PERCEPTION OF MARRIED WOMEN ON BENEFITS OF FRUIT CONSUMPTION IN EDO STATE, NIGERIA

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Abstract

This study examined perception of married women on benefits of fruit consumption in Esan South East Local Government Area of Edo State, Nigeria. The study adopted descriptive survey design; Population of the study comprised all married women. A sample of two hundred (200) married women was selected using simple random sampling techniques. A structured questionnaire design using a four-point rating scale of agreement was constructed and used for data collection. The instrument was divided into two sections, and section A contains the demographic information of the respondents, section contains investigation areas of the study, the instrument was pattern of four point Likert, it contains fifteen items. The instrument was validated by two experts in the Department of Vocational and Technical and Technical Education in Ambrose Alli University, Ekpoma, Split half method was used, using Spearman Brown Rank Correlation, the reliability coefficients obtained was 0.70. Data were analyzed using mean and standard deviation, The stated hypotheses were tested using t-test statistical tool at 0.05 level of significance. The findings showed that fruits have many benefits to human health. Even though some fruits benefits are not known to respondents. Educated married women have more knowledge on the benefit of fruits consumption to human health than less non educated women. Young married women acceptance of the benefit of fruits consumption to human health is more. The study recommends among others that Every family should consume varieties of fruits to achieve optimal good health.

Key Words: Fruits Consumption, Minerals, Vitamins, Health, Non-Communicable Disease

Introduction

Fruits can be described as the succulent or fleshy covering of nuts. Fruits are juicy and pulpy in character. They consists of the ripened seed or seed with some edible tissue attached (Ihekoronye & Ngoddy, 1985) Fruits according to McConnell, (1992) have extra layer round the seeds, and may or may not be fleshy. In botany a fruit is seed –bearing structure in flowering plants and formed from the ovary after flowering. Fruits are the means by which angiosperms disseminate seeds. Edible fruits have been propagated with the movements of humans and animals (Mauseth, 2003). fruits are fleshy seed – associated structures of a plant that are sweet or sour and edible in the raw state (Schlegel, 2003). Fruits are powerhouse of nutrients that are available in specific season. They are sources of antioxidants, vitamin C, vitamin A, vitamin E; magnesium, potassium, pantothenic acid and fiber Harish, (2013). Nutrients in fruits improve cardiovascular system, protect against heart diseases, heart attacks and strokes; and prevent colon cancer. Fruits like pawpaw, bananas and grapes are excellent sources of beta carotene that prevents damage caused by free radicals and heart disease (Nti, Chagan, Bagina & Seglah, 2011) Regular consumption of fruits is generally associated with reduced risks of several diseases and functional declines associated with aging (Field & Solie, 2007).

Pawpaw lowers high cholesterol levels in the body. Papaya effectively heals and improves all types of digestive and abdominal disorders. Green fruits of papaya are used with treatment of high blood pressure. It helps people who are overweight to lose weight due to fibre content (Nti, Hagan, Bagina, and Seglah (2011). Grape fruits contain certain essential mineral and vitamins that are beneficial to the immune system and help to heal wounds on the body. The juice of grape fruits contains natural quine used in treatment of malaria and feverish conditions (Amao, Adebisi, Olajide, Adeoye, Bamimore, and Olabode ( 2011). Avocado fruits have low sugar content, It prevents bad breath and protects liver damage. Consumption of avocado fruits maintains level of cholesterol in the body and keeps the eyes healthy. Avocado contains lutein that helps healthy cell within the eyes. It combats pre-cancerous cells (Wang, Ouyang, Liu, Zhu, Zhao, Bao, & Hu, 2014).
Oranges boost immune system because of the presence of its high vitamin C, magnesium, selenium, riboflavin and copper content Orange juice prevent development of kidney stones in the body Orange helps to keep the skin and the mucous membrane healthy, because of beta – carotene content. (Watson & Preedy, 2010). Bush pear or Africa pear is a native of the West African mainly found in the South East Nigeria. It is mainly eaten with cooked or roasted corn. The fruits play important role in the treatment of anti-sickle cell diseases. It improves immunity and maintain healthy skin. It reduces blood pressure and risk of stroke. Regular consumption of this African pear fights against cancer because of its rich phytochemical content. (Jerry, Giovannucci & Mitchels, 2001).

Tangerine contains beta – carotene, vitamins, foliate, vitamin C, vitamin A and potassium. Vitamin C protect the cell and body from free damages which could affect the collagens. Folate is involved in production of genetic materials such as RNA and DNA in human body. Tangerine promotes proper functioning of red blood cells and iron in the body. (Watson & Preedy, 2010). Tangerine has oil content used for cleansing dirty substances from blood and body. The presence of vitamin A, and vitamin C are quite beneficial to human hair, Vitamin C build collagen which contributes to healthy hair, while vitamin A keeps the sebum in hair scalp less dry (WHO, 2003).

