

NATIONAL OPEN UNIVERSITY OF NIGERIA

AEM 203



Introduction to Home Economics Extension Module 3

Module 3

Unit I Scope for Home Economics – Home Management III

1.0 Introduction

Family Health is the third sub-division of Home Management (Fig. 1, Unit 7).

It is often heard that “health is wealth”. Truly, health in the family is an asset. Healthy family members are good resources, in the sense that each could make his/her maximal contribution to the total welfare of the family. For the fact that ill-health can drain the family’s finances and at the same time compromise family income, happiness and well-being, that “health is wealth” and: a family resource is not an overstatement. Health has been defined and perceived in diverse ways – some view it as one-dimensional i.e. as being synonymous with absence of disease, while others define health as involving interrelationships between some other factors. In this unit the definition, and scope of health will be described, the role of the family in promoting the health of members in the different dimensions will be particularly examined.

Self-Assessment Exercise

What steps have you taken recently to indicate that health is a priority in your hierarchy of goals?

2.0 Objectives

At the end of this unit, you should be able to:

- state the definition of health according to WHO.
- define family health.
- discuss factors involved in attaining optimal physical health in the family.
- define social health and mental health.
- discuss how each dimension of health mentioned in 4 above can be attained.

3.0 Main Content

3.1 Definition and Scope of Health

Some define health as the absence of a disease, i.e. health is the physical well-being of the individual. However, it is common knowledge that one could be free from physical disease yet not being in a state of well-being due to fear, sleeplessness, anxiety, unable to cope with stresses associated with normal life, not able to be in and sustain relationships etc. Such a person could not be said to be having a healthful living.

What then is health?

The World Health Organization (WHO) has defined health as “a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity”.

In fact Kozier, et al (2000) have gone further to critically review the WHO definition, and equate health with physical health (physical fitness at its best), emotional health (feelings and attitudes that make one comfortable with oneself), mental health (a mind that grows and adjust, in control, and free of serious stress), social health (a sense of responsibility, caring for and healthy interactions with others), as well as spiritual health (inner peace and security with ones higher power, as one perceives it).

This last definition, as encompassing as it is appears to be the global perception of health. However, in this unit in discussing family health we shall be guided by the WHO definition.

What is Family Health?

Family health can be defined as the management of everyday problems in such a way as to promote healthful living in the family.

Family health will be considered here in the light of the activities in the family towards achieving health as defined by WHO – i.e. physical well-being, mental well-being, and social well-being.

3.2 Physical well-being in the family

Promotion of physical well-being in the family will involve a total sum of several factors:

- i) the personal healthcare of each member e.g. adequate nutrition for development and fight disease, abstinence from abuse of drugs and substance, regular exercise, adequate sleep and rest, personal hygiene, regular medical checkups etc.
- ii) control of spread of disease germs – disease germs can be transmitted from a person through contact with a source to another person. e.g. person to person contact through direct body touch, (e.g. scabies), breathing in droplets from infected person (e.g. measles), exchange of body fluids (HIV) or sharing other peoples body care properties like tooth brush, hypode needles, shoes, clothing etc.

Some disease germs are transmitted from other creatures to humans (vector-borne) e.g. rabies by dogs and cats, bacteria on decaying material by flies, malaria parasites by mosquitoes etc.

Another means of transmitting disease germs is through the air we breath e.g. T.B. (tuberculosis), influenza, common cold, etc. Good ventilation reduces the chances of transmission of infection.

Some disease germs are water/food borne e.g. typhoid, cholera, amoebic dysentery etc. These can be controlled by avoiding drinking or ingesting polluted water or infected foods, respectively.

iii) Preventing home accidents

Accidents mostly occurring in the home include falls, fires, poisoning, electrical hazards. Appropriate steps must be taken to prevent home accidents e.g. to prevent falls – keeping walkways free of clutter, avoiding slippery floors. To prevent electrical hazards unplug appliances when not in use. Drugs and toxic substances must be stored away from reach of children.

iv) First Aid for Emergencies

First Aid is the immediate action that could be taken in unforeseen occurrences before a doctor's help, if necessary, can be reached. A First Aid box is a must in a home. The box should contain items such as assorted bandages, gauze, cotton wool, antiseptic, simple pain reliever, plaster, pin.

