



# **ASSOCIATION FOR FAMILY AND SOCIETY SCIENTISTS**

**4TH ANNUAL INTERNATIONAL  
CONFERENCE (VIRTUAL), 2025**

**BOOK OF ABSTRACT**

**THEME:**

**FAMILY, MENTAL HEALTH, AND QUALITY OF LIFE  
AMIDST TROUBLED TIMES**

**DATE: 20TH & 21ST MARCH, 2025**

**VENUE: ZOOM MEETING PLATFORM**



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

## **KEYNOTE SPEAKER:**

**Prof. Ayebo Evawere Sadoh  
University of Benin, Nigeria**

## **LEAD PAPER PRESENTER:**

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Mending Minds Foundation, Nairobi, Kenya**

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## **WORKSHOP FACILITATOR II:**

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University of Calgary, Alberta, Canada**

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**PROF. FRANCA O. OKECHUKWU**

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**PROGRAMME OF EVENTS**

**Mock Presentation: Wednesday, 19<sup>th</sup> March 2025**

10:00 am – 10:05 am: Logging in of participants.

10:05 am – 10:35 am Mock presentation

**Opening Ceremony: Thursday, 20<sup>th</sup> March 2025**

8:30 am – 9:00 am: Logging in of participants.

9:00 am – 9:05 am: Recognition of resource persons and conference participants

9:05 am – 9:10 am: Opening Prayer

9:10 am – 9:15 am: Opening Remark by President of AFASS (Prof. F.O. Okechukwu)

9:15 am – 9:25 am: Welcome Address by the Acting Vice Chancellor (Prof. T. U. Ujam)

9:25 am – 9:35 am: Welcome Address by the Dean Faculty of Agriculture (Prof. J. I. Eze)

9:35 am – 10:40 am: Keynote Paper Presentation/questions (Prof. Mrs. Ayebo Evawere Sadoh)

10:40 am – 11:45 am: Lead Paper Presentation/questions (Hon. Leila Kisiah)

11:45 am – 11:50 pm: Vote of Thanks by LOC Chairman (Dr. K. T. U. Ogba)

11:50 am – 12:00 pm: Short Break

12:00 pm – 1:35 pm: Workshop on Qualitative Research (Dr. A. N. Maduforo)

1:35 pm – 3:10 pm: Workshop on Quantitative Research (Dr. U.I. Nnubia)

3:10 pm – 3:15 pm: Closing remarks/prayer.

**Plenary Session: Friday, 21<sup>st</sup> March 2025**

8:30 am – 9:00 am: Logging in of participants to their rooms.

9:00 am – 9:05 am: Opening Prayer

9:05 am – 2:00 pm: Plenary session

2:00 pm – 2:45 pm: Annual General Meeting

2:45 pm – 2:50 pm: Vote of thanks



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**001. Effect of Blending Ratios and Baking Temperatures on Nutrient Composition and Sensory Acceptability of Biscuits made from Wheat, Pigeon Pea and Moringa Leaf Flour**

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**Abstract**

The utilization of vegetables with supplementation of cereals and legumes plays a vital role in improving protein-energy malnutrition, micronutrient deficiency and reducing diabetes risk. The aim of this study is to determine the effects of blending ratios and baking temperatures on nutrient composition and sensory acceptability of biscuits made from wheat, pigeon pea and moringa leaf flour. Wheat, pigeon pea and moringa leaf flour were used to produce blends of biscuits in the following ratios in percentages: 100:0:0, 70:20:10, 80:15:5. Each blends were baked at two different temperatures: 180°C and 200°C. The control had only wheat flour baked at 180°C and 200°C. The biscuits were allowed to cool and packaged in plastic containers. Nutrient values and sensory characteristics were determined according to standard procedures. The addition of moringa leaf and pigeon pea flour to composite biscuits significantly ( $P<0.05$ ) increased the protein (13.21-19.86), crude fiber (9.04-9.14), ash (5.81-7.35), zinc (1.27-4.58), iron (1.38-1.82) and reduced the carbohydrate (36.23-53.30) content. Sensory evaluation scores indicated that biscuits supplemented with 15% pigeon pea, 5% moringa and 80% wheat composite flour baked at 200°C were more preferred than the other formulated biscuits. Substituting wheat with moringa leaf and pigeon pea flour significantly improved the nutritional content of biscuits with desirable sensory acceptability.

**Keywords:** Moringa, Pigeon pea, Wheat, Nutrient composition, Biscuits.

**002. Enhancing Elderly Health in Delta State, Nigeria: The Role of Fruits and Vegetables in Preventing Degenerative Diseases**

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**Abstract**

This paper looks at how fruits and vegetables can play a critical role in improving the health and well-being of elderly populations in Delta State. Since elderly people are prone to diseases such as heart disease, diabetes, osteoporosis, and cognitive decline, fruits and vegetables will be very crucial in their diet for sustainability of health and prevention of these chronic diseases. The paper outlines the health benefits of fruits and vegetables, including their impact on heart health, bone strength, digestion, and cognitive function. It also points to the need for comprehensive strategies to enhance access to nutritious foods for elderly individuals, particularly those on fixed incomes. Recommendations include policy initiatives to increase consumption of fruits and vegetables at a local level, subsidies to make such foods accessible, and the collaboration between NGOs or community health organizations for nutrition education, cooking skills, and access to fresh produce. The paper concludes with the call that there is an overriding need to give priority to elderly nutrition and to establish a sustainable food system that supports the long-term health of



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elderly people in Delta State, being part of the efforts to reduce the burden of degenerative diseases and improve quality of life.

**Keywords:** Elderly health, Delta State, Fruits, Vegetables, Degenerative diseases prevention

**003. Out-of-home Food Consumption in the Context of Daily Lives in Urban Nigeria: A Practice-based Approach**

**Adeosun, K.P.<sup>1</sup>, & Oranu, C.<sup>1</sup>**

<sup>1</sup>Department of Agricultural Economics, University of Nigeria, Nsukka

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**Abstract**

Understanding the interaction between urban daily lives and patterns of food consumption in the Global South is important for informing health and sustainability transitions. A situated social practice approach is employed to understand how everyday contexts shape practices of out-of-home food vending consumption. Multiple methods were employed, including GIS mapping of food vending outlets, quantitative consumer surveys, in-depth consumer interviews, and participant observation. The study provides an overview of food vending-consumption practices in terms of the socio-demographic situation of consumers and the embeddedness of food vending in the practice arrangements making up their daily lives. The findings reveal three key daily life practices that interlock with their ready-to-eat foods consumption practices: daily mobility practices, working arrangements, and domestic engagements. These three categories of daily urban practices that have undergone rapid transformation in line with socio-economic change and urbanisation and emerged as particularly important in shaping out-of-home food consumption. The paper concludes by considering the importance of understanding the embeddedness of food vending practices in the daily lives of the urban poor for sustainable food systems transitions in the Global South.

**Keywords:** Everyday practices, Food practices, Social dynamics, Food consumption, Food vending

**004. Nutrient Composition and Sensory Evaluation of Cookies Made with Oven Dried Tigernut (*Cyperus esculentus*) and Soya-bean (*Glycine max*) Composite Flours Sweetened with Date (*Phoenix dactylifera*)**

**Ezeja, E.P.<sup>1</sup>, Ufere, E.A.<sup>2</sup>, Nwamarah, J.U.<sup>1</sup>, Ogwo, B.O.<sup>1</sup>, & Nwosu, C.W.<sup>1</sup>**

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**Abstract**

The study evaluated the nutrient composition and sensory attributes of cookies made with oven dried tiger nut and soya bean sweetened with date palm. The study adopted an experimental study design. The raw materials used in this project were purchased from Ogige market in Nsukka, Enugu state, Nigeria. The cookies samples were produced with the different flour ratios (DTS1-100% wheat flour-control, DTS 2-70% soya bean and 30% tiger nut and DTS 3 was 50% soya



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bean and 50% tiger nut). The samples were analyzed for proximate, vitamins and mineral compositions using standard methods. The samples were also subjected to sensory evaluation using a 9-point hedonic scale. The data obtained were statistically analyzed with SPSS version 22. Data were presented as means and standard deviations. Statistical difference was accepted at  $P < 0.05$ . Results showed that the fat, moisture, ash, crude fibre, protein, and carbohydrate contents of the samples ranged from 0.93-1.95%, 2.45-2.97%, 0.98-2.97%, 7.2-10.1%, 2.11- 4.14%, 78.7-84.30%, respectively. Results showed that the samples had no significant ( $p > 0.05$ ) differences in vitamin B<sub>1</sub> and vitamin B<sub>3</sub> contents. Potassium was the most abundant mineral in all the samples. However, there was a significant ( $p < 0.05$ ) difference in vitamin B<sub>6</sub> content of the samples. DTS1 recorded in the general acceptability score among the samples. The composite flours and dates as a sweetener could be used in further studies for other confectionaries as they have been shown to produce cookies with improved nutritive values.

**Keywords:** Tiger nut, Soya bean, Cookies, Nutrient composition, Sensory evaluation.

#### **005. Assessment of the Potential Health Risks Associated with Drinking and Irrigating Spring and Borehole Waters in the Nsukka Environment**

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#### **Abstract**

Since groundwater is the main supply of water in Nsukka, the quality is a major concern because of the growing number of construction projects and anthropogenic activities on the land. To assess the quality and potential health concerns associated with groundwater use, the physicochemical, microbiological, and heavy metal contents of 6 groundwater sources in Nsukka and 2 control stations were measured. This study demonstrated that every physicochemical and microbiological parameter, with the exception of chlorine, was within the recommended standards. All heavy metals, with the exception of iron and zinc, also exceeded the permissible limits, with arsenic, lead, and cadmium being particularly abundant. Children are more likely to be exposed to these health risks than adults are, according to the HI/HQ for ingestion and dermal exposure, which also showed a high potential risk for non-carcinogenic disorders and a high potential risk for cancer. In conclusion, these water sources need to be properly treated before being consumed because prolonged use could result in major health hazards due to metals bio-accumulating in the body.

**Keywords:** Carcinogenic, Environmental risk, Health risks, Pollution, Spring, Water quality.



**006. The Role of Sexist Comments on the Mental Health of Girls in Engineering: A Narrative Review**

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**Abstract**

Engineering remains one of the fields with the lowest female-to-male ratio. Researchers have highlighted numerous factors contributing to the persistent underrepresentation of women in engineering, including the lengthy study period, the discipline's challenging nature, and bias. While some engineering schools and organizations have successfully addressed certain barriers, bias remains a significant issue over the past two decades. It manifests as gender inequity, discrimination, and sexist comments, negatively impacting the mental health of those affected. Several studies have consistently shown that bias hampers the progress of girls in engineering. Addressing these issues early is vital for improving female students' success rates. Understanding the impact of sexist comments on the mental health of female engineering students is crucial. This study aims to conduct a narrative review exploring this relationship. A literature search on Google Scholar and IEEE covering the period from 2005 to 2025 yielded 42 articles, with 7 excluded based on specific criteria. Findings indicate that sexist comments represent a form of subordination and oppression, posing significant harm to the mental well-being of female engineering students. The review emphasizes the need to mitigate this prejudice and suggests practical recommendations to combat the detrimental effects of bias. Additionally, the study highlights future research directions to deepen the understanding of how sexist comments influence female students' experiences and success in engineering. Addressing this issue is essential for fostering a more inclusive and equitable environment in engineering education.

**Keywords:** Mental health, Engineering, Sexism, Women, Gender inequality

**007. Roles of Nutrition in Mental Health: A Systematic Review**

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**Abstract**

Mental health is a state of complete mental well-being that enables one contend with distress, manage stress, learn well, interact effectively and engage in productive working capacity. Mental health disorder such as anxiety and depression affect millions of people globally. Nutrition has emerged as a critical factor in mental health, with a growing body of evidence suggesting that



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dietary patterns and nutrient intake can influence mental health outcomes. This systematic review aims to synthesize the existing literature on the roles/relationship between mental health and nutrition with focus on dietary patterns and further reveals the impact of key nutrients on brain functioning and mental well-being. A comprehensive search of major database (published journals: Scopus, PubMed, Google search) was conducted to identify studies published recently. Studies examining the relationship between nutrition and mental health outcomes were included. The review articles suggested with evidence that a healthy dietary pattern, key nutrients like omega-3 fatty acids, vitamin D, and poly phenols have been shown to have antidepressant and anxiolytic effects. Also, in gut-brain axis, the gut microbiome plays a crucial role in mental health with alterations in gut bacteria linked to depression and anxiety. In conclusion, a healthy dietary pattern rich in fruits, vegetables, omega-3 fatty acids and whole grains may help prevent and treat mental health disorders. Further research is needed to elucidate the mechanism of actions underlying the interplay of nutrition in mental health.