Black Velvet tamarind or Nigerian velvet tamarind, are dried, powder -like fruits with sweet taste. It promote good health. The Potassium content of the fruit regulate water balance and acid –base balance in blood. The vitamin C content in black velvet tamarind fight against microbial infection and reduce inflammation in the bronchial tube (Tohill, Seymour, Serdula, Kettel & Rolls, 2004).

Coconut fruits are beneficial to human health. The flesh of the coconut is rich in antioxidant which reduces accumulation of gas in the alimentary canal, cleanse toxins in the body and prevent weight gain (Wargevich, 2000). Mango is useful for treating skin pores and keep skin, glowing as well as, prevents flawless skin. Mango boosts immune system due to presence of vitamins C and B. Mangoes improves digestion due to enzymes and fiber content. It has high level of iron that serves as a natural solution for anaemia treatment.

Pineapple is an incredibly delicious and healthy tropical fruit that originated from South America. The enzymes found in fight inflammation and disease. Pineapple is rich source of fibers, vitamin C, manganese, vitamin B6, and copper. Also, it contains trace amount of vitamins A and K, phosphorus, zinc and calcium. It promotes digestion, speeding up recovering from surgery, and boosting immunity (Raman, 2018).

Bananas is one of the world most appealing fruits, Bananas reduces swelling, protect against development of type 2 diabetes and weight loss, Bananas is high in antioxidants and production of free radicals, strengthen nervous system and improves production of white blood cells. Bananas is eaten to overcome depression due to high levels of tryptophan. It improves digestion and weight loss, Banana contains significant amount of vitamin A which is essential for protection of the eye. (Szalay, 2017). Bananas contain nutrients that moderate blood sugar levels. Bananas is a great dietary source of potassium, which lowers blood pressures (Bjarnadottir, 2018).

Watermelon is a sweet refreshing fruit. It provides essential nutrients, such as vitamins, minerals, and antioxidants. It contains antioxidants. These substances remove molecules known as free radicals that cause oxidative stress. Oxidative stress results in cell damage leading to a range of diseases, such as cancer and heart disease. It prevents dehydration, asthma, high blood pressure, cardiovascular disease, constipation and promotion of regular of bowel movements, (Ware, 2019). The benefits of water melon are vast which include prevention of diseases and disorder, like kidney disorders, high blood pressure, cancer, diabetes, heart diseases, heat stroke, muscular degeneration and impotence. (Nagdeve, 2020)

Lemons are citrus fruits, widely used due to its health benefits, lemons contain anticancer, antibacterial and flavonoids properties. It contains folic acid, Vitamin C. pectin and potassium. (sharma, 2019). Lemon prevents kidney stones, lower cholesterol, improve digestive health, boost immunity, treats respiratory infections and aids weight loss. (Hegde,2020). Sour Sop fruit reduce oxidative load in body, it contains vitamin E, vitamin C, vitamin A, zinc and carotenoid compounds. Which preserve the health of eye. It delays macular degeneration and development of cataracts. Soursop consumption decreased stomach ulcer, it also kills intestinal parasites, boosts immunity, reduce anxiety and promote restful sleep. (Jessimy, 2021).
Guava is a common fruit. There are two varieties of Guava fruit, red and white pulp. It have sour, sweet and insipid taste. Guava fruit contains dietary fibers, vitamin A, B1, B2, B5, B6, C, K, calcium, iron, magnesium, zinc, sodium, potassium and phosphorus. Guava fruit can be used to cure cold, headache, heart problem and constipation. (jaiswal 2020)

Cashews have a sweet and astringent taste. It contains a chemical, urushiol, which cause minor skin irritation. Cashew keeps the brain healthy and enhances its functionality, improve heart functionality. It enhances eye health and vision clarity keeps the skin fresh and healthy. It prevent cancer, and prevent stroke. (Dar, 2022)

Cherries are small stone fruits with varieties of colour and flavour. Their colours vary from yellow to deep blackish-red. All varieties contains fibre, vitamins and minerals. Cherries are high in polyphenols, polyphenol diets protect against chronic conditions, such as certain cancers, heart diseases , diabetes and mental decline. Cherries contain anti-inflammatory compounds and melatonin which improve sleep quality. Anti-inflammatory effects in cherries reduce symptoms of arthritis and gout, a type of arthritis caused by a buildup of uric acid that can lead to extreme swellings, inflammation and pain in joints. (kubala 2019)

**Purpose of the study**

The study examines the perceptions of married women on the benefits of fruits in Esan South East Local Government Area of Edo State, Nigeria. Specifically, the study sought to determine; perception of married women on the benefit of fruits to human health.