Happenings requiring First Aid treatment in the home include fracture, nose bleedings, bruises, fever, cuts, fainting, ingested poison etc. Knowledge of what to do in each case must be acquired by the householder.

3.3 Promoting Mental Health in the Family

Mental well-being can be described as a feeling of being comfortable with oneself and others, able to love and appreciate being loved, work and play and cope with normal stresses and problems of life – i.e. be in control of one's mind and thought processes.

Promotion of good mental health in the family includes provision of other basic need apart from physiological such as love, security, support and encouragement by family members in times of mistakes, failures and negative happenings in the life of a member. Importation of leaving and skills (walk, talk, read, formal education etc) also promotes mental health. On the other hand substance and drug abuse can jeopardize mental health.

3.4 Promoting Social Health in the Family

Social health is the sense of responsibility and caring for, and healthy interactions with others.

Social relationships are relevant to health e.g. good interactive relationships with parents, spouse, friends etc. promote the individuals well-being and happiness.

On the other hand conflicts produce stress which could result into adverse effects on our bodies and minds – they give rise to what is known as psychosomatic problems like ulcer, high blood pressure, depression etc.

Activities that promote positive interactions in the family should be encouraged.

4.0 Conclusion

Health must be perceived from the holistic view of an individual and not just the absence of a disease or infirmity.

Family health involves the management of everyday problems in such a way as to promote healthful living in the family – i.e. emphasize factors that promote according to WHO

definition of health, the physical well-being, the mental well-being, and social well-being of the members, as well as recognize those that have adverse effects on these various dimensions of health.

5.0 Summary

In this unit different definitions of health were considered. The definition of family health was stated. Consideration of family health was made in the light of the WHO definition of health; factors that promote the physical health of the family (personal healthcare of members, control of spread of disease germs, prevention of home accidents, and First Aid for emergencies) were examined.

Mental health and social health were defined. Factors that promote each of the dimensions of health were discussed, and those that have adverse effects were highlighted.

6.0 Self-Assessment Exercise

1. Differentiate between the World Health Organization's (WHO) definition of health and that of Kozier, B. et al (2000).
2. Discuss the major factors that promote physical health in the family?
3. Define mental health and social health and relate your answer to situations as obtain in your culture.

7.0 References/Further Readings

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Unit 2 Scope of Home Economics – Home Management iv

1.0 Introduction

Housing and utilities is the last sub-division of Home Management we shall consider. You may need to refer to fig. 1 in Unit 7 to remind yourself.

A home should be a place where each member of the family finds relaxation and opportunity for self-expression. The modern home has far greater physiological and psychological implications. Housing for comfortable living should provide space for the family's daily activities as well as for the personal activity each member of the family. When choosing a house, comfort, health, economy, beauty, living space, convenience, hygiene and all that contributes to the development of the personality and material wellbeing of the family have to be taken into account.

Utilities that aid performance of particular activities in the home are essential. In addition various household equipment that simply energy and are time-savers are at the disposal of the modern, often very busy, homemaker.

Furnishing in the home constitutes utilities with functional and decorative purposes which add value to home life. Any material that undergoes usage, with time, gathers dirt and hence calls for cleaning. Hence housekeeping activities as well as cleaning of household equipment constitute a large proportion of household activities that demand the attention of the homemaker.

In this unit, therefore, we shall highlight essentials of the concept and selection of housing, furnishings and interior decorations, household equipment, and housekeeping.

2.0 Objectives

At the end of this unit, you should be able to:

- discuss factors guiding house planning for a family.
- list advantages and disadvantages of renting or owning a house.
- define “furnishings”.
- list factors to consider in selection and arrangement of furnishings.
- enumerate guidelines of colour distribution for harmony in interior decorations.
- discuss factors guiding purchase of household equipment.
- define housekeeping.
- state the secret of easy housekeeping.
- discuss an effective house cleaning schedule.

3.0 Main Content

Before a house or an apartment is rented or before a plan for a new house is selected, the housing needs of the family should be given careful consideration.

3.1 Selection of Housing

As the size, composition and income of the family change, the housing needs also change. An understanding of the role a house plays in family living, makes it easier for the family to analyse its problems and make plans for the future. The provision of a home with living space that meets the needs and desires of the family during the different stages of living and that keeps within the family's housing budget is the major objective of housing management (Anyakoha and Eluwa 1996)

Housing costs may be in the form of rent or if the house is owned, they may be the total cost, connected with the purchase, and maintenance of property. The amount that any individual or family can spend on rent or home ownership depends in a large measure on the income and the expenditure that must be made to meet the other needs. All houses that are carefully planned are an expression of the family's pattern of living.

