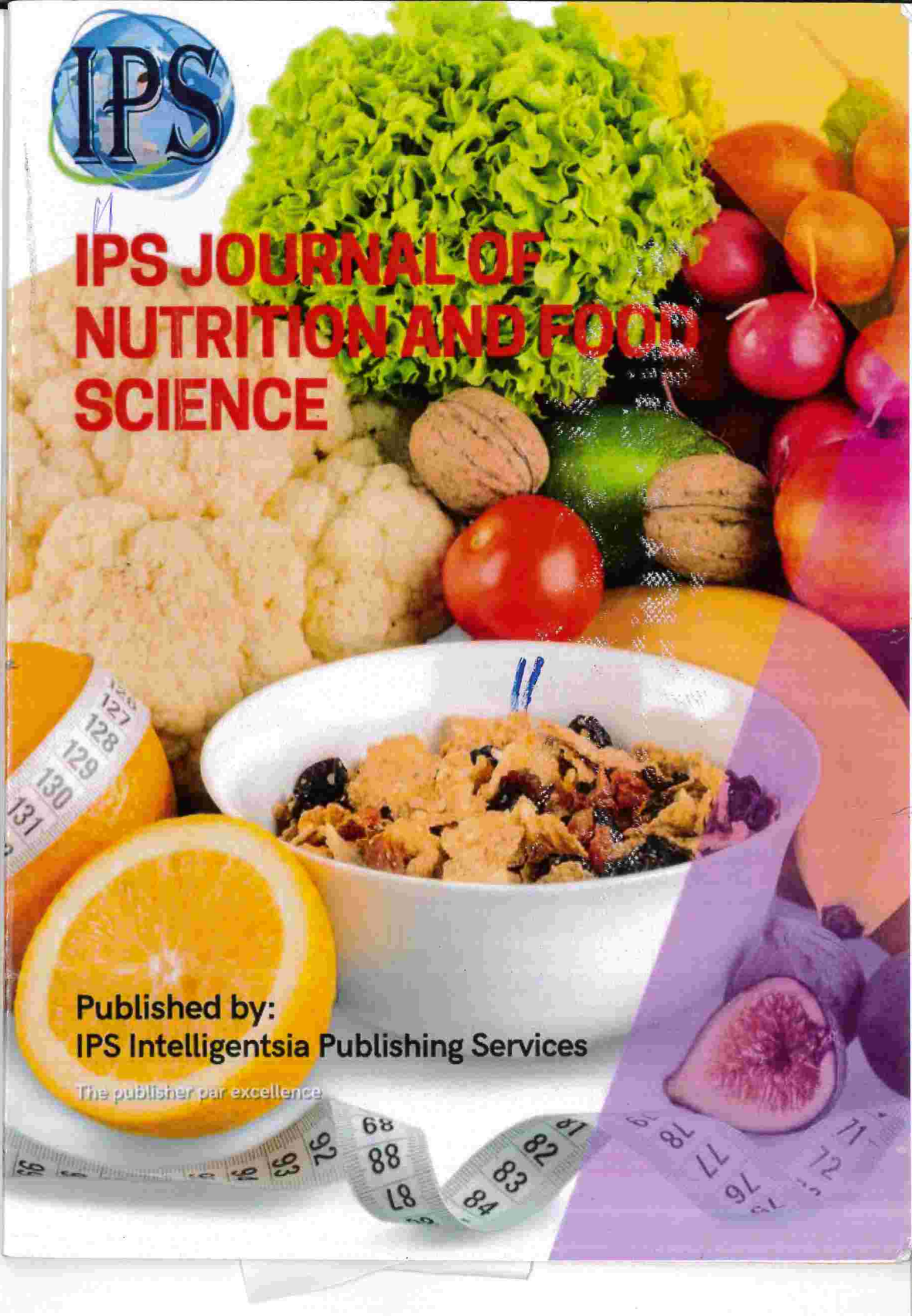


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Assessment of the Perception of Married Women on the Benefit of Vegetable Consumption on Human Health in Edo State, Nigeria

Patience Aluyor*, Patience Iyere Eigbochie, and Chidima Juliana Okosu

Department of Vocational and Technical Education, Ambrose Alli University, Ekpoma, Nigeria

