design was adopted for the study. The population for the study comprised of three hundred and twenty (325) centre-based care/creche in Ilorin. Simple random sampling technique was used in selecting a total



### THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS

of 150 respondents from the study area. The instrument used was questionnaire it had a reliability coefficient of 0.723. Data was analyzed using a frequency count, percentages, means, standard deviation, Pearson Product Moment Correlation (PPMC). The findings of the study revealed that that early centre-based care/creche have positive effects on children's child physical, cognitive, and socio-emotional development. Result of findings also revealed that there is significant relationship between quality of crèche and physical development of children ( $p < 0.05$ ). Result of findings also revealed that there is significant relationship between quality of crèche and socio-emotional development of children in Ilorin Metropolis, Kwara state. ( $p > 0.05$ ). It was concluded that early center-based care can have both positive and negative effects on a child's physical development. It was recommended that center-based care/creche should be done in other to promote gross and fine motor skills development for children through structured activities and ample opportunities for physical play.

**Keywords:** Cognitive, Socio emotional, Physical development, Fine motor skill, Gross motor skill

#### **006. Knowledge of the Recommended Infant Feeding Practices and Attitude among Pregnant Women Attending Antenatal Clinic in Enugu State, Nigeria**

**Nnadi Ihuoma Mary<sup>1</sup>, Ngwu Elizabeth Kanayo<sup>1</sup>, Onodugo Nkechierem Gift<sup>1</sup>**

<sup>1</sup>Department of Nutrition and Dietetics, University of Nigeria, Nsukka.

**Corresponding author's email:** [ihuomannadi95@yahoo.com](mailto:ihuomannadi95@yahoo.com)

#### **Abstract**

Adequate nutrition knowledge, attitude and optimal feeding practices are crucial to good nutritional status in infants. This study examined the knowledge of the recommended infant feeding practices and attitude of pregnant women attending antenatal clinic in Enugu State, Nigeria. This study adopted a cross-sectional design. A total number of 1350 women completed the study. A validated interviewer-administered questionnaire was used to collect data on socio-demographic characteristics, knowledge, attitude and practices of infant feeding recommendations among the pregnant women. Descriptive statistics and t-test were used for analysis. Majority (520:38.5%), (1135:84.1%), (458:33.93%) and 508:37.63%) of the pregnant women were within the age range of 26-30 years, married, had tertiary education and on their second trimester respectively. Adequate knowledge, positive attitude and good recommended infant feeding practices were recorded in 810(60%), 670(49.61%) and 405(30%) respondents respectively. This study shows that pregnant women who had formal education had better knowledge of recommended infant feeding practices than pregnant women who had no formal education ( $P < 0.05$ ). Majority of the pregnant women had good knowledge of infant feeding recommendations. However, poor attitude and bad practices of infant feeding was seen in a greater number of the pregnant women.

**Keywords:** Pregnant women, Knowledge, Attitude, Practice, Infant feeding.



**THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE  
ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS**

**007. Safeguarding Against the Use of AI to Generate Sexually Explicit Images in Nigeria**

**Chibike Oraeto Amucheazi and Fochi Amabilis Nwodo**

Faculty of Law, University of Nigeria, Nsukka

Correspondence: [fochi.nwodo@unn.edu.ng](mailto:fochi.nwodo@unn.edu.ng)

08160646504

**Abstract**

The rapid evolution of Artificial Intelligence (AI) technology holds the promise of fostering economic development. While some uses of the technology are positive, such as automating tasks, experts have pointed out various illicit purposes, including phone scams, online extortion, and the creation and distribution of deepfakes. Deepfakes, highly realistic synthetic media of real people generated by AI, pose a significant challenge due to their difficulty in detection. Unlike traditional photo-alteration technology, deepfakes are inherently deceptive. While the original intent of deepfake software may not have been to create sexually explicit imagery, it has unfortunately become its most common application today. Compounding the issue, Nigeria lacks laws expressly criminalizing the creation or distribution of sexually explicit deepfakes. This regulatory gap is concerning, given the potential for deepfakes to cause profound harm to victims by disseminating false images. Therefore, this paper argues that there is an urgent need for new legislation in Nigeria that will expressly criminalize the use of AI technology to generate sexually explicit images. By addressing this issue, the paper seeks to contribute to the ongoing discourse on the impact of digital technologies on Nigeria's legal framework.

**Keywords:** Artificial Intelligence, Nigeria, deepfakes, criminal liability, regulation, legal framework

**008. Implications of Insecurity on Household Economic Wellbeing for Sustainable Family Living in Rivers State**

**Lilly, Gloria<sup>1</sup>, Nkan, V, V.<sup>2</sup> & Nnubia, U.E.<sup>3</sup>**

<sup>1</sup>Department of Home Economics, Federal College of Education (Tech), Omoku

<sup>2</sup>Department of Home Economics, University Of Uyo, Akwa- Ibom State

<sup>3</sup>Department of Home Science, Micheal Okpara University of Agriculture, Umudike, Abia State

**Correspondence:** [glorialilly1@gmail.com](mailto:glorialilly1@gmail.com)

08085959512

**Abstract**

This paper investigated insecurity and economic wellbeing of households in Rivers State. Three objectives, three research questions and one null hypothesis guided the study. The study employed descriptive survey design. The population for the study included all members in the households in the area of study. The total population of the study is 437,833 in the eight Local Government Areas selected. The study sample comprised of 480 household members consisting of 120 fathers, 120 mothers and 240 adult children. Questionnaire was used for data collection. Percent was 32 used to answer research question one, while mean was used to answer questions two and three. The statistical tool of ANOVA was used to answer the null hypothesis. The findings revealed among others that different types of insecurity are prevalent in the state, and insecurity is endemic in the



**THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE  
ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS**

state. The study recommends that families should be trained in sustainable strategies despite the insecurities. This would provide life skills for family members' economic wellbeing.

**Keywords:** Insecurity, Household, Sustainable, Family living, Lifestyles.

**009. Nutrition Knowledge, Awareness of Healthy Diets and Lifestyles of Commercial Vehicle Drivers in Yaba Local Government Area of Lagos State, Nigeria**

**Ifebajo, A.Y.<sup>1</sup> & Ifebajo, I.P.<sup>2</sup>**

<sup>1</sup>Department of Home Economics Education, Federal College of Education (Tech) Akoka, Lagos

<sup>2</sup>Department of Nutrition and Dietetics, Federal University of Agriculture Abeokuta

**Correspondence email:** [ayifebajo@gmail.com](mailto:ayifebajo@gmail.com)

08028346290

**Abstract**

Recent researches have ascertained that non-communicable diseases are associated with lack of nutrition knowledge and poor dietary habits. The aim of this study therefore is to assess the nutritional knowledge, awareness of healthy diets and lifestyles of commercial vehicle drivers in Yaba Local Government Area of Lagos State, Nigeria. Two hundred male commercial drivers were randomly selected at Yaba Local Government Area of Lagos State, Nigeria. A structured interviewer's questionnaire was administered to obtain information on socio-demographic characteristics, nutrition knowledge and lifestyles. Information on cigarette smoking, alcohol intake and physical activity was obtained. The level of significance was tested using Statistic Package of Social Sciences (SPSS) version 23.0. P value was < 0.05. Cigarette smoking and alcohol intake was prevalent among drivers. Level of formal education, time spent on brisk walking and smoking were significantly associated to nutrition knowledge=0.031, P=0.002 and P=0.049 respectively. It is concluded that most commercial drivers in Yaba LGA of Lagos State Nigeria are overweight, have poor nutrition knowledge and have unhealthy lifestyles. It is recommended that Nutrition education should be given to commercial drivers to lower their risk of developing non-communicable diseases.