In house planning, both present and future needs should be considered. A newly married couple will need less room space than a family with children. The family whose children are small and whose income is limited may find it necessary to get along with less space. The plan may also be affected by the furniture for which wall and floor space must be provided. The size and placing of the pieces of furniture that a family may already have or pieces they expect to buy should be thought of in relation to the size and shape of wall spaces and the placings of pieces of furniture in each room of the house.

Flexibility is another important aspect in house planning. It is often necessary to design room so that they will serve different functions. Flexible room arrangements in a house mean that space can be readily adapted to meet the changing needs of the family. Flexible planning calls for dual or multi-purpose use of rooms. The floor plan is best drawn by a professional.

The family that is considering home ownership will do well to weigh carefully the advantages and disadvantages of both renting and owning before making a definite decision.

The followings are some of the advantages and disadvantages of renting a house or of home ownership:

Advantages of Renting a House

1. It usually costs less to rent than to own a house.
2. No responsibility for management and upkeep of property.
3. Can easily change the house with change in housing needs.
4. Can change the house with any increase or decrease in income.
5. More free to move to house of ones liking, or more close to one's work place or to locality of one's choice.

Disadvantages of Renting a House

1. It is not always possible to find a house in the neighbourhood desired.
2. It is often difficult to obtain necessary repairs on a rented house.
3. The plan and layout of rented home may not suit personal needs and activities of the family.

Advantages of Home Ownership

1. Home ownership gives the family a feeling of security.
2. A home owner can secure credit without difficulty, using the house as collateral.
3. The family has more freedom to live as it wants with no interference from a landlord.
4. The family has greater opportunity for individual expression in décor etc. of both interior and exterior.
5. The family has the advantages of having neighbours and friends whose friendship lasts over a period of years.

Disadvantages of Home Ownership

1. It usually costs more to own than to rent a house.
2. The struggle to meet costs of home ownership may rob the family of other needs.
3. Ownership ties the family to a locality.

3.2 Furnishings and Interior Decoration

In the arrangement of furnishings and decorations in the home, the principles of applied art are brought to play.

3.3 Furniture and Fixtures

Furniture is a set of movable articles such as chairs, tables, beds, bookshelves, room dividers etc. used in furnishing or decorating a room. Fixtures, on the other hand, are structures that are fixed permanently in the room such as tumbler racks, bookshelves. However, pot holders braced, mounted or cantilevered to the wall. Water taps and kitchen sinks are also fixtures. Furniture and fixtures can be made to look attractive and decorative in a room. They are found in every room of a house, including gardens. They can be made of natural and synthetic materials such as wood, plastics, porcelain, etc. They are available in different colours, textures, and design.

Furniture and fixtures are referred to as the furnishings in the home.

Selection of Furnishings

Furniture and fixtures are normally expected to last a long time and should, therefore, be selected with care based on following guidelines:

1. The furniture or fixture should be functional and of good design.
2. It should serve the purpose for which it is intended.
3. The colour, textures and pattern of the furniture should fit or harmonize with those of the other items in the room where it is doing to be kept or used.
4. It should be durable and comfortable.

Guidelines for Arranging Furnishings

1. Arrange furnishings for an easy flow of traffic or movement in the room.

2. Distribute the furnishings evenly, with the largest pieces on the largest wall expanse or space.
3. Maintain a regular line of height by balancing pieces of furnishings on opposite walls.
4. Where possible, place furnishings parallel with wall rather than across corners.

3.4 Interior Decorations

In decorating a room different types and colours of paints and paintings are often used.

Guidelines for Colour Distribution in Interior Decoration

1. Use very bright colours only in small amount or areas because some colours seem beautiful in small amounts, but may lose their appeal when used on large areas or furnishings e.g. red, blue.
2. Test colour samples in the type of light existing in the room colours differ under daylight and artificial lighting.
3. Use colour distribution to emphasize or de-emphasize the interior design e.g. the furnishing in the room can be emphasized more than the style and the design of the room by painting the walls neutral shade e.g. white/or cream. Such walls reflect/emphasize colours used in the furnishings e.g. curtains, floor coverings, and decorative accessories in the room

3.5 Household Equipment

As stated at the beginning of this unit, selection of any equipment and its usefulness plays an important role in the performance of particular activities in the home. Therefore, while purchasing an equipment following factors must be taken into consideration.