*Corresponding author: pataluyor@yahoo.com

stract

vareness of the perception of married women on the benefit of vegetable consumption on human alth was assessed. Using descriptive survey design, three research questions and two formulated potheses guided the study, with sample size of 200 respondents drawn from Esan - Southeast al government of Edo State. The instrument was face validated by two experts and a structured estionnaire. Mean statistics and standard deviation were used to analyze the two hypotheses at 5 significance level. Mean values of ≥ 2.50 were regarded as agree; while values < 2.50 were garded as disagree. Results revealed that the respondents agreed with the benefits of some getables to human health. Findings also revealed that age and Education significantly influence perception of the benefit of vegetable consumption on human health. Recommendation among hers is individuals should consume varieties of vegetables adequately with their daily diets; also, ministry of health should create awareness.

ywords: *Vegetable consumption, vitamins, minerals, non-communicable diseases*

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oduction

getable is any part of a plant consumed as food. The exact definition of table may vary because of several parts of plants are consumed as food dwide such as roots, tuber, bulbs, corms, stems, leaves, and buds (Heiser,). Also included are mushrooms and edible seaweed which are whole of plants (Mauseth, 2003). Vegetables play an important role in human tion. Most are low in fat and calories but are bulky and filling. They ly dietary fiber and are important sources of essential vitamins, minerals, trace elements. Inclusion of vegetables in the diet helps reduction in the lence of cancer, stroke, cardiovascular disease, and other chronic ents. Studies shows an approximately twenty percent lower risk of nary heart disease or stroke by eating more than five servings of fruits and tables each day compared to those who eat less (Mauseth, 2003). The tional content of vegetables varies considerably (Rickman *et al*., 2007) heir benefits cannot be overemphasized;

ots promote healthy vision; the antioxidants lutein and zeaxanthin found rrots protect the retina and lens. Carrot also provides vitamin A that oves good eyesight, protects against cognitive, supports lung, and healthy Carrots also balance blood sugar, help with blood pressure regulation and in weight management (Sass, 2019).

ng onions contains Vitamins A, B, C and K, and traces of phosphorus, nur, potassium, magnesium, and chromium. It controls high blood sure and diabetes. It makes an impact on increasing the bone density due e presence of vitamin A and K. It has anti-bacterial and anti-viral activity. g onions also improve eyesight and also prevent the eyes from getting weaker. It is highly effective in reducing blood sugar levels (Koradia, 2015). Cabbage is a good source of vitamin C and K. Its dietary fibers are essential in the normal functioning of the digestive system. Cabbage is quite useful to maintain healthy skin and, hair because of its antioxidant properties, which also protect bones from degradation and prevent Osteoporosis and other bone weakening diseases. It acts as a natural defense against mental degeneration. It assists in weight loss and prevents cancer (Charmaine, 2018). Celery is a part of the Apiaceous family which includes carrots and parsley. It is a low-calorie, rich fibre (Brazier, 2019) crunchy stalks that can prevent cancer and inflammation. Celery contains apigenin, which is used in traditional Chinese medicine as an anti-inflammatory, antibacterial, antiviral and antioxidant agent. Celery has an alkalizing effect with minerals like magnesium, iron and sodium (Timmos, 2019). Celery can-also have a neutralizing effect on acid foods.

Okro is a nutritious food with many health benefits which include improving digestive health, managing diabetes, reducing fatigue, stress and lowering cholesterol. It is rich in magnesium, folate, fiber, antioxidants, Vitamin C, and K, B6. It also contains polyphenols antioxidants which includes flavonoids and isoquercitrin as well as vitamins A and C (Rizzo, 2019).

Broccoli is a nutritional powerhouse full of vitamins, fiber and antioxidants. It contains vitamins C, A, K; minerals such as potassium, phosphorus, and selenium. Broccoli has high level of glucoraphanin that is converted into a potent antioxidant called sulforaphane during digestion. Onions belong to Allium family of plants which include garlic, chives and leeks, Onions reduce the risk of several types of cancer, improve mood, and maintain healthy skin

and hair. Regular consumption of allium vegetables can lower the risk of colorectal cancer by 79%. As an antioxidant, it helps counter the formation of free radical compounds that links to cancer (Ware, 2019). Onion is also used to treat ailments like headaches, heart disease and mouth sores (Kubala, 2018). Waterleaf is one of those green leafy vegetables rich in fiber, protein and various vitamins necessary for a human healthy diet. It is a good source of magnesium, calcium, sodium, phosphorus, iron, potassium and antioxidants. It helps in reducing the risks of heart-related diseases by adequately supplying the right amount of blood and oxygen to the necessary areas. It also improves blood cell, reduces constipation, aids the proper digestion of food and lowers the concentration of the enzymes in the blood (Famodun, 2020).