**Keywords:** Nutrition knowledge, Healthy diets, Lifestyle, Commercial

**010. Relevant for Election but not for Government: Women and Politics of Exclusion in Ebonyi State, Nigeria**

**Daniel Clement Unachukwu**  
University of Nigeria, Nsukka

**Correspondence email:** [daniel.unachukwu.pg92715@unn.edu.ng](mailto:daniel.unachukwu.pg92715@unn.edu.ng)

**Abstract**

Ebonyi State is a complex political entity with a history of patriarchal structures and norms that have hindered women's political participation. Representing a significant group during election campaigns and voting, women expect their fair share of representation in government to compensate for their diverse contributions to political activities in Ebonyi State. This study explores the roadblocks to this expectation and the voices of women about the issues of gender-based power imbalance as regards political participation and governance in Ebonyi State. The



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

findings will be important, as women's inclusion in politics is crucial for achieving gender equality, women's empowerment, and sustainable development. The study employed a demographic survey and an in-depth interview to capture the views of 50 women with different socioeconomic, occupational, and educational backgrounds in five LGAs in Ebonyi State. The data obtained were analyzed thematically. The themes that emerged were as follows: patriarchal societal structures, traditional gender roles, and limited access to resources and opportunities. These themes were the reasons women gave for the gender gap in terms of participation and inclusion in government and are cause for serious concern. While some respondents acknowledged the state government's efforts aimed at women's inclusion in politics in Ebonyi State, the majority of them branded the efforts as merely cosmetic, often used to trick women during the election period.

**Keywords:** Women, Gender equality, Political participation, Government, Ebonyi State

#### **011. Nutritional status of adolescents in Nigeria: a narrative review of studies from 2012-2022**

**Ikekwem K. R. and Ayogu R. N. B**  
University of Nigeria, Nsukka

**Corresponding author's email:** [kasieoguadinma@gmail.com](mailto:kasieoguadinma@gmail.com)

+2348136869086

#### **Abstract**

Adolescence is a critical developmental period which is the second window of opportunity for catch-up growth after the first 1000 days. This narrative review discussed the nutritional status of adolescents in Nigeria as reported in various articles published in reputable journals from 2012-2022. Databases searched were PubMed and Google scholar using the keywords: adolescents, nutritional status and Nigeria. A total of thirty articles were reviewed. The results of studies across Nigeria showed that 0.73-9.6% adolescents were obese while overweight prevalence ranged from 0.79 to 15.3%. A minimum of 1.0 and maximum of 88.1% were underweight; stunting affected 5.6 to 78.3%. Factors found to influence nutritional status of adolescents were gender, parents' socioeconomic status, peer influence, and dietary habits. Nutrition education, employment and home gardening are recommended interventions to improve the nutritional status of adolescents.

**Keywords:** Diet, Obesity, Underweight, Stunting, Adolescents, Nigeria

#### **012. Post Pandemic Experiences, Effects on Academic Stress Level and Mental Health of Social Science Education Students in University Of Nigeria, Nsukka**

**Eneogu, N.D., Okafor, I.G. & Obiora, N.J.**  
University of Nigeria, Nsukka

**Correspondence:** [njideka.eneogu@unn.edu.ng](mailto:njideka.eneogu@unn.edu.ng)

08068121664

#### **Abstract**

The study investigated post pandemic experiences and its effects on academic stress level and mental health of Social Science Education students. The study adopted survey design. The population was 655 students in the department of Social Science Education. Sample size consist of 190 male and 465 female students gotten using The study was guided by five (5) purposes, five (5) research questions and two (2) null hypotheses. Data was collected using an instrument titled Post Covid-19 Experiences, Academic Stress Level and Mental Health Questionnaire. The



### THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS

instrument was validated by three experts from the departments of Social Science Education and Science Education of University of Nigeria. Reliability coefficient of 0.76 was gotten using Cronbach's Alpha. The research questions were answered using mean, while the null hypotheses were tested using t-test at 0.05 level of significance. Findings showed that Post covid-19 experiences had effect on academic stress level and mental health of students in Social Science Education Department. Also, students' gender has influence on academic stress level but not on their mental health. It further identified strategies for ameliorating the effects post covid-19 experiences had on academic stress level and mental health of the students. The study recommended among other things that students should employ effective and positive strategies in managing their activities to reduce the occurrence of academic stress and mental health challenges.

**Keywords:** Pandemic, Academic Stress, Mental Health

#### **013. Social Media and Self-Esteem as Predictors of Body Image Dissatisfaction among Undergraduates of University Of Nigeria, Nsukka**

**Onyedikachi Chinonyelum NNAMCHI<sup>1</sup>, Chiedozie Okechukwu OKAFOR<sup>2</sup>, Kalu T. U. OGBA, Gloria Chidera OBUNUKWU<sup>1</sup>, and Obinna Osita IKE<sup>1</sup>**

<sup>1</sup>Department of Psychology, University of Nigeria, Nsukka, Enugu State.

**Correspondence:** [onyedikachi.nnamchi@unn.edu.ng](mailto:onyedikachi.nnamchi@unn.edu.ng)

08060409908

#### **Abstract**

Constant interaction with peers and exposure to both online and offline media can influence one's apparent discontent with one's body parts. Using a cross-sectional design, this study investigated the predictive role of social media and self-esteem on body image dissatisfaction among 542 (male = 139; female = 403) university undergraduates aged 18-29 years ( $M = 21.84$ ,  $SD = 2.77$ ) recruited through convenience sampling technique. Social Networking Usage Questionnaire (SNUQ), Rosenberg Self-Esteem Scale and a combination of the Appearance Evaluation (AE) and the Body areas Satisfaction Scale (BASS), subscales of the Multidimensional Body-Self Relations Questionnaire–Appearance Scales were used to measure social media, self-esteem, and body image dissatisfaction, respectively. The multiple regression analysis showed that social media was a significant positive predictor of body image dissatisfaction ( $p < .01$ ). Self-esteem was not a predictor. These results suggest that unchecked use of social media might lead to adverse consequences like depression and a harmful approach to body care.

**Keywords:** Body Image Dissatisfaction, Self-esteem, Social media, Undergraduates, Gender.

#### **014. Functional Properties and Sensory Evaluation of Instant Swallow Meal from Pre-Gelatinized Composite Flours**

**\*Nwosu, A.N.<sup>1</sup>, Nwaorgu, I.S.E.<sup>2</sup>, & Anozie, J.K.<sup>2</sup>**

Department of Food Science and Technology, University of Nigeria, Nsukka, Enugu State

Department of Food Technology, Akanu Ibiam Federal Polytechnic, Afikpo, Ebonyi State

**\*Corresponding Author:** [adaora.nwosu@unn.edu.ng](mailto:adaora.nwosu@unn.edu.ng)

08038948835

#### **Abstract**

This study was carried out to produce instant swallow meal from whole wheat, acha and yellow cassava which was used to enhance binding. The raw materials were processed into flours. The



### THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS

blends whole wheat, yellow root cassava (95:5), (90:10), acha and yellow root cassava (95:5), (90:10) were obtained. Blends were enriched with 5g of soy protein each. The functional properties of the flours were determined. The blends were pre-gelatinized by mixing 400g of each blend with 250ml of water, moulded and tied with polyethylene bag and preheated at 100°C for 2hrs, then oven dried at 60°C for 48hrs, cooled and milled to obtain pre-gelatinized flours. The flours were subjected to sensory evaluation by mixing 350g of pre-gelatinized flour blends with 200ml of water at 100°C, to make swallow meals served with soup. Sensory quality was assessed based on appearance, taste, aroma, mould-ability, texture and overall acceptability on a 9-point Hedonic scale. The experiment was laid out on a completely randomized design (CRD). Data obtained were subjected to Analysis of Variance (ANOVA). Functional properties determination shows that pre-gelatinization significantly ( $p>0.05$ ) increased solubility and water absorption capacity. Sample WCY2 containing whole wheat flour and yellow cassava flour (90:10) recorded the highest in solubility (4.83), water absorption capacity (130.61%) and gelatinized at the least temperature of 82°C. Panelists also scored sample WCY2 which contains whole wheat flour and yellow root cassava (90:10) highest in appearance, texture, mould-ability and overall acceptability. Acceptable instant swallow was achieved which reduced meal preparation time.