1. **Cost:** Cost of an appliance needs to be considered along with its usefulness.
2. **Utility:** The usefulness of the equipment is primarily determined by the user's interest and requirement. The appliance should be labour saving not a mere status symbol. For example in spite of great needs an electrically operated appliance may prove useless under situations of frequent power cut. In such cases, a mechanical counterpart should be preferred to the electrical one.
3. **Quality:** It includes the materials used in the manufacturing of the equipment, which largely determines its durability and maintenance. For example in case of electrical appliances, because of attracting enamel coatings (for most of times) it becomes difficult for the purchase to determine the materials used. Further, the wiring may be substandard which may decrease the durability of the equipment or may require frequent repairs. In such cases, only the equipment manufactured by standard companies and preferably certified by the national agencies like, Nigerian Standard Organization (NSO) should be considered.
4. **Service Facility:** During operation, due to wear and tear, most of the equipment become defective and need repair. The repair is easy if the spare parts needed as well as the services of expert mechanic are easily available.
5. **Operation:** The mode of operation of equipment is another point which needs to be given consideration. It should have a simple operation produce, should work smoothly, efficiently and effectively. It should not make much noise during working. However, the working procedure for the equipment to make work properly should clearly be

understood either by reading the concerned operational manuals or from the sales man himself, before purchasing the same.

6. **Maintenance:** Some equipment requires great care and maintenance during use. Such an equipment will add to the already loaded routine work load. If not maintained the equipment may develop defects. Therefore, equipment requiring less care and maintenance should if possible preferably be considered for purchase.
7. **Guarantee:** Equipment or appliances are liable to be defected at one or the other time and need repair. Guarantee policy will help to save repair cost during the period of guarantee.

3.6 Housekeeping

In the course of daily family living, the house gathers dirt – garbage from material usage and other activities by family members, dust and dirt settling on floor, furnishings and equipment. Household pests constitute another unwanted invasion in the home (Mullick 2003).

House cleaning involving the selection of cleaning agents, equipment required, cleaning methods employed, rearrangement of furnishing, what is referred to as housekeeping.

Household pests cause disease and discomfort. These need to be controlled and eradicated. The best method being cleanliness. Keep every part of the house clean, dry and well ventilated, leave to food uncovered and no dirty utensils or scraps of food lying about. Flies, fleas, mosquitoes, bedbugs, lice, and sandflies are carriers of disease while insects like, clothes-moth, silverfish, cockroach, whiteants etc., destroy clothes, books, furniture etc. A house wife should be well equipped with means and methods of controlling and eradicating the household pests, so that her family enjoys good health and wellbeing.

Every homemaker has a standard of cleanliness for her home. She may not be conscious of the standard, but if it is high, she feels uncomfortable when her house is disorderly or dirty. The pressure of preparing meals, doing the laundry, caring for children, or working at personal or professional interests outside the home may make it impossible to keep her home up to the standard, she wishes to attain. Usually working out a definite but a flexible plan and working system and checking on methods and equipment to make cleaning easier and simpler. Frequent light cleaning is the best time and energy management.

Time spent to experiment with systematic work schedules and better methods will help to increase leisure, relieve the mind of worry caused by the pressure of thing to be done and sound methods is better equipped to do the work at hand. The objective is to make the job more interesting and less fatiguing by controlling it, rather than letting it control her.

The secret of easy house cleaning lies in the use of method and adequate good equipment. Without these the cleaning routine becomes prolonged and irritating. It is essential that a supply of good cleaning tools should be provided in every household to enable the housewife to clean with the maximum efficiency and the minimum labour.

