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## MANUSCRIPT GUIDE FOR AUTHORS

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The International Journal of Family and Consumer Sciences (IJFACS) aims to publish high quality research on all aspects of Consumer Sciences/Home Economics and related fields. As an international academic journal, provides a global and multidisciplinary forum to understand consumers from psychology, sociology, anthropology, marketing and consumption economics perspectives. All submissions will go through a strict double-blind peer-reviewed procedure based on strong theoretical conceptualization and rigorous research methods. Short research notes and commentary, with innovative approach and insightful ideas are also welcome.

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**For book chapters:** Lawal, B. O. & Adebo, G. M. (2008). Entrepreneurship for food security: A documentation of some selected rare enterprises in rural areas. In O. A. Akinyemiju and D. O. Torimiro (Eds.), *Agricultural Extension – A Comprehensive Treatise* (pp. 470 – 488). Nigeria, ABC Agricultural Systems Ltd.

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<sup>1</sup>Abiamuwe, N. O., <sup>1</sup>Seriki-Mosadolorun, J. S., <sup>2</sup>Fasola, A.O. and <sup>2</sup>Adetona-Odebunmi, N. A.

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### ABSTRACT

*The study produced under-five porridge made from soya bean, white maize, groundnut and crayfish flour. The different flours were combined in three concentrations of 30:30:20:20, 35:35:15:15 and 40:40:10:10 of soyabean, white maize, groundnut and crayfish respectively. Porridge was prepared from the different samples of flour. The population of the study was 26 students. A 9-point hedonic scale was the instrument used for data collection. Mean, standard deviation and analysis of variance (ANOVA) were used for data analysis. Nutrient composition analysis showed that the different samples of porridge had appreciable values of protein, fats, and carbohydrate. The sensory evaluation result indicated that there was no significant difference in the mean responses of the students on the sensory evaluation of the porridge samples. However, Sample A had the highest value for colour, taste, flavour, mouth-feel and general acceptability. Among recommendations made is that mothers should be encouraged to produce porridge from soyabeans, white maize, groundnut and crayfish since it has high nutritional content.*

**Keywords:** Complimentary Porridge, Sensory Evaluation, Nutrient Composition.

## PROFILE OF WILDLIFE ANIMALS MEAT (BUSH MEAT) CONSUMERS IN SOUTHWEST, NIGERIA

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### ABSTRACT

*Bushmeat constitutes a significant proportion of human dietary animal protein intake. This study profiled bush meat consumers in Southwest, Nigeria. Specifically, the study described the socio-economic characteristics of respondents; examined respondents' knowledge and attitude to wildlife and established the pattern of bushmeat consumption among respondents. Using simple random and snow-ball sampling techniques, two hundred (200) respondents were selected as study sample. Relevant data were collected using questionnaires, and were analysed using descriptive and inferential statistics. Results showed that 59.5% of the respondents were males with mean age of  $41.0 \pm 18.9$  years, most (85.0%) of whom attained tertiary education and were urban residents (69.5%). Some (26.0%) were government officials and professionals (35.0%) with an average monthly income of  $\text{₦}200,746.52 \pm \text{₦}41,808.50$ . Most (86.0%) of the sampled respondents knew that earthworms maintain soil fertility and that tigers and leopards are types of cat (80.5%) while 58.5% believed that wild animals meat should always be served on special occasions and that wild animals should not be protected at the expense of people making economic livelihood, off the land (57.5%). Results further revealed that in the last one year, 20.5% of the sampled respondents consumed bushmeat once, and twice (20.0%), mostly at the restaurants. Respondents had considerable knowledge of wildlife but cared less about its conservation. Hence, conservation education is imperative in the study area.*

**Keywords:** Wildlife, bush meat consumers, sustainable environment, conservation education.

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**STRATEGIES FOR CURBING THE IMPACT OF BELIEF SYSTEM ON THE  
ENTREPRENEURSHIP DEVELOPMENT OF WOMEN IN AFRICA**