**Keywords:** Nutrition, Review, Mental health, Depression, Anxiety, Well-being

#### **008. Anthropometric Indices, Dietary Diversity Score and Fast Food Consumption among University Workers in Southeast Nigeria: A Cross-Sectional Study**

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#### **Abstract**

Little is known about the anthropometric indices and dietary diversity score of fast food consumers. The aim of the study is to assess the anthropometric indices, dietary diversity score (DDS) and fast food consumption among university workers in Southeast Nigeria. A cross-sectional survey of 250 workers selected through a 4-stage sampling technique was conducted. Data were obtained on height, weight, hip and waist circumference. Questionnaire provided information on socio-demographic characteristics, food frequency and 24hr dietary recall. Data was analyzed using Statistical Package for Service Solution (SPSS) version 23. Results were presented using frequency, percentages mean and standard deviation. Chi-square cross-tabulation and Pearson correlation were adopted to establish the association between variables. A p-value  $p < 0.05$  was considered to be significant in all statistical test. Results show that 48.8% of the respondents fell within the age range of 31-40 years. Almost all the respondents had attained tertiary education (78%). Almost half (49.2%) of the respondents earn ₦100,000-₦299,999 monthly. Majority (67%) reported eating one or more foods from a fast food restaurant in the past 7 days. Minority (9.6%) had a high waist-hip-ratio. Majority (58.8%) were overweight and obese. Female respondents, comprising approximately 54.4% of the population, had an average consumption of 5.00 food groups, while male respondents (44.6%) consumed an average of 4.83 food groups. There seems to be a significant association between body mass index (BMI) and DDS and BMI and fast food consumption ( $p < 0.05$ ). Normal BMI was associated with higher DDS and lesser fast food consumption.

**Keywords:** Body mass index, Dietary diversity score, Fast food consumption, University workers, Southeast Nigeria.



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**009.**

**Parenting in Challenging Times in Nigeria**

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**Abstract**

Parenting in Nigeria faces unique challenges due to socio-economic, cultural, and political factors that impact family dynamics and child-rearing practices. This study examined the various challenges Nigerian parents encounter and the strategies they employ to navigate these difficulties. This study used a theoretical approach. The research focuses on key issues such as economic instability, educational disparities, Single Parenthood, Mental Health, Healthcare Access, Cultural Expectations, High Cost of Living, Lack of Infrastructure, Security Concerns and social pressures, which significantly influence parenting experiences in the country. The study explored the strategies they employ to navigate these difficulties such as Community Support and Networking, Entrepreneurship and Multiple Income Streams, Prioritizing Education, Instilling Traditional Values, Financial Planning and Budgeting, Health and Well-being Practices, Advocacy and Participation in Social Programs and Promoting Gender Equality.

**Keywords:** Parenting, Challenging Times, Mental Health

**010.**

**Maternal Mental Health and Child Development**

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**Abstract**

We investigated the impact of maternal mental health on the development of preschool-age children, focusing on key developmental domains such as communication, gross motor skills, fine motor skills, problem-solving, and personal-social skills. Using data from two states in Nigeria, we employ psychometric tools that include the General Health Questionnaire (GHQ), the Perceived Stress Scale (PSS), and the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) to assess maternal mental health, in addition to the Ages and Stages Questionnaire (ASQ-3) to measure child cognitive development. Our findings reveal a significant negative association between maternal psychological distress and child cognitive outcomes, with children of mothers experiencing higher stress and mental ill-health scoring lower in all developmental domains. In contrast, maternal well-being is positively correlated with improved child cognitive abilities, particularly problem-solving skills. These results underscore the critical role of maternal mental health in shaping early childhood development and highlight the need for targeted policy interventions. We recommend the integration of mental health services into maternal and child health programs, along with parental support initiatives, as essential strategies to improve cognitive development and foster long-term human capital formation.

**Keywords:** Maternal mental health, Child cognitive development, Ages and Stages Questionnaire, Nigeria.



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**011. Leveraging Igbo Apprenticeship System of the South-east Nigeria for Revival and  
Sustenance of the Economy of Families in Nigeria**

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**Abstract**

The paper studies the Igbo apprenticeship which is believed to have grown out from the family and community life of the life and cultural values. It studies the apprenticeship system as a form of traditional education system of the Igbo of the South Nigeria. The study hinges on the Igbo life and cultural system to study the apprenticeship system both as a non-formal educational system and family support and economic survival system. The paper finds out that the apprenticeship system can serve as a long term economic survival strategy for families or group of families in the prevalent economic situation in Nigeria. The paper recommends a closer look at and adoption of the apprenticeship system as a non formal training system and economic empowerment strategy.

**Keywords:** Igbo apprenticeship system, Economy, Family, South-east

**012. Social Media Adoption and Utilization in the Civil Engineering and Construction  
Industry: Usage Patterns, Benefits and Challenges**

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**Abstract**

This research project investigates the current usage and adoption patterns of social media platforms within the Civil Engineering and construction industry. It also aims to identify the benefits and advantages of leveraging social media in this sector, as well as examine the challenges and barriers faced by practitioners in adopting and utilizing these platforms. Data was collected through surveys from a sample of over 100 respondents with diverse engineering backgrounds and experience levels. The analysis utilized statistical methods and the relative importance index. The findings indicate that respondents were familiar with the social media platforms under investigation. However, their primary and frequent usage was observed on Facebook, WhatsApp, and YouTube for professional purposes. These platforms were primarily used for consuming industry-related content and for communication and collaboration with clients, colleagues, and workers. The study revealed various challenges hindering practitioners' adoption and utilization of social media, including a lack of awareness, inadequate technical skills, and time constraints. On the other hand, the research identified several advantages associated with adopting and utilizing social media in the Civil Engineering sector, including enhanced networking opportunities, improved knowledge sharing, broader project visibility, and increased client engagement. This research contributes to the existing knowledge by providing insights into the current usage patterns of social media platforms within the Civil Engineering and construction industry. The findings emphasize the importance of addressing challenges and barriers to effectively leverage the benefits of social media in professional practice. Practical implications suggest the need for awareness campaigns,



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training programs, and support mechanisms to enhance practitioners' technical skills and time management.

**Keyword:** Social media, Civil Engineering, Construction industry, Adoption, Challenge

**013. Influence of Students' Year of Study on the Prevalence of Financial Stress, Anxiety and Depression among Economics Education Undergraduate Students**

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**Abstract**

Financial challenges are major problems facing undergraduate students in the universities. Financial challenges have been identified as cause of stress, anxiety, depression. This study therefore, determined the prevalence of financial stress, anxiety and depression among Economics education undergraduate students in South-East public universities based on year of study. The study adopted descriptive survey design. The population of the study was 1,116 Economics education undergraduate students. The sample size consisted of 294 respondents, determined using Yaro Yamene's (1967) sample size determination formula and selected using multi-stage sampling technique. The study was guided by three research questions and three null hypotheses. Data was collected using Students' Financial Stress Scale (SFSS); Students' Financial Anxiety Scale (SFAS); and Students Financial induced Depression Scale (SFIDS). The instruments were validated by three experts from the departments of Social Science Education, Science Education and Psychology, University of Nigeria, Nsukka. The reliability estimates of the instruments were 0.923, 0.904 and 0.946 for SFSS, SFAS SFIDS respectively gotten using Cronbach Alpha. The research questions were answered using mean, while the null hypotheses were tested using Analysis of Variance at 0.05 level of significance. The finding showed that students' years of study do not influence the prevalence of financial stress, anxiety and depression among Economics education undergraduate. It was recommended that; university managements while reviewing the school fees and other levies paid by students should consider all students irrespective of their year of study. This is because students in all the years of study experienced financial stress and anxiety

**Keywords:** Year of Study, Financial Stress, Financial Anxiety, Depression

**014. Management of Mental Health at Work and With Diet**

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**Abstract**

Mental health, an integral part of overall health, is a state of wellbeing in which one is able to realize one's capabilities, can cope with normal stresses of life, work productively, and is able to make contribution to his/her community. Work, in addition to its financial benefits, can play a huge role in one's overall health and welfare by adding meaning, structure and purpose to one's life,





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providing one with a sense of identity and increased self-esteem, and offering important social outlet. Care of mental health at work includes trying to find meaning and purpose in one's work, collaborating with colleagues, building resilience, taking time away from work to rest, and engaging in regular exercise and relaxation. There is also growing evidence of association between brain health and nutrition. Inadequate access to sufficient nutritious and culturally appropriate foods is associated with mood and anxiety disorders. Dietary pattern is also shown to influence mental health in many ways. High consumption of processed foods is strongly correlated with increased risk of depression, mild cognitive impairment, and attention-deficit/hyperactivity disorder. On the other hand, whole foods, traditional and Mediterranean diets are shown to be protective against depression among other mental illnesses. Diets rich in brain foods such as fish, seafood, legumes, vegetables, yogurt, nuts, monounsaturated fat, probiotics, prebiotics and sources of nutrients that promote brain health, which include omega-3 fatty acid, vitamins C, D, E, and B-groups, magnesium, zinc and potassium promote mental health and recovery from mental illness. Mental health, being vital to overall good health, social and economic wellbeing, requires caring for it at work, taking time away from work to rest, eating adequate diets rich in whole and brain foods, getting enough quality sleep at night, and engaging in regular exercise and relaxation.

**Keywords:** Mental health, Work, Diet, Brain foods, Management

### **015. The Nexus between Family Food Insecurity and Mental Health of its Members: A Review**

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#### **Abstract**

Food is one of the primary sources of sustainability of the family. The major objective of this review is to examine the nexus between the family food insecurity and the mental health of its members, exposing the multiple impact of limited access to adequate food on the physical, psychological and social wellbeing of the family. Family Food insecurity is defined as when a family has inadequate access to safe and nutritious food regularly. Lack of this will invariably induce anxiety, stress and sometimes depression among members of the family. Studies have shown a significant increase in the number of food insecure Nigerians from 66.2million in Q1, 2023 to 100 million in Q1, 2024 (WFP, 2024). This paper used existing literature to examine how financial hardship, social exclusion and stigmas associated with family food insecurity contribute to deteriorating mental health outcomes. It discussed how poor mental health can impede the ability to accessed safe and nutritious foods and concluded that the more there is lack of food, the more the members of the family get mentally disturbed making food insecurity and mental health cyclical. Observations from this review projects the need for a comprehensive approach to solving the challenges food insecurity and mental health. One of them is public health interventions aimed at reducing food insecurity and providing mental health support for vulnerable families. This paper serves as calls for action for policy makers and stakeholders in the food and health sector to make food security a significant component of mental health promotion in Nigeria.

**Key words:** Nutritious and safe food, Mental wellbeing, Economic hard times, Family, Stress.



**016. Data Protection Risks in the Use of Artificial Intelligence for Mental Healthcare in Nigeria**

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**Abstract**

Data-driven decision-making has become essential for businesses, enabling them to respond swiftly to market dynamics and consumer needs. Emerging technologies such as cloud computing, artificial intelligence (AI), and blockchain have transformed how personal data is collected, stored, and utilized. AI holds significant promise in Africa, particularly in enhancing mental healthcare by providing discreet, AI-enabled support for individuals concerned about the stigma of mental illness. However, the use of AI in processing mental health data raises critical data protection concerns, including risks of cyberattacks, data breaches, unauthorized data sharing, bias, discrimination, and misinformation. This study adopts a doctrinal research methodology to analyse these challenges and provide evidence-based recommendations for strengthening data protection in AI-driven mental healthcare in Nigeria.

**Keywords:** Artificial Intelligence, Data protection, Mental health, Nigeria.

**017. Physico-social Family Support Needs for Inclusion in Instructional Package for Management of Mild Mentally Challenged Persons in Akwa Ibom State, Nigeria**

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**Abstract**

The main purpose of this study was to determine the physico-social family support needs for inclusion in instructional package for management of mild mentally challenged persons in Akwa Ibom State, Nigeria. Two specific purposes, two research questions guided the study. The study adopted survey design. The target population of the study was 1,549 participants from which the sample size of 354 participants comprising of 63 experts and 291 caregivers was determined using research advisor table and selected using multistage sampling procedure. Questionnaire was used for data collection “Family Support Needs for Management of Mild Mentally Challenged Persons Questionnaire (FSNMMMCPQ)”. The instrument was face validated by five experts and it had the reliability coefficient of 0.91 with Cronbach Alpha statistic respectively. Means and independent t-test statistics were used for data analysis. Findings revealed that experts approved the inclusion of all the specific physical care ( $\bar{X} = 3.03$ ) and social care ( $\bar{X} = 3.12$ ) in the physico-social family support instructional package for management of Mild Mentally Challenged Persons. On the basis of the findings it was recommended that instructional package developer should ensure that specific tasks of physical and social support needs are included in the package for management of mild mentally challenged persons.

**Keywords:** Family, Management, Mild mentally challenged, Package, Physical support, Social support



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**018. Parenting Styles and Academic Performance of Undergraduate Students of the  
University of Nigeria, Nsukka, Enugu State: Gender Perspectives**

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**Abstract**

Poor academic performance remains a significant concern among scholars from different perspectives. Some investigators concluded that students' learning activities constitute a major obstacle to academic advancement as well as the quality of life of any individual. Hence, this study sought to ascertain if the academic advancement of undergraduate students of the University of Nigeria, Nsukka (UNN) depends on a parenting style. A cross-sectional research design using a multistage sampling technique was used to collect data among 204 undergraduate students of the University of Nigeria, Nsukka (UNN) using questionnaires and In-Depth Interviews (IDI). Two hundred valid questionnaires were analyzed using the Chi-square as a statistical method. However, the study found that UNN undergraduate students' academic advancement does not ( $>0.05$ ) largely depend on parenting styles. Nevertheless, the results revealed that the permissive parenting style is the best parenting style that can boost students' academic success more than any other parenting style. Also, the study revealed that female students do not see ( $>0.05$ ) authoritative parenting as the best type of parenting than the male students. Therefore, the study concludes that the success of student's academic performance does not largely depends on the type of parenting style of their parents and recommends, among others that institutions/organizations that influence child development, such as school management through schools advisers, should offer seminars to educate their members on effective techniques that foster responsible adulthood.