It is essential for every housewife to plan a routine of house cleaning suitable to her own particular circumstances and her household. Without such a plan, housework becomes a burden, since haphazard cleaning can only result in muddle. Certain housework should be done each day after which the housewife must allocate weekly special cleaning, so that every part of the house is kept consistently clean. This will save an accumulation of dirt which only

means harder work in its removal. The following suggestions were made by Mullick, P. (1995) as a guide:

- a. Daily Cleaning.
- b. Weekly Cleaning.
- c. Spring Cleaning.
 - (a) **Daily Cleaning:** This chiefly consists of removing superficial dust, making the rooms tidy and orderly. Bed are made furniture pieces dusted, floors swept and mopped, upholstered furniture brushed, carpets cleaned, doors and windows wiped.
 - (b) **Weekly Cleaning:** This cleaning follows the same general procedure, but is more thorough. Pictures and mirrors, light bulbs, lighting fixtures, closet floors, backs of furniture, window shades, venation blinds are dusted. Furniture moved, dusted, wiped and replaced. Mattresses are turned side for side or end for end. Bed hnen changed, walls are swept clean, as far as they can be reached. Curtains removed, dusted and then put up. Remove and clean rugs, carpets and underlays. Polish furniture, dust articles in drawers and turn paper linings.
 - (c) **Spring Cleaning:** This cleaning is done annually and the whole house is turned out, room by room and cleaned from ceiling to floor. Usually any desired changes and repairs are made.

4.0 Conclusion

The modern home has far greater physiological and psychological implications for the family members comfort, economy, beauty, space, convenience, and health all contribute to the development and well-being of the family.

Size, income of the family and their needs are factors to be considered in housing selection. Decision to rent or own a home goes with consideration of certain advantages and disadvantages.

Furnishings consist of movable articles (furniture) and structures that are fixed permanently in the room (fixtures). Informed selection and arrangement of furnishings in the home are important. To impart harmony certain guidelines for colour distribution in interior decoration must be followed.

Selection of any equipment and its usefulness plays an important role in the performance of particular activities in the home.

Cleaning or the method of ridding the home of unwanted dust, dirt, and pests must be done regularly to save an accumulation of dirt. One cannot be too careful when cleaning one's house, because where there is dirt and dust, there is disease.

5.0 Summary

Factors guiding selection of housing, the advantages or otherwise of renting or owning a home were examined. Furniture and fixtures as components of furnishing was stated.

Factors guiding selection and arrangement of furnishings were enumerated. Guidelines for colour distribution to create harmony in interior decorations were listed.

Factors guiding purchase of household equipment were considered.

Contents of housekeeping activities were explained. The activities and effects of household pests were mentioned. The secret of easy house cleaning was examined and a regular house cleaning schedule was advanced.

6.0 Self-Assessment Exercise

1. Mention 3 factors to consider in planning housing for a family. What reasons would affect your decision to rent rather than buy your own house.
2. What are furnishings?
3. Discuss 5 factors you would consider in purchasing an expensive household equipment.
4. A clean house brings comfort, health, and well-being to the family. Briefly discuss how you can efficiently achieve this.

7.0 References/Further Reading

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Unit 3 Home Economics Extension

1.0 Introduction

Various problems affecting the home and by extension the community are not usually seen on the surface. Felt and unfelt needs exist in the home, for which they may abound resources in the family to provide solutions, but lack of knowledge or required information may prevail against the attainment of family goals.

Home Economist extension is a service programme designed by government to interpret research findings to the levels of community and families, and also to disseminate information and government policies to the rural and grassroot level. This is carried out through specially trained personnels known as extension agents.

In this unit we shall define briefly what Home Economics Extension involves. We shall examine and compare the mode of operation of extension services in the distant past and that of contemporary times. The objective of Home Economics extension will be stated, and the impact of Home Economics extension services on family development, particularly in Nigeria, will be enumerated.

2.0 Objectives

At the end of this unit, you should be able to:

- explain what Home Economics Extension is.
- state the objective of Home Economics Extension.
- discuss the advantage of contemporary approach in extension to that in the distant past.
- discuss the contribution of Home Economics Extension to family development in Nigeria.

3.0 Main Content

3.1 What is Home Economics Extension?

Extension is an organized service programme put in place by the government and is concerned with conducting and interpreting research findings at the levels of the community and the family. It also entails dissemination of information and government policies to the family level through specially trained personnels known as extension agents.

As has been observed in previous units, the scope of Home Economics is so wide that it touches on every aspect of home life. Since the family represents a community, and by extension the nation (the family is the smallest organized unit of any nation), Home Economics Extension seeks to be the most powerful programme as a tool to the holistic development of the citizenry.