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**ABSTRACT**

*Women play an important role in the economic development of their families and communities. In Africa, women's participation in economic activities has been identified to be of paramount importance, most especially in the area of entrepreneurship. However, they disproportionately experience barriers such as low income, household burdens, poverty, unemployment, lack of training, and discrimination due to the belief system in the continent. This paper reviewed relevant literature on culture as a contributor to economic activities of a nation in general and entrepreneurship in particular. The paper identified and explained cultural variables considered as obstacle to women's entrepreneurial development such as gender roles, domestic issues, and lack of access to resources, among others. It suggested among other things, the need for constant advocacy, including taking deliberate steps to build the capacity and develop relevant skills of women entrepreneurs. The traditional gendered role of women should never be a hindrance rather; equal opportunity is a necessary condition for achieving entrepreneurial development for women in Africa.*

**Keywords:** Entrepreneurship, Belief System, Women, Africa, Impact

## DIETARY HABITS AND ANTHROPOMETRIC STATUS OF SCHOOL-AGED CHILDREN IN ENUGU EAST LOCAL GOVERNMENT AREA OF ENUGU STATE

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### ABSTRACT

*This cross-sectional study assessed the dietary habits and anthropometric status of school-aged children in Enugu East Local Government Area of Enugu State. A multi-stage sampling technique was used to sample 382 children from both public and private schools. Data were gathered with the use of structured questionnaire while height and weight were measured with anthropometric equipment. Descriptive statistics and WHO anthro were used to analyze the collected data while Chi-square was used to determine association between dietary habits of the children and their anthropometric status. The result on personal data of the children showed that 55.0% were females, 45.0% were males and their age ranges were 6-8years (36.1%), 9-10years (34.0%) and 29.9% were of ages 11-12years. The educational and occupation status of their parents showed that 49.7% and 57.1% of their fathers and mothers attained secondary level, respectively, 31.7% and 24.1% of their fathers and mothers were civil servants, respectively. The dietary habits of the children indicated that 26.7% of them skipped meals especially lunch (11.1%) or dinner (11.0%). The main reason for skipping meal was non-availability of food (12.0%). Majority (77.2%) of the children had normal weight-for-height, and 76.4% had normal weight-for-age. Height-for-age index indicated that 82.2% were normal. Positive associations were noted between dietary habits of the children and parents' level of education. Dietary habits of the children showed significant positive associations with all the anthropometric indices. This shows that good dietary habits as well as improved economic status contributes to good nutritional status.*

**Keywords:** Dietary habits, school-aged children, anthropometric status.

## MANAGING THE EFFECT OF ENVIRONMENTAL DEGRADATION ON THE AGRICULTURAL ACTIVITIES OF FEMALE ENTREPRENEURS IN AFRICA

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### ABSTRACT

*This paper explored the effect of environmental degradation on the entrepreneurial growth of rural women in Africa occasioned by biodiversity loss, deforestation, desertification, global warming, flooding, among others. This paper is qualitative in nature, having adopted descriptive analysis of secondary data. Unarguably, rural women increasingly face the challenge of having to adapt to the negative impacts of a fragile ecosystem and other natural disasters. More so, the large differences between men and women in terms of impacts, vulnerabilities, responses and capacity to adapt to environmental degradation largely depends on individuals' access to resources, assets, information, services and decision-making power. Unfortunately, majority of the rural women in Africa are poor, and the gender discriminatory practices which is rife on the continent affects the distribution of social wealth such as land, finance, education, and health; this in turn impedes the development of African women entrepreneurs involved in agricultural activities like cultivation and growing of crops, rearing of livestock, fish farming, among others. This paper therefore maintained that women play an important role in managing the environment given their wide-ranging functions especially in the agricultural sector. Consequently, it concluded that ensuring equal access for women to productive resources, introducing policies that support entrepreneurship and developing action plans to enhance the resilience of women to the effects of environmental degradation is crucial to the entrepreneurial growth of rural women in Africa.*