- educational differences of married women as they affect perception on the benefit of fruits to human health.
- age difference of married women on the perception of the benefits of fruits on human health.

**Research questions**

The following research questions were raised to guide the study.

- What is the perception of married women on the benefit of fruits to human health?
- Does educational qualification of married women affect perception of benefit of fruits on human health?
- Does age of married women affect perception of benefit of fruits on human health?

**Hypotheses**

The following hypotheses were tested at 0.05 level of significance.

- There is no significant difference in perception of benefit of fruits on human health due to differences in educational qualification of married women.
- There is no significant difference in perception of benefit of fruits on human health due to age differences.

**Methodology**

The design of the study was a descriptive survey. The study was carried out in Esan South East Local Government Area of Edo State, Nigeria. The population of the study comprised all married women in Esan South East local Government Area in Edo State. Two hundred (200) married women were selected using simple random sampling techniques. The instrument used for the study was a structured questionnaire developed by the researcher. The instrument was divided into two sections, section A and B. The instrument was a structured in the pattern of four point rating scale of strongly Agree (SA.4), Agreed (A–3), Disagree (D–2), strongly disagree (SD-1).

The instrument was given faced and content validity by two experts in the Department of Vocational and Technical Education in Ambrose Alli University, Ekpoma in Edo State. The reliability of the instrument was determined in a pilot test using sample that were parts of the main study Data from the pilot test were analyzed using Split –half reliability using spearman brown rank correlation. The reliability coefficients obtained was 0.70. The instrument were administered and retrieved at the spot by the researchers and two research assistants.

Data from the main study were analyzed using mean and standard deviation. Mean scores < 2.50 were rejected while mean scores > than 2.50 were accepted. While t-test statistical tool was used at 0.05 level of significance.
Result and Discussion

Table 1: Mean Responses and Standard Deviation of Perception of Married Women on the Benefit of Fruits on Human Health.

<table>
<thead>
<tr>
<th>s/n</th>
<th>Benefit of fruits to human health</th>
<th>X</th>
<th>SD</th>
<th>Remark</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Fruits help to make one physically fit.</td>
<td>2.64</td>
<td>0.94</td>
<td>Agreed</td>
</tr>
<tr>
<td>2.</td>
<td>Fruits increase ones immunity against diseases</td>
<td>2.65</td>
<td>0.86</td>
<td>Agreed</td>
</tr>
<tr>
<td>3.</td>
<td>Fruits reduces body fat</td>
<td>2.58</td>
<td>0.92</td>
<td>Agreed</td>
</tr>
<tr>
<td>4.</td>
<td>Pawpaw prevent premature ageing</td>
<td>2.50</td>
<td>1.01</td>
<td>Agreed</td>
</tr>
<tr>
<td>5.</td>
<td>Oranges is low in calories and high in fibre</td>
<td>2.48</td>
<td>1.07</td>
<td>Disagreed</td>
</tr>
<tr>
<td>6.</td>
<td>Pineapple helps to reduce muscular degeneration and eye problem</td>
<td>2.37</td>
<td>1.15</td>
<td>Disagreed</td>
</tr>
<tr>
<td>7.</td>
<td>Watermelon can prevent high blood pressure</td>
<td>2.59</td>
<td>0.95</td>
<td>Agreed</td>
</tr>
<tr>
<td>8.</td>
<td>Banana helps in proper digestion of food</td>
<td>2.64</td>
<td>1.07</td>
<td>Agreed</td>
</tr>
<tr>
<td>9.</td>
<td>Mango fruits helps in treating skin sores and keep the skin glowing</td>
<td>2.84</td>
<td>1.01</td>
<td>Agreed</td>
</tr>
<tr>
<td>10.</td>
<td>Walnuts helps to prevent livers from being damage</td>
<td>2.59</td>
<td>1.18</td>
<td>Agreed</td>
</tr>
<tr>
<td>11.</td>
<td>Coconut helps in the transferring of oxygen within the body system</td>
<td>2.44</td>
<td>1.72</td>
<td>Disagreed</td>
</tr>
<tr>
<td>12.</td>
<td>Avocado keeps the eye healthy</td>
<td>2.48</td>
<td>1.02</td>
<td>Disagreed</td>
</tr>
<tr>
<td>13.</td>
<td>Grape fruits helps in wound healing</td>
<td>2.46</td>
<td>1.09</td>
<td>Disagreed</td>
</tr>
<tr>
<td>14.</td>
<td>Watermelon prevent high blood pressure and also fight against cancer</td>
<td>2.69</td>
<td>1.02</td>
<td>Disagreed</td>
</tr>
<tr>
<td>15.</td>
<td>Oranges helps to boost immune system,</td>
<td>2.59</td>
<td>`1.02</td>
<td>Agreed</td>
</tr>
</tbody>
</table>