**Key Words:** Swallow, Instant, Pre-gelatinized, Functional, Sensory

#### **015. Impact of Digital Skills on Textile and Clothing Business in Kaduna State, North-west Nigeria**

**Nwadi, C.L.**

Department of Home Economics and Hospitality Management Education, University of Nigeria

**Correspondence E-Mail:** [calister.nwadi@unn.edu.ng](mailto:calister.nwadi@unn.edu.ng)

08036606486

#### **Abstract**

The purpose of this study was to investigate the Impact of Digital Skills on Textile and Clothing Industry in Kaduna State Nigeria. Three research questions guided the study. The area of the study was Kaduna State. North west Nigeria. The population of the study consists of individuals and businesses actively involved in the textile and clothing industry in Kaduna State, Nigeria. The sample size of the study was 202 participants selected using the snowball sampling method. This study adopted a descriptive survey design. One research instrument was used to collect relevant data from the subjects titled, Digital skills, textile and clothing industry (DSTC). The data collected was analyzed using mean and standard deviation. The findings of this study revealed that the digital skills proficiency in the workforce of the textile and clothing industry in Kaduna State is moderate with a grand mean of 3.03. The finding of the study also revealed that, challenges hindering the adoption of digital technologies in the textile and clothing businesses industry in Kaduna State, Nigeria is high with a grand mean of 3.44. The study established that Government support of digital skills in the textile and clothing business industry in Kaduna State is moderate with the grand mean of 3.12. This study recommended that textile and clothing industry should actively enhance digital skills through collaboration with government and educational institutions to boost the programs, textile and clothing industry should actively engage in planning, seek loans for modern machinery, and enroll in digital skills training and government should actively increase support for textile and clothing industry in Kaduna State to optimize digitalization of their profession.

**Keywords:** Digital, Skills, Textile, Clothing and Industry



**THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE  
ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS**

**016. Effect of Processing Methods on the Sensory Attributes of African Spinach and Fluted  
Pumpkin Leaves in Egusi Soup**

**Odudu J.H.<sup>1</sup>, Amu N.<sup>1</sup> & Gera P. N.<sup>1</sup>**

<sup>1</sup>Department of Vocational and Technical Education, Benue State University, Makurdi

**Correspondence:** [odudujane3@gmail.com](mailto:odudujane3@gmail.com)

08033053033

**Abstract**

African Spinach and fluted pumpkin are the most commonly consumed vegetables in Nigeria, they are cheap and can be cultivated easily at home. This work aimed to determine the most effective processing methods for these vegetables. Data was collected from cooks in selected food outlets in Makurdi, their responses were used to arrive on the pretreatments used in this study. Each of African spinach and fluted pumpkin leaves were separately cut into smaller sizes and separated into six portions of African spinach samples and six portions of fluted pumpkin samples for further processing: The first samples were kept fresh as the control; The second samples were squeezed and kept fresh; The third samples were blanched and kept fresh; The forth samples were spread directly and dried under fan for 24 hours; The fifth samples were squeezed and spread thinly on a sack and dried under fan for 24 hours; The sixth samples were blanched, then spread thinly on a sack and dried under fan for 24 hours. The result of the sensory evaluation indicated preference in the order Fresh Squeezed Pumpkin (FSP)<Fresh Blanched Pumpkin (FBP)<Fresh Pumpkin (FP)<Dried Pumpkin (DP)<Blanched Dried Pumpkin (BDP)<Squeezed Dried Pumpkin (SDP) with mean values of 9,8, 7.8,7.2, 7,7.2 respectively. Also for African spinach was in the order Squeezed African Spinach (SAS) <Fresh African Spinach (FAS) <Blanched African Spinach (BAS) and Squeezed Dried African Spinach (SDAS)<Dried African Spinach (DAS)<Blanched Dried African Spinach (BDAS) with mean values of 8.2, 8,7.8,7.2,6.8 respectively. The sensory attributes of egusi soups with freshly squeezed pumpkin and freshly squeezed African spinach samples were rated highest. Hence the choice of most food vendors.

**Key words:** African Spinach, Fluted Pumpkin, Blanching, Squeezing, Drying, Sensory attribute

**017. Nutrient Composition, Sensory Evaluation and Cooking Characteristics of  
Pasta Made from Wheat Semolina Flour (*Tritium durum*) and African Yam Bean  
Flour (*Sphenostylis stenocarpa*)**

**Ezegbe, A.G., Egumgbe, U.D., Okoye, O.I., & Ukala C.U.**

Department of Home Science and Management

University of Nigeria, Nsukka

**Email:** [amarachi.kaluuka@unn.edu.ng](mailto:amarachi.kaluuka@unn.edu.ng)

**Tel:** +2348061114433

**Abstract**

The study determined the nutrient composition, sensory evaluation and cooking characteristics of pasta made from wheat semolina flour (*Tritium durum*) and African yam bean flour (*Sphenostylis stenocarpa*) composite. The study adopted an experimental design. The samples were purchased from a local market, Ogige in Nsukka Local Government Area Enugu State. Four flour blends were formulated by mixing wheat semolina flour and African Yam bean flour in different ratios to get 400g of flour blend with 100% wheat pasta serving as the control sample. Sensory evaluation



### THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS

was conducted using a 9point hedonic scale to determine the degree of acceptability of pasta prepared with the formulated flour blends. The most acceptable pasta was analyzed using Association of Analytical Chemist (2010) and other analytical methods to determine their nutritional profile. Results obtained were statistically analyzed with means and standard deviation using Statistical Product for Service Solution (SPSS) version 22.0. 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 of the parameter. The result of the sensory evaluation showed that the pasta prepared using 90:10 wheat semolina and African yam bean composite flour had the highest score for texture and degree of general acceptability while the pasta sample prepared using 80:20wheat semolina and African yam bean composite flour had the highest score for taste, color and flavor. The result of the proximate composition of the most accepted pasta sample revealed that the moisture content was (60.76%), fibre (0.85%), protein (14.53%), carbohydrate 21.49%, fat (2.09%) and ash (0.28%). The mineral and vitamin composition revealed that calcium contained (4.00mg/100g), magnesium (2.39mg/100g), potassium (6.77mg/100g), zinc (0.43/100g) and iron (0.79mg/100g). Vitamin C (1.30mg/100g), vitamin B1 (0.63mg/100g), vitamin B2 (0.20mg/100g), vitamin B3 (0.11mg/100g) and vitamin B9 (15.50mg/100g). The cooking characteristics analysis revealed that the cooking time of the most accepted pasta blend (90:10) was 9.46mins while the cooking loss recorded was 6.54g. The study therefore, concluded that the utilization of African yam bean flour in the production of pasta yielded positive results both in general acceptability and good nutritional value.

**Keywords:** Nutrients composition, Sensory evaluation, Pasta, Wheat semolina flour, African yam bean flour

#### **018. The Nigeria's Customary Law Practice and Repugnancy Test: A Reading in Colonial Legacy**

**Eze, Jonas Olisaemeka**

Department of History and International Studies, University of Nigeria, Nsukka

**Correspondence:** [olisaemeka.eze@unn.edu.ng](mailto:olisaemeka.eze@unn.edu.ng)

#### **Abstract**

This study is an attempt to explore the impact of Indirect Rule's repugnancy test on Nigerian people's customary law. In 1900, when the British Government took over the administration of the state of Nigeria from the Royal Niger Company, Sir Fredrick Lugard adopting Indirect Rule continued with the company's policy of applying the laws and customs of the indigenous peoples of Nigeria in administration of justice. But all the native laws and customs of the people to be so applied must pass the repugnancy test. The test was therefore used to weed out elements of Nigeria's customary law that were seen as incompatible with the British legal principles. The implication of the above is that under the system, so many Nigeria people's native laws and customary law rules were modified, abolished, amended, or revoked. This work using qualitative and quantitative methodologies tends to explore the extent the system upturned, pruned, or modified the people's customary law. The findings are that the test eroded many customary law practices of the people and imposed Western legal norms on the nation.