**Keywords:** Rural Women, Africa, Environmental Degradation, Entrepreneurship, Development

## QUALITY, PERCEPTION AND SUSTAINABILITY OF OSUN STATE SCHOOL UNIFORM

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### ABSTRACT

*The similar uniform adopted by the Osun State government, O-uniform, showed no distinction between one public school and another, like the former uniforms. The study assessed the quality, perception and sustainability of O-uniforms. Fabric samples were analysed. Two hundred students in public schools and ten supervisors/directors participated in the study. A set of questionnaires and key informant interviews were used to collect data. The data collected were analysed using descriptive statistics such as frequency and percentage. The result of fabric analysis showed that the dark brown (DB) fabric was 100% polyester woven with 758 denier warp yarns and 356 denier weft yarns, while the Kampala sample (KD) is 100% cotton with 16 Tex warp yarns and 2 Tex weft yarns. They had very high light fastness among other qualities. Students had a positive perception of the uniforms. They agreed that the uniform helped in identity ( $\bar{x} = 2.70$ ) and reduced the financial burden of purchasing new uniforms ( $\bar{x} = 2.54$ ). However, they preferred the colour and design of former uniforms which included ties, caps and cardigans. The directors submitted that O-uniform was not sustainable because it promoted crimes among students. The study recommends that policymakers and educators should consider sustainability factors in selecting uniforms. Students should be allowed to express themselves in their appearance.*

**Keywords:** *Quality, O-uniform, perception, public schools, sustainability*

## FOOD AND NUTRITION SECURITY AND ANTHROPOMETRIC STATUS OF FARMERS IN OBOWO LOCAL GOVERNMENT AREA, IMO STATE, NIGERIA

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### ABSTRACT

*The cross-sectional study assessed the food and nutrition security and anthropometric status of 355 farmers from 5 randomly selected communities out of the 14 in the Local Government Area. A structured questionnaire was used to elicit their personal data, food and nutrition security status and anthropometry. Descriptive statistics was used to analyze data collected while chi-square and Pearson's correlation were used to associate food and nutrition security status of the farmers and anthropometric status. Food security indicators showed that 54.4% were food secure while the rest (40.4% and 5.2%) were food insecure without hunger and with hunger, respectively. The nutrition security indicators showed that 60.2% of the farmers were nutrition secure while 31.9% and 7.9% were moderate and severe nutrition insecure, respectively. The anthropometric status by BMI of farmers revealed that 47.1% were overweight while 13.5% were normal. Waist-hip ratio showed that 52.7% and 30.4% were of moderate and high risks, respectively. Negative but significant relationship was noted between food security status and anthropometric status. The association between some nutrition security indicators and their BMI was positive and significant. This shows that improved food and nutrition security status is very crucial for maintenance of good health.*

**Keywords:** Food security, Nutrition security, Anthropometry

## THE ROLE OF SUSTAINABLE CONSUMER SCIENCES IN CONTRIBUTING TO NATIONAL DEVELOPMENT IN NIGERIA

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Lead paper presented at the 10<sup>th</sup> FACSON Conference, 2021.

### ABSTRACT

*Education is the bedrock of development of any nation. Over the decades, Nigerian educational system especially in the public universities has suffered from poor infrastructural development and funding thus leading to demotivation of teachers as well as students. This paper discusses the role of Consumer Sciences in National development in Nigeria. It covers some national issues, consequences of poor education and Consumer Sciences as a well-rounded field for quality education and character building beyond academics. The importance of the field in human, social, economic and environment development and recommendations for possible sustainable education are also emphasized.*

**Keywords:** Consumer Sciences, Quality Education, Character, Development, Sustainability

## INFLUENCE OF EXPLOITATIVE CHILD LABOUR PRACTICES ON CHILDREN'S ACADEMIC PERFORMANCE IN ILORIN WEST LOCAL GOVERNMENT, ILORIN, KWARA STATE

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### ABSTRACT

*This study assessed influence of exploitative child labour on children's academic performance amidst global challenges in Ilorin metropolis. Five specific objectives and five research questions were formulated with one null hypothesis associated. Survey research design was adopted. Population for the study was primary school pupils, totaling 335 drawn from three primary schools in Ilorin West Local Government, Kwara State. A sample of 150 respondents from classes 4, 5, and 6 were randomly selected for the study. The instruments used for data collection were a self-design questionnaire, and report cards.*

*Results revealed that global challenges influencing involvement in Child Labour include – inability of parents to pay school fees, single parenting, family low income, polygamous and price hike of items. On the level of child labour practices, results show that 25 (16.7%) were never involved in exploitative child labour, 88(58.7%) were sometimes involved in exploitative child labour, while 37(24.7%) were always involved in exploitative child labour.*