**Keywords:** Academic performance, Parenting styles, Students, Gender & University of Nigeria Nsukka

**019. Assessment of Bed Linen Produced from Guinea Brocade for Wealth Creation in Offa  
Local Government, Kwara State**

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**Abstract**

Bed linen produced from guinea brocade exhibits remarkable quality attributes, showcasing its rich cultural heritage, the intricate pattern and vibrant colors inherent to guinea brocade contribute to its aesthetic appeal, making it attractive choice for consumers seeking unique and culturally significant bed linen options. Therefore, this study assessed bed linen produced from guinea brocade for wealth creation in Offa Local Government Area Kwara State. Six (6) research questions were raised with three (3) hypotheses were tested at 0.05 level of significant. The study adopted Research and Development research design. The population for the study comprised 3014



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of home maker in Offa Local Government. Multi-stage sampling technique (including simple randomly) was used to select one hundred and fifty (150) home makers in study area. The instrument used was well structured evaluation score card and questionnaire tagged 'assessment of guinea brocade bed linen questionnaire (AGBQ)'. The instrument was validated by the researcher's supervisor and it had a reliability coefficient of 0.786. Data was analyzed using the descriptive statistics including frequency, mean and standard deviation and the research hypotheses were tested using t-test and Pearson Product Moment Correlation (PPMC) at 0.05 level of significance. The finding of the study revealed that overall acceptability of guinea brocade bed linen is higher ( $8.00 \pm 1.09$ ). It was also revealed that the respondents were not aware of guinea brocade bed linen and agreed to the factors that influence its acceptability, their perception and the perceived quality were agreed, and the economic benefit of using guinea brocade fabric for bed linen were agreed and agreed to some certain challenges facing the production of bed linen from guinea brocade. The finding also revealed that the perceived quality significantly influence its acceptability and economic benefits significantly influence acceptability of guinea brocade bed linen ( $p < 0.05$ ). There is significant difference in the acceptability of guinea brocade bed linen and contemporary fabric bed linen ( $p < 0.05$ ). It can be concluded that the preference and acceptance of Guinea brocade bed linen over contemporary fabric bed linen signify a lucrative market opportunity and means of wealth creation. It was recommended that there should be collaboration with local designers and artisans Partner with local interior designers and decorators to showcase how Guinea brocade bed linen can enhance bedroom aesthetics.

**Keywords:** Bed linen, Guinea brocade, Textile industry, Wealth creation, Economic impact

#### **020. Influence of Early Centre-based Care/Creche on Child Physical, Cognitive and Socio-emotional Development**

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#### **Abstract**

Early centre-based care or creche, which involves providing childcare services within a designated facility or center is a popular option for parents who need to leave their young children in the care of others while they work. However, the influence of such care on child physical, cognitive, and socioemotional development remains a subject of debate. While some studies have reported positive effects of early centre-based care on child development, others suggest that prolonged exposure to such care may have negative consequences. 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 (7) research questions were raised and three (3) hypotheses were formulated and tested at 0.05 levels of significances. Survey research design was adopted for the study. The target 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 of 150 respondents from the study area. The instrument used was questionnaire tagged 'Early centre-based care/creche on child physical, cognitive and socio-emotional development questionnaire (ECCPCSDQ)' and it had a reliability coefficient of 0.723. Data was analyzed using a frequency count, percentages, means, standard deviation; the null hypotheses were tested using Pearson



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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 socioemotional development. Result of findings 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 socioemotional 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:** Crèche, Childcare, Education, Child development

#### **021. Religious Values, Social Media and Parenting in a Digital Age**

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#### **Abstract**

The advance of technology and social media has greatly transformed how people interact and access information. Although these hold so many advantages, it is also challenging for parents who are making efforts to raise their children within their religious values and convictions. In this digital age, children have been exposed to ideas, behaviours and values contrary to the religious upbringing and teachings. Consequently, parents are often faced with the challenge of balancing their religious principles and instructions with the realities of the digital age. This paper therefore, explores how religious values can guide parents in addressing the challenges posed by social media. Using the qualitative phenomenological research method, the study reveals that religious values play crucial role in shaping family life, providing moral and ethical foundation, discipline and interpersonal relationship. The study concludes that parents should adopt a proactive approach to digital education with religious institutions offering guidance on faith-friendly digital parenting.

**Keywords:** Religious values, Parenting, Social media, Challenges, Digital era

#### **022. Evaluating the Economic Impacts of Climate Change on Agriculture and Food Security in South West, Nigeria**

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#### **Abstract**

The study evaluated the economic impacts of climate change on agriculture and food security in South-West, Nigeria. Three specific purposes and three research questions guided the study. A descriptive survey research design was adopted. It was carried out in South West, Nigeria (Lagos,



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Ogun, Oyo, Osun, Ondo, and Ekiti States). The population for the study was 660, which consisted of 600 farmers and 60 extension agents randomly selected from the six states in South-West region of Nigeria and sampled using accidental sampling technique. Structured questionnaire was used for data collection and it was face validated by three experts. Cronbach alpha reliability method was used to ascertain the internal consistency of the instrument and a reliability coefficient of 0.78 was obtained which showed that the instrument was reliable and effective for the data collection. Data collection was carried out by the researcher and six research assistants. Mean and standard deviation were used to analyze the data collected. The findings revealed fifteen (15) impacts of climate change on agriculture and food security in South West region of Nigeria; thirteen (13) adaptive strategies adopted by farmers in South West region of Nigeria to mitigate the impact of climate change; and twelve (12) sustainable agricultural practices that can be adopted in mitigating the impacts of climate change. Based on the results obtained, the study concluded that it is essential to develop and implement effective strategies to mitigate the economic impacts of climate change on agriculture and food security in the South West, region of Nigeria. It was therefore recommended that the government and other stakeholders should promote climate-smart agriculture practices, such as conservation agriculture, agroforestry, and crop diversification to enhance agricultural productivity and resilience to climate change among others.

**Keywords:** Climate Change, Economic Impacts, Agriculture, Food Security, and South West.

### **023. Prevailing Fashion on Clothing purchasing and Consumption Pattern of Homemakers in Enugu State**

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#### **Abstract**

This study investigated the influence of prevailing fashion on clothing purchasing and consumption pattern of Homemakers in Enugu State. Two specific purposes and two research questions guided the study. The study adopted a descriptive survey research design and was carried out in the three senatorial zones districts of Enugu State namely: Enugu North, Enugu West, and Enugu East. The population for this study was 725,766 Home makers in the three senatorial zones in Enugu State. Yaro Yamene formula was used to determine the sample size of 390 Homemakers in Enugu State. Questionnaire was used for data collection. Three experts validated the instrument; two from Home Economics and Hospitality Management Education and one from measurement and evaluation, all from University of Nigeria, Nsukka. Data were analyzed using mean and standard deviation. The findings of the study revealed that clothing items my religion approves, clothing items that is decent, buying high quality clothing items, clothing items that are trending, clothing items based on culture, among others are the factors that influence clothing purchasing behaviour and consumption pattern of Homemakers in Enugu State. Also, it was indicated that removing any stain on fabric before laundry, using the recommended temperature of water in laundry, mending of any torn clothes before laundry, using suitable washing agents, daily care of the clothing among others are ways of maintaining clothing by Homemakers. Based on the findings



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of the study, it was therefore recommended among others that Homemakers should purchase appropriate clothing, use and maintain them properly for it to last long and serve its purpose.

**Key words:** Fashion, Purchasing, Clothing, Consumption and Homemakers.

### **024. Impact of Parental Role of Balancing Freedom and Rules on the Lives of their Children**

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#### **Abstract**

Parenting in this new era is full of complexities especially when it has to do with striking a balance between granting children freedom and establishing rules. This delicate balance has a significant impact on children's cognitive, emotional, economic and social development. This study therefore explored the parental role in navigating this balance, examining the factors that influence decision-making and the consequences of different approaches. The design of the study was descriptive survey research design. The sample of the study consisted of 500 youths (250 married people and 250 single) randomly selected from the population of youths in 5 South-Eastern States of Nigeria. A questionnaire was used for collection of data. The reliability estimate of the instrument was 0.72 using Cronbach Alpha. Data collection was analyzed using mean and standard deviation, while null hypotheses were tested using t-test at 0.05 level of significance. The findings revealed that parents who successfully balance freedom and rules foster autonomy, responsibility, and resilience in their children, while excessive control or freedom can reduce self-esteem and increase behavioral problems. Based on the findings, the study recommended that parents should establish clear rules and consequences, set boundaries, be good listeners, offer choices, support independence, and encourage emotional expression.

**Keywords:** Parenting, Freedom, Rules, Child development, Autonomy, and Responsibility

### **025. Internet Addiction and Psychological Distress in a sample of Secondary School Adolescents in Enugu, South East Nigeria**

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#### **Abstract**

The internet has been described as the most effective tool in all areas of science, business, education, culture and politics. Generally young people are seen as the most active users of the internet. Internet addiction is one of the harmful effects of the internet and a new form of psychological disorder which causes both physical and mental health problems. It is an impulse control disorder that does not involve intoxicant and is akin to pathological gambling. Internet addiction is broadly defined as an individual's inability to control his or her use of the internet, which eventually causes psychological and social difficulties in a person's life. It has been linked to a variety of problems which include inadequate sleep, failure to eat for long periods, limited



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physical activity, and disruption of studies and other daily life activities of an individual. Using a cross sectional research design, this study assessed internet addiction and psychological distress in secondary school adolescents in Enugu metropolis, South East Nigeria. The Young Internet addiction scale and the General Health questionnaire were administered to 455 secondary school adolescents aged 13-19 years. Result revealed that 16.4% of the respondents showed no sign of addiction to the internet; 33.84% had mild addiction; 37.14% had moderate addiction, while 12.54% showed signs of severe internet addiction; while majority, 64.8% had psychological distress. The implications of these findings on the mental health and academic performance of secondary school adolescents and other young people were highlighted.

**Keywords:** Internet addiction, Psychological distress, Adolescents, Young people, Enugu metropolis.

### **026. Perceived Effect of School Based Health and Nutrition Intervention on the Physical Well-Being and Academic Readiness of Primary school pupils in Enugu State, Nigeria**

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#### **Abstract**

The impact of school-based health and nutrition interventions is significant in improving the physical well-being and academic readiness of primary school pupils, especially in areas with limited resources. This study investigates how these programs affect the physical health and academic preparedness of primary school learners in Enugu State, Nigeria. A descriptive survey design was utilized, focusing on three research questions and two hypotheses. The study involved a stratified random sample of 400 primary school pupils and 100 teachers from both public and private institutions. Data collection was carried out using structured questionnaires, and the analysis employed both descriptive and inferential statistics. The results show that pupils who participated in health and nutrition interventions experienced better physical health, as indicated by lower absenteeism rates, greater involvement in school activities, and improved focus. Furthermore, these interventions had a positive effect on academic readiness by promoting cognitive growth, enhancing classroom participation, and leading to better overall learning results. Nonetheless, variations in program implementation were noted across different schools, attributed to issues such as funding limitations, insufficient infrastructure, and weak policy enforcement. The study highlights the necessity for stronger school-based health policies, increased support from the government and stakeholders, and the incorporation of comprehensive nutrition programs to fully benefit the learners. It concludes that emphasizing health and nutrition interventions in primary education is vital for fostering comprehensive child development and enhancing educational outcomes. Future research should investigate the long-term effects and sustainability of these interventions.

**Keywords:** School, Nutrition intervention, Health, Academic readiness, Pupils





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**027. Knowledge, Attitudes, and Impact of Social Media on the Mental Well-Being of Undergraduate Students at the University of Nigeria, Nsukka (UNN), and Imo State University (IMSU)**

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**Abstract**

Social media has become a necessary aspects of life, as so many people use it for different purposes. This study examines the knowledge, attitudes, and impact of social media on the mental well-being of undergraduate students at the University of Nigeria, Nsukka (UNN), and Imo State University (IMSU). Using a survey research design, data were collected through a structured questionnaire. The questionnaire served as the primary research tool for capturing insights into students' social media usage patterns, mental health awareness, and coping strategies. The findings indicate that 97% of respondents are aware of the mental health implications of social media usage, and 93.6% agree that the type of content consumed significantly affects mental well-being. While 42.1% of respondents spend 3-5 hours daily on social media, only 43.3% frequently take breaks to focus on mental health. Common mental health challenges associated with excessive social media use include stress (38.2%), anxiety (38.2%), and feelings of isolation (27%). To manage these challenges, 70.4% of students limit their screen time, though only 3.4% seek professional help. The study highlights the dual impact of social media as both a resource and a risk factor for mental health. The study recommend that undergraduate students should focus on positive contents on social media that can help improve their mental health and also learn to take breaks from social media to avoid social media addiction.