**Keywords:** Customary law, Repugnancy test, Colonial legacy, Nigeria



**THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE  
ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS**

**019. Micronutrient Composition and Acceptability of Locally Formulated Complementary Foods for Optimal Child Nutrition**

**\*Ani, Peace N. & Chiama, Ujunwa D.**

Department of Nutrition and Dietetics, University of Nigeria, Nsukka

**\*Corresponding author:** [peace.ani@unn.edu.ng](mailto:peace.ani@unn.edu.ng)

**Abstract**

Child malnutrition is a major cause of mortality among children in developing countries. The study focused on assessing the nutrient composition and acceptability of locally formulated complementary foods with the aim of contributing to optimal child nutrition. The samples (maize, lablab beans and tiger nut) were purchased from Ogige market in Nsukka, Enugu State, Nigeria. The three samples were processed differently into flour as previously described and complementary food was developed from flour blends of yellow maize, tiger nut and lablab beans in various ratios of M<sub>100</sub> (100% of Maize), M<sub>70</sub>L<sub>30</sub> (70:30 % of maize and lablab beans respectively), M<sub>65</sub>L<sub>30</sub>T<sub>5</sub> (65:30:5% of maize, lablab beans and tiger nut respectively), and M<sub>60</sub>L<sub>30</sub>T<sub>10</sub> (60:30:10% of maize, lablab and tiger nut respectively). The complementary foods were analyzed for micronutrient composition and evaluated by 30 (mothers) panelists for acceptability. Data obtained was analyzed using Statistical Package for Social sciences, version 23. Significance was accepted at p < 0.05. The calcium content evaluation of the formulated complementary food revealed that M<sub>60</sub>L<sub>30</sub>T<sub>10</sub> had the highest value (71.68mg/100g) while M<sub>100</sub> had the least value (17.92mg/100g). Sample M<sub>60</sub>L<sub>30</sub>T<sub>10</sub> had the highest value of iron while M<sub>100</sub> had the least. Sample M<sub>100</sub> had the highest amount of zinc (20.14mg/100g) while M<sub>65</sub>L<sub>30</sub>T<sub>5</sub> had lowest concentration (10.81 mg/100g). The sensory scores of the complementary foods ranged from 5.80 to 7.57. The complementary foods made from maize, lablab beans and tiger nuts flour were found to be rich in important micronutrient, locally available and was generally acceptable.

**Keywords:** Complementary feeding, Micronutrient, Hidden hunger, Infant and young child

**020. Nutritional Evaluation of Three Species of Fish (*Sardinella gibbosa*, *Mugil cephalus* and *Lutjanus campechanus*) Flour**

**\*Ani, Peace N., Eze, Scholastica N., & Ekpote, Bellyda O.**

Department of Nutrition and Dietetics, University of Nigeria, Nsukka

**\*Corresponding author:** [peace.ani@unn.edu.ng](mailto:peace.ani@unn.edu.ng)

**Abstract**

The study was carried out to determine the nutritional composition of three species of fish (*Mugil cephalus*, *Lutjanus campechanus* and *Sardinella gibbosa*) flour. The fishes were purchased from a local market; Borokiri market in Port Harcourt, Rivers State and each fish sample (about 1000 g) were thoroughly washed, eviscerated, thoroughly cleaned to eliminate any lingering blood and intestinal waste and dried in forced convectional dehydrator at 120°C for 24 hours. The dried fishes were cooled, milled into flour form using a hammer mill and then passed through a 250-µm mesh sieve to obtain uniform flour. Chemical composition of fish flours was determined using standard procedures. Data obtained was analysed using Statistical Product and Service Solution (SPSS), version 23. Significance was accepted at p < 0.05. *Mugil cephalus* flour had the highest protein



### THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS

(39.23%), vitamin A (218 IU), vitamin B<sub>3</sub> (0.77 mg), vitamin B<sub>12</sub> (27.04 mg), magnesium (395.94 mg) and phosphorous (4.54 mg) content while *Sardinella gibbosa* had the highest fat (2.96%), ash (9.72%), calcium (645.33 mg) and iron (0.72 mg) content but low in protein, and carbohydrate. Carbohydrate (41.15%), magnesium (271.09%) and zinc were highest in *Lutjanus campechanus*. Statistically, no significant ( $p>0.05$ ) difference was observed on the protein content of the samples. The study therefore revealed that *Sardinella gibbosa* flour had the best (carbohydrate, protein, fat, mineral and vitamin) profile and can be utilized in enhancing the nutrient content of meals for various age groups.

**Keywords:** Fish species, Fortification, Child malnutrition, Nutrient composition

#### 021. Can Self-Reported Health Outcome Measures Developed in Western Culture be Useful for People in Nigeria? Findings from the Cross-Cultural Adaptation and Validation of the Coping Strategies Questionnaire among Igbo Adults with Chronic Lower Back Pain

**\*Igwesi-Chidobe, C.<sup>1,2</sup>, Isaac Olubunmi Sorinola<sup>3</sup> and Emma Louise Godfrey<sup>4,5</sup>**

<sup>1</sup>Department of Medical Rehabilitation, Faculty of Health Sciences and Technology, College of Medicine, University of Nigeria Enugu Campus

<sup>2</sup>Global Population Health (GPH) Research Group, University of Nigeria, Nsukka.

<sup>3</sup>School of Human Sciences, London Metropolitan University, London, UK

<sup>4</sup>Department of Physiotherapy, Faculty of Life Sciences and Medicine, School of Population Health Sciences, King's College London, London SE1 1UL, UK

<sup>5</sup>Department of Psychology, Institute of Psychiatry, Psychology and Neuroscience, King's College London, London, UK

**\*Corresponding author's email:** [chinonso.chidobe@unn.edu.ng](mailto:chinonso.chidobe@unn.edu.ng)

#### Abstract

The way that people cope with back pain can be affected by culture, and can affect the impact that back pain has on their lives. The Coping Strategies Questionnaire (CSQ) is one of the most commonly used measures of pain coping strategies, including Nigeria. This study aimed to cross-culturally adapt and psychometrically test the CSQ in Nigerian Igbo populations. The CSQ was forward and back translated by translators from clinical and non-clinical backgrounds; and assessed by an expert review committee. The translated CSQ was then piloted amongst 12 rural Nigerian adults with chronic low back pain (CLBP). Internal consistency, test-retest reliability, and minimal detectable change were examined amongst 50 people with CLBP in rural and urban Nigeria. Construct validity and exploratory factor analyses was assessed amongst 200 adults with CLBP in rural Nigeria. Fourteen out of 42 items were habitually adopted in this population including all items of catastrophising subscale, and all but one item of praying and hoping subscale. Catastrophising and praying and hoping subscales had the highest Cronbach's alpha. All subscales showed good agreement and were positively correlated with disability and pain intensity. Factor structures were different from the original CSQ, except for catastrophising. Catastrophising and praying and hoping may be the only relevant coping strategies from the CSQ in this population, and none were associated with positive health outcomes. This has implications for studies that have used the original CSQ, highlighting the need to identify adaptive coping strategies in Igbo populations.