*Result of the hypothesis tested at 0.05 level of significance was rejected ( $P < 0.05$ ). The findings showed that child labour affect pupil's academic performance. The study recommended that parents should stop exploitative child labour. Government should also enact a law to permanently ban underage recruitment.*

**Keywords:** child labour, academic performance, global challenge, family, parents.

## SOCIO-ECONOMIC CHARACTERISTICS OF CAREGIVERS OF THE ELDERLY AND THE RELATED CARE RENDERED IN WINNEBA OF GHANA

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### ABSTRACT

*The study investigated the socio-economic characteristics of caregivers of the elderly and the related care rendered in Winneba of Ghana. The phenomenological research design was used for the study to uncover lived experiences of caregivers of the elderly. An unstructured interview guide was used to gather the data from fifteen caregivers who were purposively selected for the study. Responses were transcribed and analysed using atlas-ti software. The findings showed that caregivers involved in the study were aged between 15 and 65 years with 14 of the participants being female. Caregivers perform multiple tasks such as working and catering for their families alongside caregiving. The caregivers were mainly relatives of the care receivers who provide informal care ranging from two or more activities of daily living to instrumental activities of daily living. It was concluded that caregiving in Winneba assumes an informal type and caregivers mostly undertake cooking, washing, and administering of medication. It was therefore recommended that married female caregivers must be given some support by other relatives because they have to consider caring for their own families, parents, or elderly relatives alongside their jobs which might be very tedious.*

**Keywords:** Caregiver, Care-recipient, Elderly, Activities of daily living (ADL), Instrumental Activities of daily living (IADL).

## FOOD CONSUMPTION PATTERN AND NUTRITIONAL STATUS OF CONFINED PEOPLE IN SELECTED RURAL PRISONS DURING COVID-19

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### ABSTRACT

*This study was conducted to assess the food consumption pattern and nutritional status of confined persons in selected rural prisons of Ogun State during COVID-19. A total of 208 prisoners were assessed for food consumption pattern and nutritional status and determination of their BMI. Structured questionnaire was used to elicit information on personal characteristics of prisoners, food consumption pattern, suitability of food served and Body Mass Index (BMI) of prisoners during COVID 19. Results show that the prisoners were between age 24-29years (34.6%), had secondary school education (58.7%), and were single (50.5%). Beans was the most consumed daily food by inmates with not less than 81.3% of them consuming it as breakfast on Mondays to Saturdays respectively, except for Sundays where 61.5% of the inmates usually consume rice for breakfast. Findings also show that Garri was the most commonly served meal for lunch while Eba was mostly taken for dinner by inmates during COVID 19. Furthermore, 25.6%, 64.2% and 10.2% of the prisoners were underweight, normal weight, and overweight, respectively. It was concluded from this study that foods served to the prisoners were not adequate in terms of quantity, quality and suitability. Most of the respondents were nutritionally poor, with weakened immune system and therefore predisposed to infectious diseases like COVID-19. It is therefore recommended that foods served should be improved for the prisoners to have better nutritional status and stronger immune system to withstand effects of the COVID-19 disease.*

**Key words:** food consumption pattern, nutritional status, confined people, rural prisons, covid-19

**ACCEPTABILITY AND COMPARATIVE EVALUATION OF CHEMICAL  
PROPERTIES OF ENRICHED WATER YAM BALLS (OJOJO) AMONG TOURISTS IN  
AGODI GARDENS, IBADAN**

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**ABSTRACT**

*This study employed the use of three common but underutilized protein supplement seeds (watermelon seeds, soybean and cowpea) in enriching ojojo (fried water yam balls) because of its high carbohydrate content and low protein content. A comparative evaluation of the chemical composition and acceptability level amongst tourists in Agodi Gardens was therefore conducted. Four different samples of ojojo were mechanically prepared. WB served as the control (unfortified ojojo) while WBC, WBS, WBW were enriched with cowpea, soybean and water melon seed flours, respectively. The four samples were subjected to proximate and mineral analysis. The samples were presented to 150 tourists for organoleptic assessment. Results were subjected to descriptive statistics and ANOVA at  $\alpha_{0.05}$  using SPSS version 20. The fortified samples were found to be significantly different in their chemical composition from the control sample at  $p < 0.05$ . The enriched ojojo samples had higher protein, ash, crude fibre, fat, moisture, calcium, magnesium, sodium, magnesium and phosphorus than the control. WBC was rated highest for the taste, compared to other samples. WB however had a significantly higher ( $p < 0.05$ ) overall acceptability than all enriched samples with respect to colour, flavour, aroma and texture. The study concluded that enrichment of ojojo with protein supplement seeds specifically watermelon seed, soybean and cowpea improved the nutritional quality but not the acceptability. It's therefore recommended that inclusion of the underutilized seed flours should be made to prevent protein energy malnutrition in homes likewise among the indigenous snacks' promoters and producers.*