3.2 Mode of Operation of Extension Programmes

In the past extension programmes have followed the pattern whereby government planning bodies identify the seeming problems of a community, goes ahead to fund what they consider appropriate projects that would solve these problems.

Research findings from off-station research centres inform government policies which are seemingly forced down to the community and families through extension agents.

The community sees these moves as government projects, the plans and implementations being far removed from the community. Often times such projects or programmes end in discontinuity because the community has little or no input in the planning or the implementation processes. Often times monitoring and evaluation processes are hardly present in the total extension programme. Many times government programmes do not address the felt needs of the families.

In the last decade the mode of operation of extension programme has taken a new turn both in the parties involved and in the methods adopted.

In the past sponsors of projects or programmes have been the governments of the day, or non-governmental organizations (like religious bodies) or an organ of the United Nations (e.g. UNICEF, FAO, WHO etc). Today the participatory approach in sponsorship is the mode of operation. For example in promoting a food crop production, the government at each level (Federal, State, or Local Government), an international agency (e.g. FAO), and the community where the project is to be sited cooperate to make contributions in kind or cash. That way such community recognizes the project as belonging to them, guides jealously against its failure and works towards its sustenance (NHDR 1996) they have a stake in its sustainability.

Another policy in extension programmes is that of cross-sectoral involvement. The success of a project or programme is thought to be more likely to be greater if it involves other related sectors. For example for successful implementation, the “Home and School Gardens”, and FGN/UNICEF country programme to promote intake of vitamins and micro nutrients through readily available fruits around the home and on school premises, had to involve stakeholders from various sectors- the sponsors, Home Economist extension agents, personnels from Ministry of Education who are responsible for making and implementing policies for schools, and PCU (a parastatal of the Federal Ministry of Agriculture, responsible for controlling and monitoring of agricultural projects).

As earlier mentioned extension methods have been reviewed. The contemporary extension method involves the following processes:

Situation assessment and analysis during which extension agents help the community under consideration to identify their problem areas (needs) identify their resources, work out probable means of solving the problems within their available resources. Advocacy with policy-making bodies follow to seek for any available interventions as applicable. Plan of operations are drawn, and the projects or programme are instituted under the auspices of the extension agents and the monitoring bodies. At the end evaluations are carried out and the cycle may be repeated if necessary.

Also in the area of research conduction, the off-station research arrangement whereby research is conducted in a remote institute and the findings used as policy for a community

is being shelved where possible for on-station research whereby the homemaker is a participant in the research at the community or family level.

There is not much gain saying that the homemaker will more readily accept new information and innovations of which she was an observer and participant of the derivation.

3.3 Objectives of Home Economics Extension

Home Economics extension agents assist the homemakers to identify their needs, problems, and resources at their disposal, as well as open opportunities (sometimes from government, non-governmental and international agencies). They determine the plan of action in the light of available resources, implement the plan of action and make necessary adjustment to arrive at the desired goals.

In other words the objective of Home Economics extension can be summarized to be a programme designed to help families acquire the knowledge and understanding that will enable them cope with the changing nature of their socio-economic environment in such a way that through their own initiative or participation they may effectively identify and solve various problems directly affecting them.

3.4 Contribution of Extension Services to Family Development

The Home Economics extensionist is an agent of development, particularly at the rural, grassroot level in Nigeria. Usually it is a woman that is saddled with this enormous task and she fits in better since she herself is usually a homemaker and moreso the prevailing socio-religious environment permits the free entry and exit of a female person into and out of a household, a practice which will be prohibited if a male counterpart were employed.

The contributions to family development in contemporary Nigeria by Home Economics extension programme can be summarized as follows among others:

1. **Agricultural development** – Consisting of improved small hold and commercial farming methods resulting in higher yields, knowledge of food preservation, reducing food wastage and thereby increasing food supply and improving economic status of the family.
2. **Nutrition** – Informed guide in food selection and diversified food utilization by the homemaker for improved intake of nutritionally adequate diet by the family.
3. **Health** – Impartation of knowledge in areas of personal and environmental hygiene, with safe household practices, teachings on First Aid, child feedings, and preventive healthcare will have promoted family health.
4. **Women Economic Empowerment** – Acquirement of skills that can promote cottage industry and commerce in areas of Food Preparation and Services (food vendors), handcrafting, garment making, traditional textile design etc. will have amounted to poverty alleviation for the family.
5. **Social Development** – The social status of family members are enhanced through extension activities involving consumer education, childcare, adult literacy campaigns, and formation of various women co-operative societies.