**Keywords:** Western culture, Validation. Questionnaire, Lower back pain



**THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE  
ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS**

**022. Physiochemical Properties of Essential and Edible Oil Extracted From Cashew Nuts  
and Shell**

**<sup>1</sup>Egumgbe, U.D., <sup>1</sup>Ezegbe, A.G., <sup>2</sup>Ilo, O.O., <sup>1</sup>Okeke, C.C.**

<sup>1</sup>Department of Home Science and Management, University of Nigeria, Nsukka

<sup>2</sup>Department of Human Kinetics and Health Education, University of Nigeria, Nsukka

**Email:** [onyia.ucheckukwu@unn.edu.ng](mailto:onyia.ucheckukwu@unn.edu.ng)

**Tel:** +2347069115350

**Abstract**

This study assessed physiochemical properties of essential and edible oil extracted from cashew nuts and shell. Experimental design was used. Manual and chemical extraction methods were adopted to obtain oils from cashew nuts and shell. Data obtained was statistically analyzed using Statistical Product and Service Solution version 21. Data was presented as mean and standard deviation. ANOVA and Duncan's new multiple range tests were used to separate and compare mean of variables. Level of significance was accepted at  $p \leq 0.05$ . The fat content ranged from 40.25% in cashew nutshell (CNSL) to 46.50% in Cashew nut (CN). Protein contents of the samples ranged from 20.45% in Cashew nutshell to 30.95% in Cashew nut. Ash content ranged from 1.55% in Cashew nutshell to 2.35% in Olive oil while carbohydrate content varied from 24.25% in Cashew nutshell to 0.65% in Olive oil. There was a significant difference ( $p \leq 0.05$ ) between samples in crude protein, carbohydrate, and energy contents. Cashew nut was comparable to Olive oil in the fat content while the ash content of Cashew nut and Cashew nutshell was also comparable at  $p \geq 0.05$ . Specific gravity content of the samples ranged from 0.74kg/m<sup>3</sup> in Cashew nutshell to 0.96kg/m<sup>3</sup> in Cashew nut. Cashew nut is pale yellow in color while cashew nut oil is dark brown. Acid values were highest in Cashew nutshell 2.46mgKOH/g and lowest in Cashew nut 1.94mgKOH/g. Physical and chemical properties of the CN oil show that it is edible oils while the properties of the CNSL shows it is caustic and may not be suitable for consumption. Health specialists and nutritionists should encourage the consumption of cashew nut oil as vegetable oils.

**Keywords:** Physiochemical, Essential oil, Edible oil, Cashew nut, Cashew nut shell

**023. Development of an IoT Based Temperature, Heart Beat and Blood Pressure  
Monitoring System**

**<sup>1</sup>Mohammed, A.A. <sup>2</sup>Haruna, I. <sup>3</sup>Alhassan A. N.**

<sup>1, 2 & 3</sup>Department of Computer Engineering, Kaduna Polytechnic, Kaduna.

**Correspondence:** [aliyuaya16@gmail.com](mailto:aliyuaya16@gmail.com)

08034599108, 08055960613

**Abstract**

An Internet of thing (IOT) based Temperature, heart beat and Blood pressure monitoring system is a device that measure, monitor and display wirelessly the body temperature, sugar level and heart beat rate of patients remotely. The system has enabled remote health monitoring which is useful for patients with chronic diseases to provide timely interventions when necessary and also allows for real time monitoring of patient's health conditions. The system uses MAX30102 sensor



### THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS

to measure the heart beat rate, DS18B20 sensor to measure the temperature and LM358 to measure the glucose level of a patient respectively. The sensing units sense the data and transmit to an Arduino (ATMEGA 328) that serve as the control unit to process the received data. The processed data is then transmitted to ESP8266 through a process called serial communication. The ESP8266 now sends the measured data to the display unit and to the cloud through a Thingspeak web application for feature accessibility. An LCD is used to display the measured parameters continuously as normal, high or low. The system incorporates an alarm system that sends a warning sound so as to enable any available healthcare personnel to attend to the patient in danger. A GSM module (SIM900) sends a message via SMS to the doctor whenever the patient is in a critical condition. The Thingspeak app on the Doctor's phone fetches these parameters measured for every change and displays on the smart phone. It allows the doctor to monitor the readings collected from the patients and can be stored for retrieval at any time. The phone enables the doctors to control the device remotely. The result shows that when the heart beat rate falls between 119 – 160(BPM) which is an ideal situation, no alarm message is sent but once the values goes below 90BPM and above 120BPM, an alarm message is send to the Healthcare giver signifying immediate attention required. The same procedure takes place with the Temperature sensor; once the reading goes below 34°C and above 36 °C., an alarm is sent indicating danger. The device prototype was developed and tested successfully.

**Keywords:** IoT, Sensor, Measurement, Remotely, Monitoring

#### **024. Relationship between the Clothing Interest and Mental Health of Undergraduate Students in the University of Nigeria**

**Nnubia, U. I.<sup>1</sup>, \*Oluah E.B<sup>1</sup> and Gabriel C. D.<sup>1</sup>**

<sup>1</sup> Department of Home Science and Management, University of Nigeria, Nsukka.

**Correspondence:** [ekwutosi.oluah@unn.edu.ng](mailto:ekwutosi.oluah@unn.edu.ng)

#### **Abstract**

The study determined the relationship between clothing interest and mental health of undergraduates in the University of Nigeria. Descriptive cross-sectional research design was employed for the study. A multi-staged sampling technique was used to select 696 undergraduates from five faculties in the university. Three specific objectives guided this study. Clothing Interest Questionnaire and Mental Health Continuum Short-Form were used to collect data. The instruments were validated by three lecturers in the Department of Home Science and Management. The instruments were reliable with Cronbach alpha values of 0.78 and 0.86 respectively. The data were analyzed using SPSS version 23.0. Frequency, percentage and Chi-square were used for data analysis. Results showed that 61.5% of the respondents had interest in clothes that make them unique, 54.6% were interested in clothing for appearance enhancement, 54.3% had interest in clothing for experimenting, 59.1% of them had interest in clothing for security while 65.7% of the respondents had interest in clothing that conform to fashion in vogue. The respondents could belong to more than one clothing interest category. A greater proportion (69.5%) of the respondents had poor mental health. The finding showed that clothing interests for Security ( $\chi^2 = 15.49$ ,  $p = .000$ ) and Uniqueness ( $\chi^2 = 12.0$ ,  $p = .002$ ) were significantly ( $p < 0.05$ ) associated with positive mental health. Clothing interests for appearance, experimenting, security and fashion were not associated with mental health ( $p \geq 0.05$ ). Although the mental health of the respondents was generally suboptimal, it was not mostly associated with their clothing interests.



### THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS

Mental health services such as counseling services and support groups should be made readily available to the students.

**Keywords:** Clothing interests, Mental health, Undergraduate students, University, Nigeria

#### **025. Exploring the Use of Digital Technology in Management of Household in University of Nigeria Nsukka**

**Owoh, N.P.<sup>1</sup>, Okoye, O.I.<sup>1</sup>, & Okechukwu, F.O.<sup>1</sup>**

<sup>1</sup>Department of Home Science and Management, University of Nigeria Nsukka.

**Correspondence email:** [ngozi.owoh@unn.edu.ng](mailto:ngozi.owoh@unn.edu.ng)

08034755441

#### **Abstract**

The paper explored the use of digital technology in the management of household in the University of Nigeria Nsukka. Specifically, the paper determined the extent to which digital tools and technology are being adopted by households, the negative and positive impact of using digital tools in management of household and the barriers that hinders or facilitates the use of digital technology in the management of households in University of Nigeria Nsukka. Three research questions also guided the study while descriptive research design was used for the study. The population was made up of 603 household in the university staff quarters. Simple random sampling technique was used to select ten percent of the population, making a sample size of 63 household units. Data were collected using a modified questionnaire technology adoption model (TAM). The analysis was done using mean. The finding of the study revealed factors that influence the adoption of digital technology to include socioeconomic status of the household, geographical location of the household, types of tools, level of integration, changes in time as well as resources available among others. Based on the findings recommendations were made. It was recommended that workshops should be organized for the households in the university to sensitize them on the use of digital tools in management household.