Pumpkin leaves contain Vitamin A which helps for clear vision (Fernandes, 2016). It also contains iron which helps distribute oxygen from the lung to other parts of the body. It is useful in reducing cholesterol in the body; it helps to reduce sugar levels for diabetic patients; helps to build the immune system of the body, it maintains healthy bones, skin and teeth. Its high protein content serves as a supplementary daily protein requirement for the body (Akindude, 2017). Lettuce is a rich source of Vitamin K and A. It has anti-inflammatory, anti-bacterial and anti-fungal properties. It is also a neuro-protector; it helps to control anxiety in diabetic patients and induces sleep. It is among the best foods for weight loss and offers skincare benefits (Marcene, 2019).

Clearly, a lot of studies have been conducted on the nutritional values of fruits and vegetables. However, only a few studies evaluate the perception of married women on their benefits on human health. This information is very important because the findings would give an indication of the risk status of married women to non-communicable diseases (NCDs) and therefore where necessary create more awareness of the benefit of vegetable consumption amongst married women.

Purpose of the study

The main focus of the study is on the perception of married young women on the benefit of vegetables on human health in Edo State. Specifically, the study sought to;

1. Examine the perception of married women on the benefit of vegetable consumption to human health in Edo state.
2. Examine Educational differences on the perception of married women on the benefits of vegetable consumption to human health in Edo State.
3. Examine age differences on the perception of married women on the benefits of vegetable consumption to human health in Edo State.

Research Question

1. What is the perception of married women on the benefits of vegetable consumption on human health in Edo State?
2. What is the educational differences on the perception of married women on the benefit of vegetable consumption on human health in Edo State?
3. What are the age differences of married women on the perception on the benefits of vegetable consumption on human health in Edo State?

Hypotheses

1. There is no significant difference between the educational qualification of married women and their perception on the benefit of vegetable consumption on human health.
2. There is no significant difference between age of married women and their perception on the benefits of vegetable consumption on human health.

Methodology

Research Design: The study adopted a descriptive survey design. The survey design is considered appropriate for the study because a representative sample of married women was drawn for the study.

Population for the Study: the population for the study consisted of all married women in Esan –South East Local Government Area in Edo State.

Sample & Sampling techniques: Samples size for this study has two hundred married women, involving female teachers, civil servants, anti-natal and post-natal in the hospital, using random sampling techniques.

Instrument for data collection: The instrument for data collection was questionnaire. The instrument was patterned after 4 point-rating scales; Strongly Agreed (SA, 4) Agreed (A, 3) Disagreed (D,2) and Strongly Disagreed (SD, 1) respectively. The instrument was validated by experts in the department of Vocational and Technical Education, Ambrose Alli University. The reliability of the instrument was established using the spearman brown rank correlation technique to obtain a reliability coefficient of 0.70.

Method of data collection: The researcher administered questionnaires manually with the help of two research assistants, based on their knowledge in the area of study. The questionnaire was retrieved immediately after filling with a 100% return rate.

Data analysis: The data collected were analyzed using mean and standard deviation to answer research question one. T-test was used to test the two null hypotheses at 0.05 significance level. An item with a **mean weight** $\geq$ f 2.50 was accepted while items with a weight < 2.50 were rejected.

Results and discussion

The mean responses to the perception of married women on the benefits of vegetable consumption on human health is presented in Table 1. T-Test analysis on the educational differences and on age difference on the perception of married women on the benefit of vegetable consumption on human health in Edo State is captured in Tables 2 and 3 respectively.

Table 1 shows the mean responses on the perception of married women on the benefits of vegetable consumption on human health. The table shows that the respondents agreed with items 2, 3, 4, 5, 6, 7, 8, 9, 10, and 11. But they disagreed with three items which are items 1, 12 and 13.