**Keywords:** proximate analyses, organoleptic assessment, water yam, watermelon seed, soybean

## PREVALENCE AND PERCEPTION OF COHABITATION AMONG THE UNDERGRADUATE STUDENTS IN NIGERIA

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### ABSTRACT

*Cohabitation which was once considered unwholesome in the African culture is becoming prevalent among students in Nigerian tertiary institution with a vast array of consequences. This study investigated the prevalence, perceived factors and health-related problems of cohabitation among students in University of Nigeria. Five specific objectives guided the study. Multi-stage sampling technique was employed in the selection of 746 students from a population of 26,629. An interview and a standardized questionnaire titled "Students' Cohabitation Questionnaire" were used as instruments for data collection. Findings showed that 74.1% of the students had close friends of the opposite sex. More than half (54.8%) of those who had opposite sex friends visited each other's residence regularly. The result for objective 2, shows that a total of 27% of the respondents were found to be cohabiting. Among this group, 16% were partly cohabiting while eleven percent (11%) were fully cohabiting. Factors responsible for cohabitation as rated by the respondents included financial problem, need for academic assistance, lack of parental training, disregard for African culture and peer pressure. A greater proportion of the respondents disagreed that cohabitation increases the risk of sexually transmitted diseases, drug abuse, suicidal attempt, unwanted pregnancy and abortion. Strategies for minimizing the incidence of cohabitation among university students as rated by the students included keeping away from bad friends, reduction in school and accommodation fees, proper parental upbringing. Cohabitation is prevalent among undergraduate students in Nigeria. University administration should therefore make accommodations available and affordable for students.*

**Keywords:** Cohabitation, Health, Undergraduate, Students, Culture

**SEX EDUCATION AND TEENAGE PREGNANCY AMONG SECONDARY SCHOOL STUDENTS IN ONA ARA LOCAL GOVERNMENT AREA OF OYO STATE, NIGERIA**

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**ABSTRACT**

*This research examined the level of awareness of teenagers on sex education and pregnancy with its formation among adolescent of reproductive age. Ona Ara local government area was purposively selected due to rampage of teenage pregnancies and rural area which might be cause of unawareness and dreams damage, 110 students were randomly selected from the 11 secondary schools from the 11wards in the local government area. Majority of the teenagers (98.1%) were aware of sex education through their friends, classmates, social media, parents, class lectures, novels, pornography books, religion gatherings and video clips while 1.9% have not. 69.4% of the respondents were aware of pregnancy formations while 30.6% have never. There is significant association between sex education and teenage pregnancy at  $p < 0.05$ . It was revealed that teenagers are well aware of sex education and pregnancy formation through the third parties (friends, classmates, phonographs e.t.c.) compare to their parents. This unguarded sex information may aid exuberant engagement in unlawful, sinful acts and unknowingly fell out of the rightful part been guided from onset. It is thereby recommended that parents should be more alive to the responsibility of getting the children the rightful information.*