**Keywords:** Explore, Management, Households, Digital, Technology

#### **026. Personalized Nutrition, Individual Well-being, and Public Health of Nigerians: A Review**

**<sup>1</sup>Agu, R.I. & <sup>2</sup>Okadi, A.O.**

<sup>1</sup>Department of Home and Rural Economics, Federal Polytechnic, Oko, Anambra State

<sup>2</sup>Department of Agricultural Education, University of Nigeria, Nsukka

**Corresponding author's email:** [ashagwu.okadi@unn.edu.ng](mailto:ashagwu.okadi@unn.edu.ng)

07066980933

#### **Abstract**

Over the years, there has been a steady rise in nutrition related health problems globally. The type of nutrition and diet of a people have a direct relationship with their health and wellbeing. Annually, millions of dollars are expended in the management of health problems related to the feeding habit of the population, thus placing a heavy on the resources that would have been utilized for the provision of infrastructure. This paper reviewed the personalized nutrition for enhancing individual wellbeing and public health in Nigeria. The authors adopted a comprehensive literature



### THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS

search using data sources such Scopus, web of science, research gate, springer, among others. Search terms used include personalized nutrition, individual wellbeing, public health, Nigeria, etc. Eighty articles were returned from the search, seventy-one were accessed while sixty-five were found relevant and used for the review. The review was organized under the following subheadings: practice of personalized nutrition, the impact of personalized nutrition on individual well-being and public health, challenges of personalized nutrition, approaches for promoting personalized nutrition, among others. From the review, it was found that personalized nutrition has positive effects on individual wellbeing and public health through improved dietary patterns, reduction in nutrition related disease, promoting public health, reducing healthcare costs through preventive measures among others. It concluded that personalized nutrition is an effective tool for promoting the health and wellbeing of the people and socio-economic development of the nation. It was recommended among others that effective awareness on the need for personalized nutrition should be created, adopt strategies for enhancing household income, and formulate nutrition related policies to promote dietary patterns.

**Keywords:** Personalized nutrition, Health, Individual well-being, Public health, Nigeria

#### **027. Safety Practices among Residents of Bole Street, Karewa Masakare in Yola North of Adamawa State**

**Bagula, L.R.<sup>1</sup>**

<sup>1</sup>Modibbo Adama University (MAU), Yola

**Correspondence:** [pwaluti@gmail.com](mailto:pwaluti@gmail.com)

08036464164

#### **Abstract**

The journal is on safety Practices among residents of Bole Street, Karewa masakare in Yola North of Adamawa State. The study is guided with four research questions and four hypothesis. The population for the study consist of 50 residents at Bole Street, Masakare Karewa in Yola North of Adamawa State. The instrument for data collection is a structured questionnaire which is validated by 2 experts in Modibbo Adama University (MAU), Yola as well as a statistician. 50 questionnaires were administered with the help of two research assistant who helped with the face to face interview. The reliability of the instrument is determined by Cronbach's alpha that shows 0.70 which is high reliability. Data is analyzed using simple percentages, frequency and mean score. Findings of the study revealed that 20% of the residents practice safety, 25% maintain safety precautions, 40% of the residents follow safety procedures and 15% value safety ethics. Safety is not only a legal requirement, but also a moral responsibility for residents. However, ensuring that everyone follows the safety Practices can be challenging, especially when there are different attitudes, behaviors and risks involved. Residents need to familiarize themselves with the safety policies, procedures, and regulations that apply to the residential area. By knowing the safety rules residents can demonstrate their commitment and competence, and set a good example for the area.

**Key words:** Ethics, Safety, Practices, Bole, Yola



**THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE  
ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS**

**028. Impact of Ethical Education on Household Values: Integrating Ethics into Secondary School Educational Standards in Enugu State**

**Jovita C. Ejimonye**

Department of Social Science Education, University of Nigeria, Nsukka

**Correspondence:** [Jovita.ejimonye@unn.edu.ng](mailto:Jovita.ejimonye@unn.edu.ng)

**Abstract**

This research study explores the influence of ethical education on household values by concentrating on the integration of ethical teachings into secondary school educational standards. Specifically geared towards secondary school students, the research aims to investigate how the inclusion of ethical education in the curriculum impacts household dynamics. The primary objectives are to identify key ethical principles emphasized in secondary education, examine their transmission to family life, and scrutinize the challenges and successes associated with aligning educational standards with household values. The study adopted the descriptive design method. A sample of 86 secondary school students were randomly selected for the study. Employing a mixed-methods approach, the study incorporates quantitative surveys and qualitative interviews to collect comprehensive data from secondary school students and their families. The data collected were analyzed using regression analysis. By focusing on the experiences of secondary school students and their families, this research contributes essential insights to the broader discourse on ethical education and its profound effects on household values.

**Keywords:** Ethical education, Household values, Ethics, Educational standards

**029. Microbiological Quality of Locally Fermented Food Condiments Sold in Nkwo-Ibagwa Market in Nsukka, Enugu State**

**\*Nwobi, C.A., Owoh, N.P., Oguejiofor, O.M., & Eze, D.**

Department of Home Science and Management, University of Nigeria, Nsukka

**\*Correspondence:** [chibundo.okonkwo@unn.edu.ng](mailto:chibundo.okonkwo@unn.edu.ng)

**Tel:** +2348061118454

**Abstract**

The microbiological assessment of commonly consumed Nigerian fermented food condiments (ogiri, ukpaka, and okpei) sourced from diverse vendors in Nkwo-Ibagwa market, Nsukka, was conducted to ascertain their quality. The analysis involved identifying microbial contaminants, their gram characteristics, and microbial loads using established protocols. The findings revealed the presence of fermentative bacteria such as *Bacillus coagulance*, *Bacillus subtilis*, *Micrococcus varians*, *Bacillus licheniformis*, *Lactobacillus fermenti*, *Lactobacillus caesi*, and *Micrococcus luteus*. Pathogenic bacteria including *Pseudomonas aeruginosa*, *Escherichia coli*, *Staphylococcus saprophyticus*, *Staphylococcus aureus*, and *Klbsiella oxytoca* were also detected. Notably, ogiri and ukpaka samples harbored both gram-positive and gram-negative microorganisms, whereas only gram-positive microorganisms were found in okpei samples. The total bacterial counts ranged from  $1.5 \times 10^6$  cfu/g to  $1.2 \times 10^9$  cfu/g, with ogiri exhibiting the highest total coliform count and okpei the lowest. The study underscores the potential health risks, including poisoning and gastroenteritis, faced by consumers of these condiments. Consequently, it advocates for enhanced



### THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS

hygiene practices among processors and traders to mitigate cross-contamination and ensure consumer safety

**Keywords:** Microbiological quality, Fermented foods, Condiments, Fermented food condiments

#### **030. Decision Support System: A Comprehensive Review**

**<sup>1</sup>Ukeoma Pamela E., & <sup>2</sup>Bakpo, Francis**

<sup>1,2</sup>Department of Computer Science, University of Nigeria, Nsukka (UNN), Nigeria.

<sup>1</sup>University of Nigeria Teaching Hospital, Enugu, Nigeria

**Correspondence email:** [pamelaukeoma@gmail.com](mailto:pamelaukeoma@gmail.com)

07033548032

#### **Abstract**

The integration of Artificial Intelligence (AI) into the workplace has sparked significant discussions about its implications for the future of work and employment. This paper explores the multifaceted impact of AI on the workforce, delving into its advantages, challenges, adaptation strategies, and future predictions. The paper provides a foundational understanding of AI and its impact on work and employment dynamics. The paper examines the advantages of AI in the workplace, highlighting its role in increasing efficiency and improving decision-making processes. Alongside these advantages, AI presents challenges for the workforce; the paper discusses issues such as job displacement and restructuring, the skills gap necessitating retraining, ethical concerns regarding biases in AI algorithms, privacy and data security risks. Strategies for adapting to AI in the workplace are then explored, emphasizing the importance of human-AI collaboration, creating new job roles that complement AI capabilities, and establishing regulations for responsible AI usage. The paper offers predictions for the future of work and employment, envisioning an evolution in job market dynamics, potential job creation in AI-related fields, a shift towards more flexible work arrangements, and an analysis of the social and economic implications of widespread AI adoption. Finally, the paper emphasizes the importance of striking a balance between technological progress and human well-being, underscoring the need for collaborative efforts to navigate the transformative impact of AI on the future of work and employment.