Table 3 shows that the T-Calculated of 2.470 is more than T-Critical at 0.05 significance level. Therefore the null hypothesis which states that there is no significant different between age of married women on the perception of the benefit of vegetables consumption on human health is rejected. This implies that age has significant influence on the perception of married women on the benefit of vegetables consumption on human health.

The findings of the study revealed that the respondents agreed with eighty percent of the items on the table which is the benefits of vegetables consumption to health. This finding is in line with Mauseth (2003) who stated that when vegetables are included in nutrition, there is reduction in the incidence of stroke, cancer, cardiovascular disease and other chronic ailments. The findings also revealed that there are Educational differences among married women on the benefit of vegetables on human health, that is, well-qualified women have more knowledge on human health than the less qualified women. This finding is supported by Nti, (2011) who stated that although most of the respondents had a fair knowledge of the nutritional and health benefits of vegetables. It did not reflect in their frequency of consumption. Respondents in science disciplines tended to have more knowledge of the benefit of vegetables and thus consumed them more frequently as opposed to those in non-science related disciplines.

The findings also revealed that Age have significant differences among married women on their perception on the benefit of vegetables to human health, that is, younger women is more aware of the benefit of vegetable to human health than older women. This finding is supported by Ogundari and Arifalo (2013) who stated that demand for vegetables is higher among households with younger members, compared to a household with older members.

Conclusion

The study showed that there is awareness of the benefit of most vegetables to married women in Esan South-East Local Government, but some vegetable's benefits are not known to them. Educated people and young people are more aware of the benefit of vegetables to human health than less educated people and old people. Vegetables are very important to all categories of people. It can prevent and manage non-communicable diseases (NCDs) such as diabetes, hypertension, eyes defects obesity etc.

Recommendation

Based on the findings; the following recommendations were made in this study.

1. The ministry of health should create public awareness on the health benefits of vegetables through social media.
2. Women should inculcate the habit of feeding their household with varieties of vegetables.
3. Individuals should involve themselves in consuming varieties of vegetables adequately with their daily diets.

Table 1: Mean responses and standard deviation on the perception of married women on the benefit of vegetable consumption on human health.

S/N	Benefit of Vegetables on Human Health	$\bar{X}$	SD	REMARK
1.	Cabbage is useful to maintain healthy skin.	2.49	.97	Disagreed
2.	Lettuce can be used for weight management	2.88	.943	Agreed
3.	Cabbage prevents bone weakening diseases.	2.77	1.05	Agreed
4.	Spring onions controls high blood pressure	2.69	1.05	Agreed
5.	Tomatoes reduce cholesterol levels	2.72	.95	Agreed
6.	Water leafs promote good eye vision	2.76	.97	Agreed
7.	Pumpkin leaves prevents anemia	2.94	.99	Agreed
8.	Carrots promote healthy vision	2.71	.96	Agreed
9.	Asparagus support regular bowel movement	2.43	1.06	Disagreed
10.	African spinach helps to prevent constipation	2.70	.97	Agreed
11.	High consumption of tomatoes prevent premature aging	2.79	1.04	Agreed
12.	Celery prevent cancer and inflammation	2.44	1.16	Disagreed
13.	Lettuce induces sleep and control anxiety	2.30	1.15	Disagreed
14.	Okra improve digestion	2.70	1.06	Agreed
15.	Broccoli supports a healthy immune system	2.63	0.81	Agreed

Table 2: The T-test analysis on the Educational differences on the perception of married women on benefit of vegetables on human health in Edo State

Variables	Educational	N-200	$\bar{X}$	SD	T-Cal	P-value	Remarks
Benefits of vegetable consumption	Less qualified well qualified	94	2.60	0.31	-2.169	.031	Reject null hypothesis
		106	2.77	0.67			

Table 3: T – test analysis on Age difference on the perception of married women on the benefit of vegetable consumption on human health in Edo State

Variables	Age N-200	$\bar{X}$	SD	T-Cal	P-value	Remarks
Benefits of vegetable consumption	Young women 88	2.80	.507	2.470	0.014	Reject
	Old women 112	2.61	550			

Declarations

Competing Interest
The authors declare no competing interest.

Authors' Contributions
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