**Keywords:** Social media, Students, Mental well-being, University

**028. Microbial and Heavy Metal Contents of Selected Herbal Medicines Sold in Enugu State, Nigeria**

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**Abstract**

This study investigates the microbial and heavy metal contents of selected herbal medicines sold in Enugu State, Nigeria. Specifically, the study evaluated the presence of bacterial, parasitic, and fungal loads and heavy toxic metals (mercury, lead, zinc, and iron) in herbal medicine samples. Ten branded samples were purchased from Ogige and Ogbete main markets and labelled A to J. These medicines were indicated for the treatment of malaria, typhoid fever, ulcers, sexually transmitted infections, worm infestation, and general blood cleansers. Laboratory analysis using standard methods was used to identify the microbial and heavy metal contents of the samples. The results showed that 70% of the samples exceeded safety limits for microbial contamination, while all samples had excessive iron levels. Sample (A) contained mercury (0.161) above the safe standards established by the FAO/WHO. Samples (A,B,C,D,E,G,I) were found to contain coliform bacteria and other bacteria above safety limits. No sample was found with fungal and parasitic



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load above safety limits. The study concludes that herbal medicines may not be assured of safety in terms of bacterial, and heavy metal (iron and mercury) contents. The findings underline the health risks associated with unregulated locally prepared herbal medicines.

**Keywords:** Herbal medicine, Microbial contamination, Heavy metals, Safety, Coliform bacteria, Iron, Mercury, Nigeria.

#### **029. Compassionate Love and Quality of Life in Nursing: Moving Beyond Job Demands**

**Adubi, P.C., Onoja, F.E., Kanu, G.C., Ike, O.O., Ujoatuonu, I.K.N., Urama, S.I.,  
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#### **Abstract**

This study explored how job demand mediates the relationship between compassionate love and quality of life among nurses in Nigeria. The sample consisted of 343 nurses (21% male, 77.6% female) from Bishop Shanahan Hospital, University of Nigeria Medical Center, and Mt. Araphat Hospital in Nsukka, Enugu State, drawn using purposive sampling. Data were collected using the Compassionate Love Scale (CLS), Effort-Reward Imbalance Questionnaire (ERI-Q), and Quality of Life Enjoyment and Satisfaction Questionnaire-Short Form (Q-LES-Q-SF). The hypotheses were tested using the Hayes PROCESS macro for SPSS. The results indicated that compassionate love positively correlated with quality of life. Both the effort and reward dimensions of job demand were positively related to quality of life. However, only the effort dimension of job demand significantly mediated the relationship between compassionate love and quality of life, while the reward dimension did not. These findings suggest that in nursing, compassionate love requires more than just external rewards. To foster compassion and improve nurses' quality of life, healthcare organizations must prioritize creating supportive environments, offering adequate resources, and addressing the physical and emotional demands of the profession. These measures will help nurses better manage their caregiving responsibilities while maintaining a high quality of life.

**Keywords:** Quality of life, Compassionate love, Job demand, Nurses, Hospital

#### **030. The Impact of Parenting Styles and Family Relationships on Quality of Life in Challenging Times of Flood Disasters in Anambra state**

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#### **Abstract**

Flood disasters pose significant challenges to family stability, emotional well-being, and overall quality of life. This study examines the impact of parenting styles and family relationships on the quality of life of families affected by flood disasters in Anambra State, Nigeria. A descriptive survey research design was adopted, with a sample of 92 respondents selected through purposive and stratified sampling techniques. Data were collected using a structured questionnaire and



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analyzed using descriptive and inferential statistics. The study reveals that parenting styles and family relationships significantly impact families' quality of life during flood disasters in Anambra State. Authoritarian parenting ( $M = 3.32$ ) is the most prevalent, while authoritative parenting ( $M = 1.61$ ) is less practiced. Emotional connections ( $M = 3.29$ ) and sibling support ( $M = 3.27$ ) help families cope with displacement. Floods significantly affect quality of life ( $M = 3.33$ ), with health risks ( $M = 3.23$ ) and emotional distress ( $M = 3.04$ ) being major concerns. A strong correlation exists between family relationships and quality of life ( $r = .865, p = .000$ ), highlighting their crucial role in disaster resilience. Pearson correlation analysis indicated a significant relationship between parenting styles, family relationships, and quality of life. The study concludes that fostering supportive parenting and strong family bonds enhances resilience among flood-affected families. It recommends policy interventions, community support programs, and awareness campaigns to promote adaptive parenting practices and strengthen family dynamics in disaster-prone areas.

**Keywords:** Parenting styles, Family relationships, Quality of life, Flood disasters, Coping mechanisms, Anambra state

#### **031. Health Care Needs for Inclusion in Home-Based Instructional Package for Management of Mild Mentally Challenged Persons in Akwa Ibom State, Nigeria**

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#### **Abstract**

The main purpose of this study was to determine the health care needs for inclusion in home-based instructional package for management of mild mentally challenged persons in Akwa Ibom State, Nigeria. Two specific purposes, two research questions guided the study. The study adopted descriptive survey design. The target population of the study was 81 experts from which the sample size of 63 experts was determined using research advisor table and selected using multistage sampling procedure. Questionnaires was used for data collection and this was Health Care Needs for Management of Mild Mentally Challenged Persons Questionnaire” (HCNMMMCPQ)”. The instrument was face validated by five experts and it had the reliability coefficient of 0.908 with Cronbach Alpha statistic respectively. Means and independent t-test statistics were used for data analysis. Findings revealed that experts approved the inclusion of the all the specific medical care ( $\bar{X} = 3.03$ ) and nutritional care ( $\bar{X} = 3.12$ ) in the home-based care instructional package for management of Mild Mentally Challenged Persons. On the basis of the findings it was recommended that instructional package developer should ensure that specific tasks of medical and nutritional care needs are included in the package for management of mild mentally challenged persons.

**Keywords:** Home-based care, Management, Mild mentally challenged, Package, Medical care, Nutritional care



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**032. Strategic Importance of Podcast Messaging in Creating Mental Health Awareness among Undergraduates of University Of Nigeria, Nsukka**

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**Abstract**

There is growing concern about mental wellness and awareness among students across tertiary institutions in Nigeria. This study therefore, investigated the influence of podcast messaging in creating mental health awareness among undergraduates of University of Nigeria, Nsukka. The background highlights the significance of mental health information dissemination and the potentials of podcasts as an innovative tool to address this issue. The theoretical framework drew from Social Cognitive Theory and Uses and Gratifications Theory to understand how podcasts can affect mental health awareness and behavior. The methodology involved administering 365 copies of questionnaire to University of Nigeria, Nsukka students to assess their perceptions, attitudes, and experiences regarding mental health podcasts. Findings revealed that while podcasts moderately raised awareness and positively influenced attitudes towards mental health, their full potential was yet to be realized. Mental health was recognized as a crucial issue among students, but stigma and barriers to seeking help persisted. Key factors contributing to student mental health problems were identified, including academic pressures, social isolation, financial difficulties, relationship issues, and lack of campus resources. Recommendations emphasize increasing podcast accessibility, tailoring content, integrating podcasts into university initiatives, expanding support services, and fostering an open dialogue around mental health.

**Keywords:** Mental health, Communication, Podcast, Students, Uses and gratification, Awareness.

**033. Technologies Impact on Family Bonds and Mental Health: The Double Edged Sword from Business Education Perspective in Enugu State**

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**Abstract**

This study investigated Technologies impact on family bonds and mental health, the double edged sword from business education perspective. Three research questions were developed and answered in line with purpose of the study. The study adopted a descriptive survey research design. A structured questionnaire was generated from the literature reviewed and developed for the study. The questionnaire was validated by three experts, two from the department of business education and one from Psychology, University of Nigeria Nsukka. The instruments reliability was established using Cronbach Alpha, yielding a coefficient of 0.85 internal consistency. The population for the study was 500. A sample of 250 was used for the study through simple sampling technique. The questionnaire was distributed to the respondents with the help of two research assistants. Data collected was analyzed using mean and standard deviation and hypotheses were tested using t-tests and ANOVA. The findings of this study, among others revealed that while



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technology facilitates faster and more efficient communication within families, it also reduces face to face interactions, leading to weaker emotional bonds. Increased screen time was associated with higher levels of stress, anxiety, and reduced emotional connection among family members. The study further found that excessive technology use negatively affects students' ability to balance academic, family, and social life. It was concluded that while technology is indispensable, its overuse can hinder meaningful family interactions and mental well-being. It recommends a balanced approach to technology use, promoting digital literacy and responsible usage habits.

**Keywords:** Business education, Technology use, Family communication, Mental well-being, Emotional bonds

#### **034. Nutrient Composition and Sensory Evaluation of Breakfast Cereal Made from Blends of Maize (*Zea mays*), Sweet Potato (*Ipomoea batatas*) and Soybean (*Glycine max*) Flour**

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#### **Abstract**

The study determined the nutrient composition and sensory evaluation of breakfast cereal made from blends of maize (*Zea mays*), sweet potato [*Ipomoea batatas L.*] and soybean [*Glycine max L.*] flour. The study adopted an experimental design. The samples were purchased from two local markets, Ogige main market in Nsukka local government area of Enugu State and Masaka market in Karu local government area of Nasarawa State. The samples were processed into flour. Four different flour blends were formulated from maize, soybean, sweet potato flour in the following ratios BC1; 70:20:10, BC2; 60:20:20, BC3; 50:30:20, BC4; 40:30:30. Sensory evaluation was carried out using a 9-point hedonic scoring scale to determine the degree of acceptability of the samples using 30 panel assessors. Chemical analysis was carried out in duplicates using Association of Analytical Chemist (2010) and other analytical methods. Data generated from this study were analyze with mean and standard deviation using Statistical Product for Service Solution (SPSS version 22.0). The level of significance was determined using One-way analysis of variance (ANOVA) and accepted at  $p < 0.05$ . Duncan's New Multiple Range test was used to separate the means for each parameter. The result of the sensory evaluation showed that control had the highest color ( $8.56 \pm 0.65\%$ ), flavor ( $8.56 \pm 0.65\%$ ), taste ( $8.44 \pm 0.82\%$ ), texture ( $6.84 \pm 1.51\%$ ) and overall degree of general acceptability ( $8.44 \pm 1.92\%$ ). However, other samples were within a close range especially sample BC4. The result of the proximate analysis showed that sample BC4 had the highest protein ( $18.61 \pm 0.01\%$ ), Ash ( $2.64 \pm 0.06\%$ ). Sample BC2 had the highest fat ( $2.35 \pm 0.01\%$ ), crude fibre ( $2.24 \pm 0.06\%$ ), carbohydrate content ( $372.50 \pm 2.12\%$ ) and energy level ( $372.50 \pm 2.12\text{kcal}$ ). For Vitamins analysis, control recorded the highest pro-vitamin A ( $8.17 \pm 0.01$ ). Sample BC2 recorded the highest in vitamin B<sub>1</sub> ( $0.46 \pm 0.00 \text{ mg/100g}$ ), vitamin B<sub>2</sub>, ( $0.31 \pm 0.01 \text{ mg/100g}$ ), vitamin B<sub>9</sub> ( $0.23 \pm 0.01 \text{ mg/100g}$ ). For the mineral analysis, sample BC1 had the highest sodium ( $18.86 \pm 2.42 \text{ mg/100g}$ ) and control had the lowest ( $8.17 \pm 0.01 \text{ mg/100g}$ ), sample BC2 had the highest calcium ( $37.50 \pm 1.96 \text{ mg/100g}$ ) value and control the lowest ( $13.89 \pm 0.00 \text{ mg/100g}$ ), sample BC4 recorded the highest manganese ( $21.55 \pm 0.21 \text{ mg/100g}$ ) value, control had the highest iron ( $3.82 \pm 0.36 \text{ mg/100g}$ ) value followed by sample BC1 with ( $2.80 \pm 0.36 \text{ mg/100g}$ ) value. The study, therefore, concluded that the utilization of soybean and sweet potato flours in the production of the breakfast cereal yielded positive results both in general acceptability and good



nutritional value.

**Keywords:** Nutrients composition, sensory evaluation, pasta, wheat semolina flour, African yam bean flour

**035. Critical Factors Affecting Utilization of Learning Management System for Teaching Practical Skills among Electrical/Electronic Technology Teachers in Nigerian Universities**

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**Abstract**

This study investigated critical factors (emotional intelligence and teachers' value beliefs) affecting utilization of Learning Management System (Google Classroom) for practical skills instructional delivery among Electrical/Electronic Technology Education (EETE) teachers in Nigerian Universities. The study was guided by four specific purposes and five null hypotheses tested at .05 level of significance. The study adopted a correlational research design. The study sample is 132 EETE teachers in universities in Southeast, Nigeria. Instrument used for data collection consists of 100 items on EETE teachers' level of utilization of Google Classroom, emotional intelligence, and value beliefs. The questionnaire was validated by three experts. Cronbach Alpha was used to determine the reliability of the instrument with an overall reliability index of 0.83. Data collected were analyzed using Pearson Product Moment Correlation to answer the research questions. Hypotheses were tested using regression analysis and Process moderation. The study revealed a moderate positive relationship exists between emotional intelligence and utilization of Google Classroom for instructional delivery among EETE teachers, a very weak positive relationship exists between value beliefs and the utilization of Google Classroom for instructional delivery among EETE teachers. Emotional intelligence and value belief significantly predict utilization of Google Classroom for instructional delivery among Electrical/Electronic Technology Education Teachers, while value beliefs predict the emotional intelligence levels of EETE Teachers. Based on these findings, it was recommended that educational institutions should implement targeted training sessions focused on enhancing teachers' emotional intelligence and promote value beliefs that emphasize the importance of technology integration in education.

**Key words:** Emotional Intelligence, Teacher's Value Belief, Google Classroom, Electrical/Electronic Technology Education, E-learning.