**Key words:** Artificial Intelligence (AI), Workforce Dynamics, Adaptation Strategies, Future Trends, Human-AI Collaboration

#### **031. Conceptual Trends Associated with Name Changing in Nsukka Cultural Zone**

**Festus U. Ngwoke PhD; JohnKenedy A. Ozoemena; James A. Abah PhD.**

The Use of English Unit, School of General Studies, University of Nigeria, Nsukka

**Correspondence:** [festus.ngwoke@unn.edu.ng](mailto:festus.ngwoke@unn.edu.ng)

#### **Abstract**

Generally, name plays a vital role in the lives of every human being for the sake of identification, depiction of one's heritage, history and sometimes destiny. Within Nsukka cultural zone, much importance is attached to name as it has many things around people's belief system, psychology, identity, cultural values, etc. In recent times, there seems to be a prevailing trend in the change of family name among the people of Nsukka cultural zone just like most other parts in Igbo land with or without a streamlined reason for such actions. This paper intends to examine the objectivity



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

surrounding the increasing change of family names within Nsukka cultural zone and possible effect. This study adopts both qualitative and quantitative methods for its data collection and analysis. It was discovered that various reasons propel the existing trend of changing family names. Such reasons are traced to conceptual meaning, spiritual reasons, and special attachment to personal recognition rather than communal/ancestral recognition. It is advocated that family names should communally remain a binding force and be sustained for the sake of posterity.

**Keywords:** Conceptual trends, Name changing, Nsukka cultural zone

#### **032. Influence of Social Media Use on the Eating Behavior and Food Preferences of Undergraduate Students in the University of Nigeria, Nsukka**

**Umennuihe, C.L.<sup>1</sup>, Onyeke, N.G.<sup>1</sup>, Umennuihe, A.E.<sup>2</sup>, & Ekeh, P.N.<sup>1</sup>**

<sup>1</sup>Department of Home Science and Management, University of Nigeria, Nsukka

<sup>2</sup>A P Leventis Ornithological Research Institute Jos, University of Jos Biological Conservatory, Laminga Village Jos East, Plateau State

**Correspondence:** [nkechi.onyeke@unn.edu.ng](mailto:nkechi.onyeke@unn.edu.ng)

#### **Abstract**

This research evaluated the influence of social media use on the eating behaviors and food preferences of undergraduate students in the University of Nigeria. Four objectives and two hypotheses guided the study. A descriptive cross-sectional survey design was used for the study with a population of 39,295 students. Multi-stage sampling technique was used to select a sample of 381 students. Data was collected using structured questionnaires validated by three experts. Data was analyzed using frequencies, percentages, mean, standard deviation and chi-square. The result revealed that majority (73.1%) of the respondents makes use of social media applications in moderate amount with WhatsApp (96.2%), YouTube (84.8%), Gmail (83.7%), Facebook (78.5%) and Instagram (72.8%) being used by majority of the students while most of them do not use skype (89.4%), Tumblr (85.9%) and Reddit (85.3%) among others. The respondents' eating behaviours showed that more than a third (35.1%) of them were emotional under eaters, followed by those with hungry eating behaviour (26.6%). A greater proportion (26.6%) of the students prefer snacks, 26.1% prefer dairy, 25.8% prefer fruits while very few (3.0%) prefer vegetables. Findings further showed that frequency of social media use was not significantly associated with eating behaviours and food preferences of the students. The study recommended that the University authority should provide nutrition education that will foster a healthier campus environment.

**Keywords:** Students, Social media, Eating behaviour, Undergraduates, Food preferences

#### **033. Family Communication Patterns and their Implications on Adolescents' Conflict Management in Onitsha North Local Government Area of Anambra State**

**Obi, Rita Nkemjika**

Department of Home Economics, Nwafor Orizu College of Education, Nsugbe Anambra State

**Corresponding author's email:** [ritaobi30@gmail.com](mailto:ritaobi30@gmail.com)

+2348136705408

#### **Abstract**

The study was aimed at ascertaining the family communication patterns and their implications on adolescents' conflict management in Onitsha North Local Government Area of Anambra State.



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

Four (4) research questions were formulated. The study adopted a descriptive survey design. The population for the study consist of 5,794 SS 1&2 students in 16 public secondary schools in Onitsha North L.G.A. A sample of three hundred and seventy-four (374) students were drawn from 8 public secondary schools in Onitsha North L.G.A. Questionnaire was used to collect data for the study. The reliability of the instrument was established using test-retest method. The responses were correlated using Pearson Product Moment Correlation Co-efficient and the result yielded 0.78. The data collected were analyzed using mean and standard deviation. Based on the analysis of the data, the following findings were made: there are various family communication patterns but families in Onitsha North Local Government Area adopt the both consensual and pluralist communication patterns. Thus; Adolescent have some saying in family decisions (3.17), ideas are exchanged freely among family members in issues of common interest (3.31), the adolescents parents respect his/her right and opinions (2.80), the adolescent obeys, his/her parents without questioning (2.97), the adolescent's parents inspire him/her to share his/her feelings with them (2.70). It was recommended among others that the adolescents' parents should always give a listening ear to him/her, the adolescents' parents should disengage from raising their voice on their adolescents unnecessarily, the adolescents should feel free to ask his/her parents questions bothering him/her.

**Keywords:** Family communication patterns, Conflict management, Implications

#### **034. Influence of Ethical Codes and Integrity Practices on Academic Engagement among Building and Metalwork Technology Education Students in Enugu State Universities**

**<sup>1</sup>Ariyo Samson Oluwatimilehin, <sup>2</sup>Vincent, Deborah Ahuoiza, <sup>3</sup>Ogbu Damian  
Kanayochukwu**

<sup>1,2,3</sup> Department of Industrial Technical Education, University of Nigeria

**Correspondence:** [samson.ariyo@unn.edu.ng](mailto:samson.ariyo@unn.edu.ng)

#### **Abstract**

This study investigates the influence of ethical codes and integrity practices on academic engagement among Building and Metalwork Technology Education students in Enugu State Universities. Three research questions and hypotheses guided the study. A survey research design was used for the study. The study participants were 157 students selected from the two public universities offering building and metalwork technology education in Enugu State. The Student Ethical Code Questionnaire, Student Integrity Practices Questionnaire, and Student Academic Engagement Inventory were adopted and used for data collection. The reliability co-efficiency of the instrument was found to be 0.87, 0.74, and 0.83. In answering the study questions, the data were analyzed using correlation analysis, and the hypotheses were tested at the 0.05 level of significance using simple linear regression. The correlation analysis revealed strong relationships between adherence to ethical codes, integrity practices, and the level of academic engagement exhibited by the students. Additionally, the simple linear regression analysis indicated that ethical codes and integrity practices positively predict academic engagement levels among the students. These results suggest that promoting and upholding ethical codes and integrity within the academic environment may enhance student engagement and general academic performance in the building and metalwork technology education program at Enugu State Universities. The implications of these findings extend to educational policy, curriculum development, and institutional practices,



**THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE  
ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS**

highlighting the need for targeted interventions aimed at promoting ethical awareness and fostering integrity among building and metalwork technology students.