**Key words;** sex education, teenage pregnancy, adolescent, rural area, dream damage

**PERCEPTION OF MOTHERS OF PRIMARY SCHOOL CHILDREN ON  
MALNUTRITION IN YABA LOCAL GOVERNMENT AREA OF LAGOS STATE**

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**ABSTRACT**

*This study examined the perception of mothers of primary school children on malnutrition in Yaba Local Government Area of Lagos State. A community based descriptive cross-sectional study was employed through quantitative techniques. The study investigated the causes and implications of malnutrition, as well as the consequences of specific micronutrients on the health status of primary school children. A proportionate sampling technique was used to select 100 mothers of primary school children (6-12yrs). Data collected using a validated structured questionnaire, were described using mean and standard deviation while the hypotheses were analyzed using ANOVA and Chi-square. Results revealed that poor maternal/nutritional knowledge, poverty, food insecurity and poor living condition among others were the causes of malnutrition among primary school children. The implications of malnutrition among primary school children include poor social skills, delayed physical growth and poor motor development, low intelligent quotient and poor immune system. The study also showed that the consequences of specific micronutrient deficiencies such as retinol, cyanocobalamin and ascorbic acid can cause detrimental effects on the nutritional and health status of primary school children and consequently, impact economic productivity. The ANOVA test showed a statistically significant difference in the means of mothers' demographic characteristics on their perception of malnutrition among children ( $P < 0.05$ ). Also, the Chi-square test showed a statistically significant association between mothers' demographic characteristics and their perception of malnutrition among young children ( $P < 0.05$ ). The study recommends that primary school children should be assisted to making healthy food choices both in school and at home.*

**Keywords:** Perception, mothers, primary school children, malnutrition

## GIRL-CHILD MARRIAGE AND ITS CONSEQUENCES OF GIRLS IN ASSIN SOUTH DISTRICT IN THE CENTRAL REGION OF GHANA

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### ABSTRACT

*This paper investigated girl-child marriage and its consequences in Assin South District in the Central Region of Ghana. It examined the causes of early marriage of girls, consequences faced as a result of early marriage and ways of eliminating girl-child marriage. The design used for the study was cross sectional survey. Multi-stage sampling procedure was used to select 171 girls for the study. Questionnaire was used to collect data, which were analyzed and summarized using descriptive statistics. A little below half of the respondents (45.6%) were between the age ranges of 10–13years, 56.7% had primary education. The study revealed that teenage pregnancy (78.4%), financial hardship (66.1%), protection of family name (62.6%) among others were the causes of girl-child marriage always. Again, the respondents strongly agreed that low education (74.9%), low self -confidence and sense of security (71.3%), social misfit (68.4%), school dropout and poverty (64.9%) etc were the consequences of girl-child marriage. In eliminating girl-child marriages, measures such as discouragement of sex before marriage ( $m=4.78$ ,  $std=0.41$ ), provision of needs by parents ( $m=4.64$ ,  $0.69$ ), scholarships and sponsorships for girl-child education ( $m=4.67$ ,  $std=0.62$ ) among others were very effective. Girl-child marriage has been a major factor preventing young girls in the study area from being able to pursue their academic and future aspirations. The Ghana Education Service and other stakeholders should adopt counseling strategies that will appeal to the conscience of the girl-child in barring this early marriage.*

**Keywords:** assess, teenage pregnancy, early/child marriage, causes, consequences

## ACCEPTABILITY OF INFANT CLOTHING ARTICLES PRODUCED FROM FABRIC WASTE USING PATCHWORK TECHNIQUE

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### ABSTRACT

*The purpose of the study was to produce infant clothing articles using fabric waste and patchwork technique. Specifically, the study sought to: produce five infant clothing articles using fabric waste and patchwork technique for various infant activities and assessed the appropriateness of infant clothing articles produced from fabric waste using patchwork technique based on functional, expressive and aesthetic attributes. The study was guided by three hypotheses. The study was undertaken in two phases. The research and development design were adopted for phase I while a descriptive survey design was utilized for phase II of the study. Purposive sampling technique was used to select 15 judges for the study. infant clothing article assessment instrument for judges (ICAAIJ) was used in phase two of the study for data collection. The reliability of the instrument was determined using Cronbach Alpha coefficient which yielded as follows: functional attribute= 0.84, expressive attribute = 0.90 and aesthetic attribute =0.82. ANOVA were used to test the hypotheses at 0.05 level of significance. Findings revealed that judge's acceptance was significantly related to aesthetic, expressive and functional attributes of infant clothing articles produced. Among recommendations made were that Schools in Rivers State should set up practical fabric recycling programmes and activities in schools to enlighten and encourage students on fabric waste utilization and that lecturers in the Department of Home Economics in tertiary institutions should carry out more practical work on utilization of fabric waste for the production of useful articles using different clothing construction techniques.*

**Keywords:** production, infant clothing, fabric waste, patchwork, acceptability