**036. Chemical Properties of Flour from Blends of Air Potato (*Dioscorea bulbifera*) and African Yam Bean (*Sphenostylis stenocarpa*)**

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**Abstract**

This work evaluated chemical properties of flour from blends of air potato (*Dioscorea bulbifera*) and African yam bean (*Sphenostylis stenocarpa*). Flour was processed from air potato and African yam bean, with various blends made at different ratios to obtain the samples: ADM1 (100:0), ADP2 (90:10), AAD3 (80:20), ADS4 (70:30), ADB5 (60:40), and AMM6 (50:50). The unblended flour, along with commercial yam flour (PRF0), was used as the control. The chemical analyses were conducted using standard methods. The results of the flour blends revealed the following ranges for proximate composition: moisture 7.80–9.39%, crude protein 5.35-16.02%, crude fat 0.69-1.80%, crude fibre 0.05-0.09%, ash 1.39-3.29%, carbohydrate 70.14-82.12%; Phytochemical results ranged as follows: tannins 19.87-85.12mg/100g, alkaloids 7.22-23.22mg/100g, flavonoids 7.40-73.63mg/100g, saponins 0.05-2.85mg/100g; Minerals results ranged as follows: sodium 34.66-58.28mg/100g, potassium 338.03-942.62mg/100g, iron 0.57-4.33mg/100g, calcium 293.27-452.21mg/100g, magnesium 39.16-60.11mg/100g, zinc 0.76-1.72mg/100g; Vitamins results ranged as follows: vitamin B6 0.57-5.52mg/100g, vitamin E 0.30-1.52mg/100g and vitamin C 14.50-29.16mg/100g.

**Keywords:** Air potato, African yam bean, flour blends

**037. Nutrient Composition and Sensory Properties of Cake Enriched with Watermelon (*Citrullus lanatus*) Rind Flour**

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**Abstract**

The study determined the nutrient composition and sensory properties of cakes enriched with watermelon (*Citrullus lanatus*) rind flour. The study adopted a quasi-experimental research design. Four specific objectives and four research questions guided the study. The sample product which was made with a blend of wheat and watermelon rind flour was coded according to the formulation ratio as follows; K0 (100:0), K3 (60:40), K2 (70:30), K1 (80:20). A nine-point hedonic rating scale questionnaire was used with a sample of 30 panelist to evaluate the sensory properties of the products. Data obtained were coded into Statistical Product for Service Solution (IBM\_SPSS), version 23. The data were analyzed using mean, standard deviation, and paired sample t-test. The level of significance was accepted at <0.05. Analysis on the general acceptability of the products showed that K1 (80:20) was the most accepted composite flour blend. Proximate, vitamins (pro-vitamin A, B6 and C) and mineral (Fe, Zn and Ca) contents of the K0 (100:0) and K1 (80:20) were analyzed using standard methods. Proximate results indicated that K1 was higher in protein, ash, crude fiber and carbohydrate but lower in moisture and fat content. Vitamin values showed that



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K1 was higher in vitamin C, B<sub>6</sub> and Pro-vitamin A. mineral content showed that K1 was higher in the mineral (Zn, Fe and Ca) content than K0. This study concludes that enriching cake products with watermelon rind flour, increases their proximate, vitamins and mineral compositions. It is, therefore, recommended that it should be used in pastries production to improve their nutrient composition.

**Keywords:** Watermelon, Sensory evaluation, Nutrient composition, Cake, Flour, Food enrichment.

#### **038. Fashion Truncates Breast Feeding and Leads to Breast Cancer and Inhuman Acts in the Society**

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#### **Abstract**

The general purpose of this study was to explain how fashion truncates breast feeding and leads to breast cancer and inhuman acts in the society. The study identified the importance of breast in fashions, ways through which fashion truncates breast feeding, relationship between fashions and breast cancer, and, relationship between truncated breast feeding and youths' inhuman acts. An exploratory research design was used for the study. From the explanations in the study, the following were noted: 4 Importance of breast in fashions, 4 ways through which fashion truncates breast feeding, 4 Relationship between fashions and breast cancer, and, relationship between truncated breast feeding and youths' inhuman acts. It was recommended among others, that churches and other religious organisations should host seminars to educate young mothers on the hazards of not breast feeding a child. The study also concluded that young mothers should be encouraged to give more regards to humanity than following fashion to destroy humanity.

**Keywords:** Fashion, Breastfeeding, Breast cancer, Society, Inhuman acts

#### **039. Nutritional Literacy: A Strategy for Enhancing Mental Health among Students in Federal College of Education Eha-Amufu Enugu State**

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#### **Abstract**

This study examined the impact of nutritional literacy on mental health outcomes among students at the Federal College of Education, Eha-Amufu, Enugu State. A descriptive survey design was used. The research explored how nutritional literacy improves students' mental well-being and identify the challenges in implementing effective strategies. The Population for the study was 350 FCEE students, with 100 randomly selected students from the Federal College of Education Eha-Amufu. Data were collected through a 20-item structured questionnaire with a four-point Likert scale. The study addressed two key questions: What are the impacts of nutritional literacy on students' mental health? What challenges hinder the implementation of nutritional literacy





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strategies? The results show that nutritional literacy has a positive effect on students' mental health, including improved dietary choices, reduced stress, and enhanced focus. However, challenges were identified, such as limited access to nutritional resources, insufficient awareness of nutrition's benefits, and lack of integration into the academic curriculum. These barriers emphasize the need for more accessible and comprehensive nutritional literacy programmes and greater institutional support. This research recommended integrating nutritional literacy into student life to enhance mental health outcomes and advocates for stronger efforts to overcome the challenges to effective implementation.

**Keywords:** Nutritional literacy, Mental health, Public health well-being, Dietary habits, Strategies

### **040. The Primacy of the Internal Health Feelings over External Sense of Community Supports in Determining Health Related Quality Of Life (HRQOL) among Sickle Cell Patients**

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#### **Abstract**

This study investigated the moderating role of sense of community in the association between self-hate, depressive symptoms, illness perception (internal health feelings) on health related quality of life among Sickle cell patients. Using purposive sampling technique, 100 participants comprising males n=57(57%) and n=43(43%) female from 3 different states (Abia, Imo and Enugu) was used for this study. Participants were administered with: Zung self-rating depression scale (Zung, 1965), Adult sickle cell quality of life measurement information system (ACSQ-Me) (Keller et al., 2014), Self-Hate Scale (SHS) (Turnell et al., 2018). Brief illness perception questionnaire (BIP-Q) (Broadbent et al., 2006) and the Brief Sense of Community Scale (BSCS) (Peterson, et al., 2008). The result of the Hayes PROCESS Macro indicated that Self-hate was significantly associated with HRQOL. Depression was significantly associated with HRQOL. Illness perception was significantly associated with HRQOL. Sense of Community was not significantly associated with HRQOL. The interaction between Self-hate and sense of community on HRQOL was not significant. The interaction between depression and sense of community on HRQOL was not significant. The interaction between illness perception and sense of community on HRQOL was not significant. Findings suggest that feelings of community (external) supports may have less role than the personal (internal) health feelings of sickle cell patients; emphasizing the need to address more of the internal health challenges (self-hate, depressive symptoms, illness perception) associated with sickle cell condition.

**Keywords:** Self-hate; Depressive symptoms; Illness perception; Sense of community; Health related quality of Life; Sickle Cell



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**041. Evidence-based Family and Community Interventions for Enhancing Well-Being of Individuals in Egbele Community, Uromi, Esan North East LGA, Edo State**

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**Abstract**

The well-being of family members is very important in enhancing a healthy and productive community. The research work explores evidence-based family and community interventions geared towards improving the overall well-being of residents in Egbele community, Esan North-East, Uromi, Edo State. Three objectives, research questions and two hypotheses to be tested at 0.05 significant level, were formulated to guide the study. The sample was made up of 250 persons comprising of adults and youths. Using a mixed-methods design which combined both quantitative and qualitative approaches, data was collected. The study discovered that some of the challenges affecting individuals' well-being include economic constraints, poor intuition, limited access to healthcare and inadequate social support systems. The findings also showed that targeted interventions, that is, family and community based intervention strategies used were effective in improving the well-being of residents studied. The researcher therefore recommended among others a collaborative approach involving all stakeholders, that is, policy makers, community organizations and families to ensure sustainable impact of interventions on residents' well-being. In conclusion, the study stated that implementing these evidence-based interventions can significantly promote individuals well-being in Egbele community and society at large. The contribution of the study lies in the fact that it will add to the existing body of knowledge on family and community intervention strategies for individuals' well-being and gives to policy makers and stakeholders a practical recommendation.

**Keywords:** Evidence-based interventions, family interventions, community interventions, well-being, evidence-based practices, Edo State.

**042. Home Economics Education as a Tool for Family Enhancement and Wellbeing Promotion**

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**Abstract**

This study investigates home economics education as a tool for family enhancement and wellbeing promotion. Two research questions and one hypothesis were raised to guide this study. Population of the study was selected households, teachers and students of tertiary institution Home Economics major in Afijio Local Government Area, Oyo State. Two hundred respondents were selected through purposive sampling. Data were collected with questionnaires and analyzed using means,



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standard deviation and t-test for testing the hypothesis at 0.05 level of significance. The result of this findings revealed that household poverty, poor health, dual households and environmental pollution are challenges impacting family living while evolving income generating ventures, resource management, new technologies and family living education are ways home economics education can sustain and promote family livelihood. There is no significant difference in the challenges impacting family living between urban and rural households. The study concluded that home economics education should be inculcated in schools syllabus since it is a potent instrument for promoting sustainable family livelihood. The study recommended that students of home economics should engage in entrepreneurial training and skills in order to uplift and sustain the family income and wellbeing.

**Keywords:** Education, Family enhancement, Home economics, Promoting, Wellbeing

#### **043. From Screens to Smoke: Social Media's Influence on Substance Abuse among Nigerian Youths**

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##### **Abstract**

Drug abuse over the years has become a social and health dilemma in Nigeria and across the world. Nigerian celebrities specifically, the music pop stars, have contributed to the increase of drug use and abuse. These celebrities proudly puff marijuana and its likes, openly misleading the youth who idolize them. Specifically, the study ascertained the usage of drugs among Nigerian youths and the influence of social media on drug misuse. The population of the study is 80,000, and it comprises the current student enrolment (undergraduate and graduate students) at the Enugu State University of Science and Technology. The survey research design was adopted to collect quantitative data for the research. The sample size 384 was determined using the Cochran formula of sample size determination. The findings of the study indicate that most of the respondents agree to use drugs, with a whopping majority of them stating they got authentication through celebrities on social media. Based on the findings, the study provided value-packed recommendations.

**Keywords:** Substance abuse, Social media, Nigerian youths

#### **044. Impact of Changing Family Structure on Childs' Wellbeing and Family Financial Resources in South East, Nigeria**

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##### **Abstract**

The study determined the impact of changing family structure on child's wellbeing and family financial resources in South East, Nigeria. The study adopted a correlation survey design. This



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study was carried out in three Universities in the South East, Nigeria: the University of Nigeria Nsukka, Nnamdi Azikiwe University Awka and Michael Okpara University of Agriculture Umudike. The population was made up of 452 lecturers and students in Home Economics Education programme of the three Universities. Simple random sampling was used to select a sample size of 135 respondents which comprises of 32 lecturers and 103 students. A 20-item Questionnaire was used in answering research questions. The clusters were structured on a five point likert response options. The instrument was validated by three experts. The Reliability of the instrument was subjected to Cronbach's Alpha reliability method to determine the internal consistency which yielded a coefficient of 0.821. The statistical tools for data analysis was Pearson Moment correlation coefficient to answer each of the research question. The hypothesis for the study was tested at 0.05 level of significant using regression ANOVA. Findings from the study revealed that to a high extent negatively influence the child's social wellbeing while changing family structure moderately and negatively influence the family financial resources. The study recommends that efforts should be made the government, private individuals and non-governmental organizations on developing parenting programmes that are specifically targeted at supporting parents to manage the effects of changing family structures on themselves and their children.

**Keywords:** Family, Family structure, Changing family structure, Mental wellbeing, Social wellbeing, Family resources, Family financial resources.

#### **045. Knowledge, Attitude, and Practices towards Mental health among Social Media Users in Nigeria**

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#### **Abstract**

The study examined knowledge, attitude and practices toward mental health among social media users in Nigeria. The study adopted the survey research method and a sample size of 385 drawn from an estimated population of 84 million social media users by means of the Australian Sample Size Calculator. The study was anchored on the Diffusion of Innovation Theory and Technological Acceptance Model. Findings indicate that all the respondents have been exposed to mental health information through the social media and other sources; that the respondents have moderate knowledge of mental health; overall positive attitude, but moderate practices toward mental health. The study recommended that governments and agencies should use the social media extensively to disseminate mental health information and prioritise mental health information.

**Keywords:** Mental health, Social media, Nigeria, Information



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**046. The Impact of Parental Resilience on Family Well-being amid Food Insecurity in  
Nigeria: A Review**

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**Abstract**

Food insecurity simply referred to unavailability of adequate and enough food for the masses. It significantly threatens family well-being, consistently leading to hunger and health problems. To curb the challenges, parental resilience come into play. Parental resilience involves managing stress, solving problems and finding support to keep the family going. The study reviewed the impact of parental resilience on family wellbeing amid food insecurity. The review synthesizes existing literature focusing on various dimensions of parental resilience such as emotional regulation, social support to overcome the difficulties of food shortages. Furthermore, it underscores the need for policy and program interventions that support parents in developing adaptive coping mechanisms and building stronger family units, ultimately improving the lives of vulnerable families in Nigeria. The author adopted a comprehensive literature search, using data sources such as scopus, web of science, research gate among others. The review was organized under the following subheadings: food insecurity, parental resilience on family wellbeing and the impact on food insecurity. It was found out that parental resilience has positive effects on family wellbeing in respect to food insecurity-improved family feeding, prevents malnutrition etc. it is concluded that parental resilience impacts greatly in boosting food security and socio-economic development of the nation. It was recommended that food policy, program interventions and community based support programs should be created for greater impact and other strategies for proper enhancement.