**Keywords:** Ethical codes, Academic engagement, Integrity practice, Technology

**035. Social Norms and Ethical Values in Early Child Care and Education: Caregivers' Perspectives**

**Okenyi, Emmanuel Chidobe<sup>1</sup>, Igwe, Onyinyechi<sup>2</sup>, Ezema, Victor Sunday<sup>3</sup>, Anthonia N. Ngwoke & Anthonia O. Aneke**

Department of Early Childhood and Primary Education, University of Nigeria, Nsukka

**Correspondence:** [emmanuel.okenyi@unn.edu.ng](mailto:emmanuel.okenyi@unn.edu.ng)

08036759024

**Abstract**

Nigeria as a nation is in a state of collapse, with various forms of antisocial and unethical behaviours, one wonders if social norms and ethical values are still being inculcated into young Nigerians. This study, therefore, investigated the application of social norms and ethical values in early childhood care and education in Igbo-Eze North Local Government Education Authority, Enugu State. The study adopted an empirical survey research design. The population of the study comprised all the pupils and caregivers in the entire public primary schools with ECE centres in the study area which are; 258 pupils, 64 caregivers and 31 primary schools. The sample size of the study is 40 pupils and 40 caregivers drawn through a purposive sampling technique. The study was guided by three research questions. A researcher-made instrument; Caregivers' Perspectives on Social Norms and Ethical Values (CPSNEV) was utilized for data collection. The data collected was analyzed using simple percentages, mean and standard deviation. The result of the study showed that social norms and ethical values are utilized to motivate and nurture pupils' abilities. However, the results also showed that the lack of knowledge of social norms and ethical values on the part of the caregivers is a great hindrance to the use and inculcation of social norms and ethical values in the pupils. It was, therefore, recommended that social norms and ethical values be introduced into the teachers and caregivers training programme.

**Keywords:** Social norms, Ethical values, Child care, Education, Caregivers, Perspectives

**036. Awareness Level of Occupational Hazards of Hairdressers in Umuahia Metropolis, Abia State, Nigeria**

**Dr. Catherine Chika Igbokwe**

Department of Vocational Education, Abia State University, Uturu

**Correspondence:** [cathyigbokwe@gmail.com](mailto:cathyigbokwe@gmail.com)

+2348153940603

**Abstract**

Hairdressing as an integral part of the cosmetology industry ensures the employment of youths from the nation's educational system. Findings, however, have revealed diverse associated hazards to this occupation. These include skin conditions, musculoskeletal diseases, and work-related respiratory difficulties. These result from exposure to numerous potential health hazards such as vapours, solvents, perfumes, and dust within the work environment. This study, therefore, sought to find out the level of awareness of beauty salon workers regarding these hazards as well as the extent to which they are affected by them and how to prevent being affected. The study employed



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

the survey design and answers were sought for five research questions. The sample was 188 salon workers selected from a total of 200 salons within the metropolis. The data collected were analysed using frequency tables, percentages, and weighted means. Findings showed a reasonable level of awareness (3.04) among hairdressers of the hazards associated with the occupation but poor usage of protective tools (21.56%). It was recommended among others that both local and national health agencies should create more awareness among hairdressers about these hazards and how to prevent them. They should also be enlightened about how to manage and improve their work environment.

**Keywords:** Hairdressing, Occupational hazards, Work environment, Awareness

#### **037. Social Media Use and Eating Disorder among Young Adults: Moderating Role of Self-Esteem**

**Kalu T. U. Ogba<sup>1</sup>, Oha, Christiana Kelechi<sup>1</sup>, and Ugwuegede, Patience<sup>2</sup>**

<sup>1</sup>Psychology Department, University of Nigeria, Nsukka

<sup>2</sup>Social Sciences and Humanities, School of General Studies, Institute of Management and Technology, Enugu State

**Correspondence:** [kalu.ogba@unn.edu.ng](mailto:kalu.ogba@unn.edu.ng)

#### **Abstract**

With the constant use of social media sites like Facebook, WhatsApp, there is a tendency for young adults to engage in negative social comparison and subsequently develop negative behavior like eating disorders. The development of these negative eating behaviors may be explained by their self-esteem. We investigated the moderating of self-esteem in the relationship between social media use and eating disorders among young adults. A total of 400 undergraduates who were conveniently sampled from three South-eastern Universities participated in the study; with their ages ranging between 17 to 33 years (mean age of 21.33 years). Participants were administered: the Multidimensional Facebook Intensity Scale, the Eating Attitude Test (EAT-26), and the Rosenberg Self-Esteem Scale. Results of the Hayes PROCESS macro revealed that social media use was positively associated with eating disorders and self-esteem significantly moderated the relationship between Social media (Facebook) use and eating disorders, with lower and moderate self-esteem acting as a potential Influence on the association between social media use and eating disorders. The findings of this study therefore sheds light on how social media use impacts our traditional eating value and ethics leading to eating disorder symptoms among young adults.

**Keywords:** Social media use, Eating disorder, Self-esteem, Young adults

#### **038. Employing the Potentials of Vocational Technical Education for a Sustainable National Development**

**Uloh, E.V. (PhD); Nnaji, J.R<sup>2</sup> and Onyebule, B.A<sup>3</sup>**

School of Vocational Education, Federal College of Education, Eha-Amufu.

#### **Abstract:**

The growth and development of any nation lies on the capacity of her technological, intellectual, educational and economic contributions of her citizens. The paper focuses on the strength of Vocational Technical Education to produce a sustainable national development capable of eradicating poverty and penury. The paper concludes that achieving this is possible only when the



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

citizens are properly empowered by equipping school leavers with employable skills in different areas of vocational technical education. This can be done by providing training in areas such as agriculture, technology, commerce, information technology, home economics and hospitality industry. Despite the depressed Nigerian economy, investing into the potentials of vocational technical education will go a long way to help create more job opportunities for young people, improve social mobility and boost productivity in these industries thereby contributing to a country's GDP, workforce productivity and international competitiveness producing a more prosperous and stable future for the country.

**Keywords:** Sustainable Development, Employable skills, Vocational Technical Education, Productivity and Workforce

#### **039. Traits for Peaceful Co-Existence in Families**

**Gavou, T. Pam (Ph.D) and Keswet, L. A. (Prof.)**

Department of Science and Technology Education, Home Economics Unit, University Of Jos

**Correspondence:** [pamjerry2@gmail.com](mailto:pamjerry2@gmail.com)

08100021936

#### **Abstract**

The study investigated traits for peaceful co-existence in families. Descriptive survey design was used, and the area for the study was Jama'a Local Government Area of Kaduna State. Population of the study was 188, made up of 126 parents and 62 young people the ages between 15 and 25. Structured questionnaire was used for the data collected and were analyzed using mean. The study revealed among other things that sound education, empathy, forgiveness, love, harmonious living, family integration, discipline, dialogue and mutual respect are traits that promote peaceful co-existence in families. Recommendations were made based on the findings of the study.

**Keywords:** Traits, Peaceful, Co-existence, Families and Discipline

#### **040. The Roles of the Family in Mitigating Moral Decadence in the Society**

**Chisom Ezenwaji<sup>1</sup> and Obasi Chidi Chukwu<sup>2</sup>**

Department of Sociology and Anthropology, University of Nigeria Nsukka

Department of Educational Foundations, University of Nigeria Nsukka

**Correspondence:** [chidiobasi3@gmail.com](mailto:chidiobasi3@gmail.com)

#### **Abstract**

Moral decadence has become a source of worry to the people in the society. Morality, ethics and value continue to become old fashioned among different groups of the people. This study, the roles of the family in mitigating moral decadence in the society aimed at pinpointing the roles family unit can play towards enlightening the people on the values that should be upheld to reduce moral decadence in the society. Family has neglected their roles with regards to moral teachings in the recent years. The study used secondary data from books, journals, Newspapers, printed and electronic materials to obtain information for the study, eliciting various roles of the family in instilling morality to the youngster to ameliorate moral decadence in the society. Findings from the study showed that the family has tremendous roles to play in drastically curbing moral decadence as moral decadents continue to reign supreme in the society. The study found that if



**THIRD ANNUAL INTERNATIONAL CONFERENCE (VIRTUAL) OF THE  
ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS**

the family plays her roles well, there will be drastic reduction of moral break down in the society.  
Conclusion and recommendations were made by the study.

**Keywords:** Family, Moral decadence, Society, Mitigation