Table 1 shows that respondents agreed with items 1, 2, 3, 4, 7, 8, 9, 10, and 11 and disagreed with items 5, 6, 11, 12, 13, but 14. Only nine items out of fifteen item were accepted by the respondents. And respondents disagreed with six, items.
Table 2: t–test Analysis on Perception of Married Women on benefits of fruit as affected by Educational Qualification.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Educational Qualification</th>
<th>(N -200)</th>
<th>( \bar{X} )</th>
<th>S.D</th>
<th>t-Cal</th>
<th>P value</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benefits of fruits</td>
<td>Well qualification</td>
<td>90</td>
<td>2.65</td>
<td>0.34</td>
<td>1.537</td>
<td>.126</td>
<td>Reject null Hypothesis</td>
</tr>
<tr>
<td>consumption</td>
<td></td>
<td>106</td>
<td>2.52</td>
<td>0.74</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Result in Table 2 reveals that calculated t-value of 1.537 is statistically significant (P< 0.05) therefore the null hypothesis which states that there is no significant difference perception on benefit of fruits on human health as affected by difference in educational qualification of married women is rejected. This implies that perception of married women on benefit of fruits to human health as affected by educational qualifications is significant.

Table 3: t– test Analysis on Perception of Married Women on benefits as affected by age.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Educational Qualification</th>
<th>(N -200)</th>
<th>( \bar{X} )</th>
<th>S.D</th>
<th>t-Cal</th>
<th>P-value</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benefits of fruits</td>
<td>Young women</td>
<td>88</td>
<td>2.70</td>
<td>.559</td>
<td>2.562</td>
<td>0.011</td>
<td>Reject null Hypothesis</td>
</tr>
<tr>
<td>consumption</td>
<td></td>
<td>112</td>
<td>2.49</td>
<td>.559</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 3 reveals that calculated t-value of 2.562 is statistically significant (p<0.05) therefore, the null hypothesis which states that no significant difference perception of married women on benefit of fruits as affected by age between age is rejected. This implies that age significantly influence perception of married women on benefit of fruits to human health.

Discussion of findings
The results of this table indicate that married women in Esan South Esan South East Local Government Area of Edo State, the understand the benefit of some fruits to human health. fruits has important role in human health. Such as fruits increase immunity against disease, fruits such as water melon prevent high blood pressure, walnuts prevent liver damage and bananas improve proper digestion. However, married women agreed that some fruits impact benefit to human health. This finding is in consistent with Nti et al (2011) who stated that all the nutrients of fruits improve cardiovascular system, protect against heart diseases, heart attacks, strokes and prevent colon cancer. Fruits like pawpaw bananas, grapes are an excellent sources of beta carotene that prevents damage caused by free radicals, Also, fruits are known to prevent diabetics, heart disease. The finding in this is supported by the report by Field and Solie, (2007) Regular consumption of fruits is...
Perception of Married Women on Benefits of Fruit Consumption in Edo State, Nigeria

Perception of married women on benefit of fruits to health was significantly affected by educational qualifications. Educated married women understood the benefit of fruits to human health than the uneducated ones. This is line with the finding of Perera and Madhujith (2012) that age and other factors such as education, income, taboos and knowledge have significant effect on fruits consumption. In the same vein, the perception of married women on benefit of fruits to health was significantly affected by differences in age. This result corroborates the finding by Ogundari and Arifalo (2013) that the demand for fruits is higher with households by younger married women than older women.

Conclusion

It can be concluded that fruits have many benefits to human health. The knowledge of the benefits of fruits to human health is more higher among educated married women than non-educated married women. Also, young married women are more knowledgeable of benefits of fruit to human health than old married women.

Recommendations

Based on the findings of the study, the following recommendations were made.

- Government should provide a programme to enlighten the population on the benefit of fruits to human health.
- Every family member should be encourage to consume varieties of fruits in order to harvest the health benefits.
- Every married woman in the family should endeavor to include variety of fruit in the diet provided at home.
- An individual should make conscious effort to consume adequate and varieties of fruits.
- To attain maximum health, a variety of fruits is needed in human body.

References


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25/6/2020 from Net/health-benefits/fruit/watermelon.html.