**Keywords:** Parental resilience, Food insecurity, Family well-being, Nigeria

**047. Interrogating the Factors Contributing to Human Trafficking in Nigeria and the  
Consequential Effect on the Youth, Family Welfare and Nation's Development**

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**Abstract**

Human trafficking is a modern day slavery which enormously affects the Youth, family welfare and Nigerian development in a negative way. It is a heartbreaking issue that leads to the massive exodus of the youth as well as children who would have been contributing to the economic growth and development of the country, to foreign countries either for sexual exploitation, forced labour or other forms of human trafficking. This study investigated the factors contributing to human trafficking in Nigeria, consequential effects on the youth, family and nation's development, and suggested some meaningful remedies to human trafficking in Nigeria. Anchored on Conflict theory, as the theoretical underpinning, data were collected from secondary sources such as journal articles, newspaper publications, policy briefs, books and internet sources. The findings of the study established among others that poverty, unemployment, bad leadership and corrupt



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government officials were the main factors contributing to the youth's vulnerability to human trafficking in Nigeria. The study equally recommended that for the Nigeria government to fight human trafficking and create room for positive development in the country, they should tackle poverty, create employment for the youth, create awareness through workshops and seminars, and establish meaningful empowerment of jobless youth through self-sustainable ventures and businesses among others.

**Keywords:** Human trafficking, Youth, Development, Socio-economic, Family welfare

#### **048. Production and Sensory Evaluation of Jam made from Pineapple, Apple, Banana and Pawpaw Blends**

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##### **Abstract**

Functional jams from blends of pineapple, apple, banana and pawpaw was produced and evaluated. The aim was to use some staple fruits with a combination of always available fruits within the locality to produce some nutritionally rich and functional jams. Some fruit pulps were blended and the best was selected. The percentage of the blends were considered and taken in a sample of 50:50 ratio for each fruit blend. Six samples were obtained. These were done so that the most uneducated person in a community would be able to do the same thing. The sensory evaluation showed that PPB had better general acceptability 6.10%. PPB had highest moisture 40.34%, control was lowest 27.19%. PB had highest ash 0.53%. Fat was high in APP and PPB 0.06% respectively. Among the blends, PPB had the highest carbohydrate 40.34%. High protein was 0.69 in PA. The physio-chemical showed PH 3.11 mg in PB, the acidity was highest in AB 1.45mg and APP respectively. The study showed that pineapple, apple, banana and paw-paw can be used for the production of Jam without affecting nutritional quality.

**Keywords:** Pineapple, Jam, Sensory evaluation, Physio-chemical, Apple

#### **049. Attitudes of Men towards Family Planning Techniques in Nsit Atai Local Government Area, Akwa Ibom State, Nigeria**

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##### **Abstract**

This study explores the attitudes of men toward family planning, focusing on demographic factors influencing these attitudes. Data was collected from 97 respondents in Nsit Atai Local Government Area, Akwa Ibom State, Nigeria, using simple random sampling during church gatherings and healthcare center visits. A structured questionnaire addressed respondents' demographics, knowledge, and attitudes toward family planning. The data were analyzed using Pearson's Product Moment Correlation and descriptive statistics. The study found that 49.5% of respondents were aged 41-60 years, with 31.9% having tertiary education. Additionally, 52.6% of households had 6-10 members, and 41.2% of marriages lasted more than 15 years. Younger individuals with higher



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education and longer marriages were more favorable toward family planning. Those with better access to family planning services and smaller households were more likely to use modern contraceptive methods. Religious beliefs, particularly among Christian respondents (82.5%), strongly influenced attitudes, with some holding conservative views against family planning. Marital structure also played a role, with 33% of polygamous families showing less acceptance of contraceptive methods. These findings emphasize the need for culturally sensitive family planning programs and greater male involvement in reproductive health. The study highlights the importance of raising awareness and improving access to family planning services, especially in rural areas.

**Keywords:** Family planning, Attitudes, Men, Demographic factors, Contraception, Reproductive health

#### **050. Sensory and Nutritional Quality of Ice Cream Flavoured with Roselle (*Hibiscus sabdariffa*) Syrup**

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#### **Abstract**

This study evaluated the sensory and nutritional quality of ice cream flavoured with roselle (*Hibiscus sabdariffa*) syrup. Specifically it assessed the sensory attributes, proximate composition, vitamin content (A, B<sub>2</sub>, B<sub>9</sub>, and C), mineral composition (Ca, K, Mg, Fe), phytochemical properties (flavonoids, phenol, alkaloids, saponins) of the samples (IY1 & IY0). Standard analytical procedures were employed to conduct these assessments in duplicate. The results indicated that the sensory properties of the roselle-flavoured ice cream were comparable to the control sample in terms of colour, texture, taste, flavor, and general acceptability. Significant differences were observed in the proximate composition, with the flavoured sample having higher levels of crude protein (1.53%), crude fat (14.70%), crude fiber (1.30%), and carbohydrate (39.93%). Additionally, the roselle-flavoured sample contained significantly higher concentrations of vitamins including vitamin A (120.70ug/100g), vitamin B<sub>2</sub> (0.55mg/100g), vitamin B<sub>9</sub> (4.85mg/100g), and vitamin C (1.70mg/100g). Mineral content was also higher, with calcium (519.45mg/100g), potassium (7.19mg/100g), magnesium (15.66mg/100g), iron (2.81mg/100g) present in greater amounts. Furthermore, the flavoured sample also had significantly higher phytochemical content, including flavonoid (1.10mg/100g), alkaloids (1.36mg/100g), phenols (3.40mg/100g), and saponins (1.85mg/100g). This study concludes that the incorporation of roselle syrup into ice cream significantly improves its nutritional quality while maintain desirable sensory attributes. This study recommends the production and consumption of roselle-flavoured ice cream, especially for children and adolescents, as a means of improving dietary nutrient intake.

**Keywords:** Nutritional quality, Sensory properties, Ice cream, Roselle syrup



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**051. The Father-Figure in Girl-Child Abuse and Mental Health: A Literary Exploration of  
Adichie's and Unigwe's Texts**

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**Abstract**

The abuse of girl children in families has become a very disturbing trend in the society. Some of the girls who have fallen victim suffer both physical abuse and sexual molestation in their homes. This situation becomes more worrying and rather disheartening when the abuse comes from the least expected source, by every imagination - a close family member, and moreso a father figure. The experience leaves the girl victim traumatized and mentally disoriented, a development which greatly disrupts the emotional well-being of the abused child, creating in their perception of external world some form of phobia, fear, anxiety, loss of self-esteem, while some relapse into depression. Issues as enunciated above are very often captured in fiction, exposing the level of in-house debauchery, exploitation, and molestation of the girl child. Chimamanda Adichie's *Purple Hibiscus* and Chika Unigwe's *On the Black Sisters Street* differently present the two scenarios of physical molestation of the girl-child and sexual abuse, respectively. These texts have been variously studied as depicting feminist tendencies, prostitution and sexual trafficking, among other thematic studies. Using the framework of trauma theory, this paper applies a qualitative methodology of literary analysis of the texts: *Purple Hibiscus* and *On the Black Sisters Street*. The paper explores the culpability of fathers in the abuse of girl-children in families. Specifically, it highlights the deplorable mental derangement, which become the lot of victims. The paper argues for family resilience and parental commitment to upholding family values and child care.

**Keywords:** Girl-child, Mental health, Physical molestation, Sexual exploitation, Trauma

**052. Coping Strategies of Farming Households over Fuel Subsidy Removal in Enugu State,  
Nigeria**

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**Abstract**

This study aims at assessing the coping strategies adopted by farming households in Enugu state, Nigeria due to increased cost of living over fuel subsidy removal by the federal government of Nigeria. A descriptive survey design was used. Three research questions guided the study. The sample of the study comprises of 150 farming households using a multi stage sampling technique. A well-structured questionnaire validated by three experts in Agricultural education and subjected to a reliable test was used to solicit data from the respondents. Data analysis employed percentages, frequencies, mean and standard deviation. The findings of the study revealed that all the respondents showed awareness over the removal of fuel subsidy. There has being a continual rise in the price of food items, other commodities and services since the announcement of the removal of subsidy in the country. The coping strategies adopted by farming households to cushion the





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effect of the removal of fuel subsidy among others include, involvement in cooperative farming, collective purchasing of food items and farm inputs, reduction in family spending habits, transport collaboration with others in product purchase and delivery, skipping meals and joining or forming cooperative societies to share ideals and resources for the benefit of members. Based on these findings, the study recommends the implementation of several policy intervention initiatives. These include the diversification and development of other sectors by the government, improvement on the transportation system of the nation, implementation of price control measures, provision of palliatives, incentives and credit facilities to rural farmers.

**Keywords:** Coping strategies, Farming households, Fuel subsidy removal, Enugu state

### **053. Sensory and Nutritional Evaluation of Chin-Chin made with from Wheat Flour and Beetroot Flour Blends**

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#### **Abstract**

This study investigates the sensory and nutritional evaluation of chin-chin made from wheat flour and beetroot flour blends. Specifically, the study evaluated the proximate, vitamin and the mineral composition of the samples. The raw materials for the samples were purchased from Ogige main markets and the samples were labelled A to D. Laboratory analysis using standard methods was used to identify the proximate, vitamins and mineral contents of the samples and the 9-hedonic scale was used to evaluate the sensory properties of the products. The sensory analysis showed that the sample B (80% wheat and 20% beetroot flour) was the most acceptable while sample A (100% wheat flour) was the control. Compared to the control the results showed that sample (B) 80:20 (wheat flour and beetroot flour) samples had higher values of moisture 4.47% compared to 3.90%, protein 12.56% compared to 10.80% and ash 1.18% compared to 0.07% for the proximate analysis, vit C 5.15mg compared to 2.50mg for the vitamins analysis and zinc 2.34mg compared to 1.98mg, iron 73.87mg compared to 45.85mg and calcium 486.11mg compared to 263.89mg for the minerals analysis and sensory evaluation. The study concludes that chin-chin made from wheat flour and beetroot flour blends contain micro and macro nutrients which have some health benefits and can promote healthy living. The findings of the study shows that incorporating beetroot flour into chin-chin enhances its nutritional value and offers potential health benefits, including better mineral content and disease prevention.

**Keywords:** Beetroot flour, Chin-chin, Sensory evaluation, Nutritional evaluation, Nutritional/health benefits



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**054. Influence of Family Instability on the Mental Health and Academic Performance of Adolescents in the University of Nigeria Nsukka**

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**Abstract**

The study investigated the influence of family instability on the mental health and academic performance of adolescents in the University of Nigeria Nsukka. Five objectives and two hypotheses guided the study. Descriptive survey research design was utilized in the selection of 420 adolescent using simple random sampling. Structured questionnaire validated and tested for reliability was used in data collection of this study. Data collected were analysed using frequencies, percentages, means, standard deviation and chi square. Findings showed that most (82.4%) of the respondents were females, and 86.9% of them were aged 18-19 years. More than half (58.1%) of the respondents had monthly allowance of ₦10,000-30,000. Findings on types of family instability showed that more than one-third (33.6%) of the respondents experienced two or more instances of family instability. More than half (51.0%) of the respondents had poor mental health status and more than one-third (34.5%) of the respondents had high academic performance. At  $p < 0.05$  level of significance, family instability correlated significantly with mental health and academic performance of the adolescents. Family instability also correlated significantly with respondents' socio-economic characteristics such as monthly allowance, family area of residence, parents/guardian educational qualification, type of family house and household size. The study therefore concludes that family instability significantly influences the mental health and academic performance of the adolescents. It was recommended that the university administration should provide a mental health support services for students. This will offer help to students, encouraging them in their academic areas and offering them help on how to handle some family related problems that might be affecting them.

**Keywords:** Family instability, Mental health, Academic performance, Adolescents, University

**055. Coping with Trauma: Parenting Strategies for Young Children**

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**Abstract**

Young children's experiences of trauma can have long-lasting effects on their emotional, social, and cognitive development. Parenting strategies play a critical role in supporting young children's recovery from trauma. This study aims to explore effective parenting strategies for supporting young children who have experienced trauma. A comprehensive literature review and qualitative



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interviews with parents and caregivers of young children who have experienced trauma inform this study. Thematic analysis reveals that effective parenting strategies for supporting young children's trauma recovery include emotional validation, consistency, co-regulation, and trauma-informed care. Parental self-awareness, self-care, and collaboration with healthcare professionals are also crucial. This study contributes to the existing literature on parenting strategies for supporting young children's trauma recovery by highlighting the importance of attachment, emotional regulation, and consistency. The findings have implications for parenting interventions, policy, and practice, emphasizing the need for trauma-informed care and support for parents and caregivers. By providing actionable guidance for parents, caregivers, and healthcare professionals, this study aims to promote young children's resilience and healing in the face of trauma.

**Keywords:** Trauma, Parenting, Strategies and Young Children

#### **056. Personality Traits as a Predictor of Risky Sexual Behaviours among In-school Adolescents in Idah LGA, Kogi State**

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#### **Abstract**

Risky sexual behavior among adolescents is a rising global health concern. The purpose of the study was to investigate personality traits as predictor of risky sexual behaviour among in-school adolescents in Idah LGA, Kogi State, Nigeria. Cross-sectional survey research design was used for the study. The study population comprised of 4,027 in-school adolescents in public secondary schools Idah LGA, Kogi State. Two-stage sampling procedure was used to draw a sample size of 400 for the study. The Big Five Inventory (BFI) by Goldberg in 1993 was used for data collection. The reliability of the instrument was established through Cronbach Alpha, yielding a coefficient of 0.78, which is deemed reliable according to Cohen et al. (2011). Research questions were answered using mean, standard deviation and point-biserial correlation while Binary logistic regression analysis was used to test the hypothesis at .05 level of significance. The findings revealed that agreeableness ( $\bar{x} = 3.25$ ) and openness ( $\bar{x} = 3.22$ ) are the most commonly exhibited personality traits among in-school adolescents, with a weak negative relationship between personality traits and risky sexual behaviours ( $r_{pb} = -0.01$ ,  $p = 0.58$ ), and personality traits are not a significant predictor of risky sexual behaviors ( $P = 0.095$ ), though agreeable ( $OR = 1.288$ ,  $p = 0.49$ ) and neurotic ( $OR = 1.631$ ,  $p = 0.20$ ) students are more likely to engage in these behaviours than extroverts. It is recommended that schools implement comprehensive sexual education programs that cover risks and emotional factors, enabling students to understand their tendencies and make informed decisions.

**Keywords:** Personality traits, Predictors, Risky sexual behaviours, In-school adolescents.



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**057. Sensory and Nutrient Evaluation of Cupcakes Made with Date Fruit Paste as Sugar Substitute**

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**Abstract**

This study evaluated the sensory attributes and nutrient composition of cupcakes made with date fruit paste as a sugar substitute. Five samples were formulated with varying ratios of refined sugar to date fruit paste: Sample A (0:100), B (70:30), C (50:50), D (30:70), and control sample E (100:0). Sensory evaluation by 30 trained panelists used a nine-point hedonic scale to assess color, texture, flavor, and overall acceptability. Results indicated that Sample D (30% sugar: 70% date paste) achieved the highest consumer preference, balancing taste and texture without compromising quality. Nutrient analysis showed Sample D had higher protein (8.60%), dietary fiber (0.20%), ash (6.75%), calcium (168.00 mg), iron (1.10 mg), vitamin A (181.00 µg), vitamin C (29.24 mg), and vitamin E (30.64 mg) compared to control Sample E (7.47% protein, 0.10% dietary fiber, 5.00% ash, 104.50 mg calcium, 0.27 mg iron, 101.50 µg vitamin A, 14.62 mg vitamin C, and 22.05 mg vitamin E). These findings suggest that date fruit paste is a viable alternative to refined sugar in baking, contributing to healthier food options and potential dietary interventions for managing sugar intake

**Keywords:** Sensory Evaluation, Date fruit paste, Nutrient composition, Sugar substitute, Cupcakes

**058. The Perceived Influence of Animated Cartoons on Behavioural and Language Development of School Aged Children in Nsukka Urban Area, Enugu State**

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**Abstract**

This study investigated the perceived influence of animated cartoon programmes on behavioural and language development of school aged children in Nsukka urban area, Enugu state. The specific objectives were to ascertain the extent of cartoon viewing among school-age children, the perception of parents/guardians on the influence of cartoon programmes on behavioural and language development of the children; and the parental/guardian involvement in their children's cartoon viewings. Four hundred and seventy-eight parents of primary school children were selected using simple balloting without replacement, from nine out of 37 schools. A questionnaire was used for data collection. The findings revealed that most parents were females (66.7%). Many (39.1%) parents reported that their children watch animated cartoons several times a week. Behavioural influences include increased creativity and imagination. However, most parents did not observe increased aggression or violence. Perceived language influence includes improved vocabulary (62.3%). On the downside, about one quarter (29%) of the parents reported that their children have picked up some disparaging words. Based on parental involvement in children's cartoon viewing include that almost all (98.6%) believe it is important to monitor the



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content. Additionally, parents/guardians (92.8%) recommends cartoons as a tool for learning. When negative behavioural changes were noticed, most parents took corrective measures. It was recommended in this study that media literacy programs should be introduced to help parents select high-quality cartoons that promote positive behaviour and language development, while digital platforms should incorporate parental control settings to limit exposure.

**Keywords:** Animated cartoons, School aged children, Language development, Parental involvement, Behavioural development

### **059. Perceived Consequences of Obesity and Socio-Emotional Well-Being among Secondary School Students in Nsukka Urban**

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#### **Abstract**

This study investigated the perceived consequences of obesity and its impact on the socio-emotional well-being of secondary school students in Nsukka Urban. The population for the study was twenty (20) registered private secondary schools in Nsukka urban. The sample size for the study was 303 secondary school students. The study adopted descriptive cross-sectional survey design. For dietary pattern and food habit of the students, the study showed that most students (40.30%) consumed Udala (African Cherry) while 30.40% of the students consumed watermelon. The most consumed nut was groundnut (51.50%). Rice was the most consumed cereals and legume. For roots and tubers, yam (69.30) was the most consumed. For Fats and Oil, Palm oil (75.20%) was mostly consumed. In the perceived consequences and impacts of obesity, it was observed that the weight of the respondents does not affect their performance in school with the majority (55.4%) indicating never. the study also showed that majority (66.70%) enjoyed their hobbies and this indicates reduction in stress level. The result of the study showed that overweight rose from 17.2% in JSS1 to 35.7% in SSS2, while mild obesity escalates from 0% in JSS1 to 13.6% in SSS1. This indicates a progressive increase in overweight and obesity rates as students advance from junior to senior secondary school. In conclusion, this study recorded the rising prevalence of adolescent obesity, particularly among senior secondary school students, due to poor dietary habits, low physical activity, and excessive sedentary behavior.

**Keyword:** Obesity, Socio-emotional well-being, Secondary school students.

### **060. Influence of Picky Eating on the Temperament and Interpersonal Intelligence of School-aged Children in Nsukka Local Government Area of Enugu State**

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#### **Abstract**

This study assessed the influence of picky eating on the temperament and interpersonal intelligence of school aged children in Nsukka L.G.A of Enugu State, Nigeria. A descriptive cross-sectional survey design was employed in a population of 275 pupils. Multi-stage sampling method was



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employed in selection of the respondents. The study was guided by four research questions and two null hypotheses tested at  $p < 0.05$  level of significance. Instruments included three standardized questionnaires-Child eating behavior questionnaire for data on the picky eating behavior, Temperament scale for children for children's temperament information and Multiple Intelligence questionnaire for children's interpersonal intelligence. Validated by three lecturers. Data obtained were analyzed in Statistical Product for Service Solution (IBM-SPSS) software version 23, using descriptive statistics (frequencies, percentages, mean and standard deviation) and inferential statistics (Pearson's product moment correlation, T-test, and Chi square), and presented in form of tables. The mean score shows most children were moderately picky eaters, high attention and persistence and high closeness and harmony in respect to their temperament. The frequency distribution showed high interpersonal intelligence. In implications of these finding include; eating affects children behavior (temperament) on how they pay rapt attention, how close they are to others and their environment at large and also influences the way they relate with others around them (interpersonal intelligence), though not the major determinant but it has an influence. Recommendations include; Incorporating nutrition education into the school curriculum, and parents exposing children to variety of foods early, repeatedly offering new items even if initially rejected.

**Keywords:** Influence, Picky eating, Temperament, Interpersonal intelligence, School-aged

#### **061. Nutrient Composition and Sensory Evaluation of Condiment Cubes Made from Fermented Castor Bean (*Ricinus Communis*) Seed**

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#### **Abstract**

Local cuisines are deeply rooted in using indigenous condiments to improve flavour. One such condiment is *ogiri*, traditionally made from fermented castor seeds (*Ricinus communis*). Despite its rich nutritional profile, *ogiri* faces challenges in international distribution due to its short shelf life, strong odour, and packaging limitations. In response, an experimental design was utilised to assess the nutritional profile of two samples. These samples were grouped into fermented castor seed paste (Sample A), and dried castor seed cubes (Sample B), prepared through fermentation, milling, drying, and moulding. Both samples underwent analysis for proximate composition, vitamins, and minerals. Sensory evaluation, focusing on taste, appearance, flavour, texture, was conducted using a nine-point hedonic scale. Results indicated that Sample A had higher moisture content (40.82%) compared to Sample B (0.49%). Conversely, Sample B exhibited higher protein levels, ash, crude fibre, crude fat, and carbohydrates. Vitamin and mineral analyses revealed that Sample B contained higher amounts of these nutrients, notably vitamin B (14.15 mg in Sample B vs. 9.85 mg in Sample A) and calcium (108.34 mg/100g in Sample B vs. 104.17 mg/100g in Sample A). Sensory evaluation showed that Sample B had significantly higher flavour ( $8.43 \pm 0.68$ ) and taste ( $8.33 \pm 0.76$ ) scores than Sample A ( $p < 0.05$ ). These findings suggest condiment cubes derived from fermented castor bean seeds offer enhanced nutritional profiles and sensory appeal



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over traditional *ogiri* paste. This innovation could facilitate broader utilisation of *ogiri* within Nigeria and internationally, preserving its distinctive taste and nutritional properties while improving stability and acceptability.

**Keywords:** Ogiri, Castor seed, Condiment cubes, cuisine, Nutritional profile

### **062. Investigating Mental Health Challenges and Coping Mechanisms among Undergraduates of the University of Nigeria, Nsukka**

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#### **Abstract**

Mental health is a crucial factor in overall well-being, affecting cognitive function, emotional stability, and social interactions. Globally, disorders like depression, anxiety, and substance abuse are rising, significantly impacting quality of life and productivity. University students, particularly in Nigeria, experience stressors such as academic pressure, financial strain, and social adaptation, which contribute to mental health challenges. This study investigates mental health challenges and coping mechanisms among undergraduates of the University of Nigeria, Nsukka. It assesses students' mental health status, identifies contributing factors, and evaluates coping mechanisms for mental health challenges among undergraduates of university of Nigeria, Nsukka. A cross-sectional survey design was used, with data collected from 367 students across three faculties. A modified structured questionnaire was the instrument for data collection. Data analysis was conducted using SPSS. Findings revealed high anxiety, depression, and panic disorder rates, with financial stress and poor lifestyle choices exacerbating these issues. Results on the mental health status of the respondents showed that most (39.2%) sometimes feel nervous while 43.6% show depressive symptoms such as feeling tired or having little energy. Findings on factors associated with mental health disorders among the respondents showed that academic pressure is a significant factor, with 41.7%. Strategies students use in coping with mental health challenges at the University of Nigeria, Nsukka include; talking to friends/family and engaging in hobbies. The study underscores the need for mental health programs and support services to enhance student mental well-being. Future research should explore long-term mental health interventions for sustainable academic performance.

**Keywords:** Mental health, Mental health disorders, Coping mechanisms, Undergraduates, Youth mental health



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**063. Assessment of Food Perceptions, Food Preferences, and Diet Quality of Secondary School Students in Nsukka Local Government Area, Enugu State**

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**Abstract**

This study assessed the food perceptions, preferences, and diet quality of secondary school students in Nsukka LGA, Enugu State, Nigeria. A descriptive cross-sectional survey was conducted among 506 students selected through a multi-stage sampling method from 12 registered secondary schools. The study was guided by five research questions and one hypothesis tested at  $p < 0.05$  significance level. Data were collected using three validated and reliable standardized questionnaires. Reliability was confirmed using test-retest measures, with Cronbach's alpha scores ranging from 0.60 to 0.90. Data were analyzed using IBM-SPSS version 21, employing descriptive (frequencies, percentages, means, standard deviation) and inferential statistics (Pearson correlation, T-test, Chi-square). Results indicated that most students had low diet quality, with a high risk of nutrient inadequacy. Food choices were influenced by price, and fresh fruit and vegetable consumption was low. Higher intake of processed snacks was linked to poorer diet quality, while frequent consumption of nuts, seeds, and vegetables correlated with better dietary outcomes ( $p < 0.05$ ). Socio-economic factors, food availability, and cultural preferences significantly influenced adolescents' dietary patterns. Enhancing nutrition education, improving access to healthy foods, and increasing parental involvement in meal planning were recommended strategies to improve students' diet quality.

**Keywords:** Diet quality, Food consumption, Food perceptions, Food preferences, Secondary school students

**064. A Socio-legal analysis for Family Integration Patterns in Nigeria**

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**Abstract**

The Nigerian family structure is unique as it extends beyond the nuclear unit to include extended family members. Unfortunately, societal patterns have negatively impacted the family structure leading to its breakdown and moral decadence. This paper analysed the impact of the current family structure on society and how societal patterns have in turn, influenced it. It also appraised the role of governments in shaping family structures adopting South Africa and the United Kingdom (UK) as case studies, highlighting the scope of legal policies in such areas as education, free housing, insurance and healthcare, as well as the extent which these governments go to cater for the needs of children and young adults thereby lessening the burden of parenting on families. It discussed the impact of these government policies and the resultant orientation on the citizenry. This paper found and recommended favourable policies obtainable in South Africa and UK such as the child support grant and community support policies which Nigeria could adopt to reverse the disintegration of its family structure.





**Keywords:** Family, Law, Policy, Society, Social Education

**065. Substance Abuse and Nutritional Status of Undergraduates Living in Hostel in University of Nigeria Nsukka**

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**Abstract**

This study explored the relationship between substance abuse and the nutritional status of Undergraduates living in UNN hostels. This cross-sectional study involved 412 students from selected hostels in the University of Nigeria, Nsukka. A structured self-administered questionnaire which covered the socio-demographic characteristics, dietary pattern, substance abuse and frequency of use was validated by four lecturers in the department of Nutrition and dietetics. The anthropometric measurements of the respondents were also assessed. Data was analyzed using Statistical Product for Service Solution (SPSS version 23) and was represented in frequency and percentages. Cross tabulation and chi square was used to determine association between variables with significance accepted at  $p < 0.05$ . The findings from this study revealed that a good number (68.9%) of the respondents were females while one-third (31.1%) were males and major reasons why students abused substances was to stay active. The major substances abused was coffee (7.0%), painkillers (6.1%) and energy drink (4.9%). 74.3% of the students reported using painkillers occasionally. There is statistically significant association between the substances abused and the body mass index classification of the respondents. Majority (43.20%) of those who do not abuse any substance has a normal BMI when compared to those who abused substance (14.80%). Majority of those who do not abuse substances had high dietary diversity score (8.50%) significantly higher than those that abuse substances (1.70%). The study showed the great vulnerability of this population to substance abuse. Majority of the students (31.3%) recommended counselling and rehabilitation as a measure to curb substance abuse.

**Keywords:** Substance abuse, Nutritional status, Undergraduates, Body mass index

**066. Career Orientation and Capacity Building for Women and Youth Empowerment in Abia State, Nigeria**

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**Abstract**

Organizations and individuals have been involved in events organized to persons such as women and youths. These empowerment programmes have majorly focused on the distribution of money or materials or both. The question, however, is: how do the benefactors determine if the finances and materials go into what they have been designed or intended for? Are the individuals being empowered with materials engaged in areas related to them or are they in their areas of interest? Observation has shown that some of those who benefited from these supposed empowerment



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programmes do not use the materials nor the finances for the purpose they were intended. This study intends to determine if empowerment programmes will not make more meaning if they are preceded by career orientation and capacity building. The study will adopt the survey research design and the population for the study will be members of Youth and Women organizations. A Sample of 90 (50 Youths and 40 Women) will be drawn from among the organizations. The following hypotheses will guide the study; there is no significant difference between the views of Youths and Women in relation to career orientation before empowerment; there is no significant difference between the views of Youths and Women in relation to capacity building before empowerment. Analyses will be done using percentages, standard deviations and t-test statistic for the hypothesis.

**Keywords:** Career orientation, Capacity building, Empowerment, Women and Youth

#### **067. Diet, Nutrition and Mental Health: The Role of Nutritional Psychiatry**

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#### **Abstract**

Nutrition has been implicated in behaviour, mood and in the pathology and treatment of mental health disorders. Mental, neurological and substance-use disorders like schizophrenia, depression, epilepsy, dementia, and alcohol dependence presently represent the greatest global burden of disease. Likewise, depression and other psychopathologies are elevated risk comorbidities of other health hazards, such as obesity. This paper aims to review advances and recent evidence linking nutrition to psychological outcomes under these key concepts: mental health and mental health disorders (MHDs); epidemiology of MHDs and associated factors; role of diet in neurogenesis and mental health, and advancements made in the field of nutritional psychiatry. Food- and nutrient-based approaches that employed dietary interventions with relatively modest effect sizes significantly curtailed the disease burden of mental and neurological diseases. Current evidence illustrated that modulation of hippocampal neurogenesis by diet has recently emerged as a possible mechanism by which nutrition may impact on brain plasticity, function and mental health, since neurogenesis in the hippocampus has been linked directly to cognition and mood. This suggests compelling support by nutritionists, healthcare providers and other stakeholders, for nutrition-related activities that would promote nutrition as a modifiable risk factor, since dietary habits are closely linked to achieving mental health, prevention and control of MHDs.

**Key words:** Diet, Nutrition, Mental health, mental health disorders, nutritional psychiatry



**068. Preliminary Evaluation of the Substance Use Expectancy Questionnaire in Nigeria**

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**Abstract**

Despite efforts to prevent substance use, its prevalence and negative consequences among students in higher institutions have continued to increase in most parts of the world. A modifiable risk factor for engaging in substance use is substance use outcome expectancies (a person's beliefs about the effects of substance use) and personal evaluations (whether the anticipated effects are good or bad) of these outcome expectancies. The current study aimed to examine the psychometric properties of an adapted measure of substance use outcome expectancies. Participants were students at the University of Nigeria Nsukka ( $N = 459$ , age range = 16-44, mean age = 24.08,  $SD = 5.80$ ; 58.0% males). Data was collected using the 34-item Expectancies Questionnaire (EQ). Exploratory factor analysis revealed an excellent overall sample adequacy ( $KMO = 0.946$ ) and significant correlations among items (Bartlett's test,  $p < .001$ ). Two factors were extracted using Principal Axis Factoring, with the first-factor (positive expectancy) accounting for about 29.43% of the variance and the second (negative expectancy) for 25.18% after Varimax rotation. Items are grouped into two distinct clusters, indicating that the expectancy measures can be interpreted as capturing two underlying dimensions. Our Confirmatory factor analysis (CFA) supported the hypothesised two-factor model for the 21 observed variables, with nearly all factor loadings being statistically significant. Despite a significant chi-square test, the overall fit was acceptable (e.g.,  $RMSEA = 0.063$ ,  $CFI = 0.955$ ,  $TLI = 0.942$ ). The results largely confirm a robust measurement structure. The internal consistency reliability indices of the two dimensions were good. This study provides evidence for the utility of the adapted Expectancy Questionnaire in substance use assessment and prevention within the Nigerian context.

**Keywords:** Expectancy evaluation, prevention, reliability, substance use, validity.

**069. Comparative Analysis of Nutrient and Phytochemical Profiles of Flours Produced from three Maize (*Zea mays*) Varieties**

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**Abstract**

Maize is a nutrient-rich food that can play a role in supporting mental health. The study compared nutrient and phytochemical profiles of flours from three maize varieties: yellow, white and popcorn maize. Specifically, the study analysed proximate (moisture, crude protein, fat, ash, crude fibre and carbohydrate); vitamin (pro vitamin A, vitamin C and vitamin B12); mineral (selenium, iron, zinc) and phytochemical composition (alkaloid, flavonoid) of flours from three maize varieties. Samples were processed using different standard methods. Proximate, vitamin, mineral and phytochemical contents of the samples were analysed using standard methods. Data were expressed as mean  $\pm$  standard deviation. Analysis of variance was used to test for differences.



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Duncan's New Multiple Range Test was used to separate and compare means. A p – value of < 0.05 was considered statistically significant. Proximate analysis revealed that popcorn flour exhibited the highest protein (17.95%) and carbohydrate (24.64%) content, while white corn had the highest moisture content (57.13%). Yellow corn recorded the highest crude fiber content (3.36%). Vitamin analysis showed that pro-vitamin A content was highest in popcorn (225.00 µg), while white corn had the highest levels of vitamin B12 (28.77 µg) and vitamin C (20.64 mg). Among the minerals analysed, white corn had the highest iron (2.58 mg) and selenium (0.73 mg) content. Phytochemical analysis indicated that yellow corn contained the highest levels of alkaloids (11.00 mg) content. The findings showed that these flours contain essential nutrients and phytochemicals. This suggests that consumption of these flours are important in prevention of mental health related diseases.

**Keywords:** Nutrient, Phytochemical, Maize, Varieties, Analysis

#### **070. Artificial Intelligence as a Correlate of Mental Health and Research Skills among Economics Education Students in Nigeria Universities**

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#### **Abstract**

Artificial intelligence is one of the technological tools used in education systems to enhance knowledge and improve the quality of research if utilized effectively. The invention of artificial intelligence in academic activities has changed students' reading patterns and paved the way to over-dependence on machines which limits the power of critical thinking. Therefore, this study seeks to investigate the relationship between artificial intelligence and students' mental health and research skills. The study adopts a correlational research design. Multi-stage sampling method will be used to select 82 Economics education students from the selected Nigerian Federal Universities. The questionnaire developed by the researcher named "artificial intelligence, mental health and research skills will be used to collect the data from the respondents. The data will be analyzed using multiple regression analysis to examine the predictive power of artificial intelligence usage on mental health and research skills. The findings revealed that Economics Education students have over-dependence on artificial intelligence. Moreover, students lack the skills of critical thinking due to the over-dependence of artificial intelligence. The study recommends that seminars should organized to educate students on the effective use of artificial intelligence for future development.

**Keywords:** Artificial intelligence, Mental health, Research skills, Education, University students



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

**071. Parenting and Child Upbringing in Nigeria: Focus on Single Mothers in Kaltungo  
Local Government of Gombe State**

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**Abstract**

Parenting often presents numerous challenges most times in the face so many changes in our society such as – balancing work and family tasks, urbanization, navigating the digital age following the growth of socio-media technologies, religious and cultural beliefs, economic conditions which usually affect family well-being, managing children's behavior among others. Parenting apart from being the process of raising and nurturing children to become responsible adults in the society, is usually a cumbersome task in most African societies like Nigeria where cultural, religious, societal norms and economic conditions exact much influences on both parents and children. The combination of these factors play significant role in determining the parenthood characteristics and cognitive and behavioral makeup of a child or children. Therefore, this paper is an attempt to look into issues of parenting and child upbringing in Nigeria focusing on single mothers in Kaltungo Local Government of Gombe State. The study adopts simple percentage in its methodology to elicit and assess few questions from respondents. Findings were discussed in thematic subheadings and pragmatic measures which address and intend to improve family ties, good parenting and child upbringing and development were provided.

**Keywords:** Parenting, Single parent and motherhood, Child upbringing, Child development

**072. Chemical Composition of Tapioca Flour and Sensory Evaluation of Soup Made with  
the Flour**

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**Abstract**

The study aimed to evaluate chemical composition of tapioca flour (*Manihot esculenta*) and sensory properties of oha soup prepared with it. A pilot study design was used. Tapioca flour was produced through the sorting, washing, grinding, sieving, and drying of cassava tubers. Proximate (moisture, ash, protein, fat, fiber, carbohydrate), vitamin (B1, B2, B9, E), mineral (calcium, iron, magnesium, sodium) and anti-nutrient (tannins, phytates, cyanogenic glycosides) contents were determined by standard analytical methods. Sensory evaluation of oha soup thickened with tapioca flour was done using a structured hedonic scale, with cocoyam flour as standard thickener. Data were analyzed using SPSS (Version 25.0). Tapioca flour had high carbohydrate content (70.13%) but lower protein (8.65%) and fat (3.10%) than traditional thickeners. It contained essential minerals but in lower concentrations. Anti-nutrient levels (tannins, cyanogenic glycosides) were minimal, confirming its safety for consumption. Sensory analysis showed that soup thickened with tapioca flour received high ratings for taste ( $7.89 \pm 0.82$ ), flavor ( $7.94 \pm 0.79$ ), and texture ( $7.87 \pm 0.88$ ). However, overall acceptability was slightly lower compared to cocoyam-thickened soup (8.07% vs. 8.13%), with panelists noting its smoother texture but thinner consistency. It was found



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that tapioca flour has a high content of carbohydrates, which in combination with other characteristics makes it possible to use it in cooking and in commercial food production, mainly in the production of gluten-free products.

**Keywords:** Tapioca flour, Proximate analysis, Sensory evaluation, Oha soup, Cassava, Food science

### **073. Chemical Composition and Sensory Evaluation of Stew Paste made from Carrots**

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#### **Abstract**

This study examined nutritional composition and sensory evaluation of stew paste made from carrots. The study adopted an experimental design and samples were procured from local market in Nsukka Local Government Area of Enugu State. Tomatoes stew was used as control. Sensory evaluation was conducted using 9-point hedonic scale. Samples were subjected to analysis using standard procedures. Data obtained from chemical and sensory evaluation were analysed statistically using Statistical Product and Services Solution (SPSS version 23.0) and presented as Mean and standard deviation. This was used to compare means and determine any significant difference among variables. Sensory evaluation showed carrot paste stew had higher degree of general acceptability (8.33). Proximate composition of carrot stew showed moisture and fibre was higher with 91.68% and 3.18% respectively. Carbohydrate content of carrot paste stew was higher (97.52). Vitamin composition showed that beta carotene was higher in carrot paste stew (1052.00mg/100g). Vitamin C, B3 and B6 were higher in the tomato paste stew (vitamin C =17.77mg/100g; vitamin B3 = 3.07mg/100g; vitamin B6 = 0.23mg/100g). Mineral composition, Zinc, iron, and calcium contents were higher in carrot paste stew (Zinc =0.69mg/100g; Iron = 3.31mg/100g; Calcium = 126.35mg/100g). Phytochemical properties of carrot paste showed that Carotenoids, Flavonoids, and Alkanoids contents of carrot paste were 8.61, 0.07, and 0.01mg. Utilizing carrot paste for preparation of stew yielded positive and significant results both in general acceptability and nutritional value. People should be encouraged to use carrot as an alternative to tomatoes stew.

**Keywords:** Carrot, Tomato, Sensory evaluation, Stew paste, Nutritional composition, Phytochemical.