6. **Communication Medium** – Extension activities have led to the improvement in understanding government policies and enhanced the participation with other service agencies.
7. **Research** – Extension activities have opened up research opportunities in areas of social, economic, agriculture, health etc, at directly or indirectly related to family living and in effect directing extension programmes to the needs of all members of the family.

Self Assessment Exercise

Can you think of any programme, by government or another agency which has improved your family living from your childhood status?

4.0 Conclusion

Home Economics extension is an organized service programme by the government operating through specially trained personnels (extension agents), and has as its objective helping families acquire the knowledge and understanding that will enable them cope with the changing nature of their socio-economic environment in such a way that through their own initiative or participation they may effectively identify and solve various problems directly affecting them.

The mode of extension practice in contemporary times involves participatory identification of problems, planning, and implementation, as well as funding of projects or solution programmes.

Cross – sectoral participation is also endorsed. On-station research as opposed to dissemination of off-station research findings whenever feasible is preferred.

Extension services have contributed tremendously to family development in the areas of Agriculture, Nutrition, Health, Economic Empowerment, Social Development, Communications, and Research Opportunities in family related matters.

5.0 Summary

Home Economics extension has been defined. The objective of Home Economics extension was stated. The modes of operation of extension programmes in the past and in contemporary times were examined. The contribution of Home Economics extension services to family development were enumerated and discussed.

6.0 Self-Assessment Exercise

1. What is Home Economics extension?
2. What called for the new approach to extension in contemporary times?
3. Discuss 5 areas in which Home Economics extension have been beneficial.

7.0 References/Further Reading

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Unit 4 Basic Human Needs I

1.0 Introduction

Human needs are many. Some are vital to human survival and are known as the basic human needs. Others are secondary needs but necessary for achieving the highest potential of an individual.

An overview of Human Needs and some Theories of Needs will be examined to provide foundation knowledge to the contents of study in this unit.

2.0 Objectives

At the end of this unit, you should be able to:

- list and explain the basic human needs.
- explain briefly the Maslow's Theory of Human Needs.
- discuss the role of food in sustaining human life.
- list five programmes available for meeting the food needs in Nigeria.

3.0 Main Content

3.1 Overview of Human Needs

Human needs are many, consisting of both physical elements and as well as those needed for growth and development that humans are innately driven to attain.

Put differently the physical needs are referred to as Basic needs, or survival needs in as much as their absence or non-satisfaction portends great threat to human existence.

As such Basic needs take precedence over other needs referred to as secondary needs.

Secondary needs (also referred to as growth needs) are additional needs that must be met in order to maintain the quality of life; such needs include justice, beauty, equity etc.

3.2 The Basic Human Needs

Basic Human Needs can be categorized into five sets. They are:

1. **Physiological Needs** – Food and nutrients, other vital body physiological processes, bodily comforts like health, shelter, and clothing.
2. **Safety and Security Needs** – Predictability, free from harm, need to feel safe and secure.
3. **Love and Sense of Belonging** – The need to be accepted by others and have strong ties to ones family, friends, colleagues etc.
4. **Esteem Need** – The feeling of satisfaction with oneself, gain approval and recognition by others.

5. **Self-Actualization** – The need to achieve growth and development and thereby find self-fulfillment and attain one's perceived goals in all areas of life.

3.3 Theories of Human Needs

A review of literature captures various propositions of the Human Need theories. Most prominent among them is the Maslow Hierarchy of Needs (Boeree, C.G. 2004). In 1943 Abraham Maslow observed and concluded, among others, that:

1. Needs are hierarchical in nature – each need has a specific ranking.
2. People's response to these needs are in progressive order from simplest physiological needs (survival needs) to more complex needs.
3. Lower level needs must be satisfied before higher level needs are activated sufficiently to drive behaviour.
4. When one set (level) of needs is satisfied, it ceases to be a motivator for behaviours.
5. There are more ways to satisfy higher level needs than there are for lower level needs.

Maslow's Hierarchy of Needs can be represented by the pyramid in fig. 2:

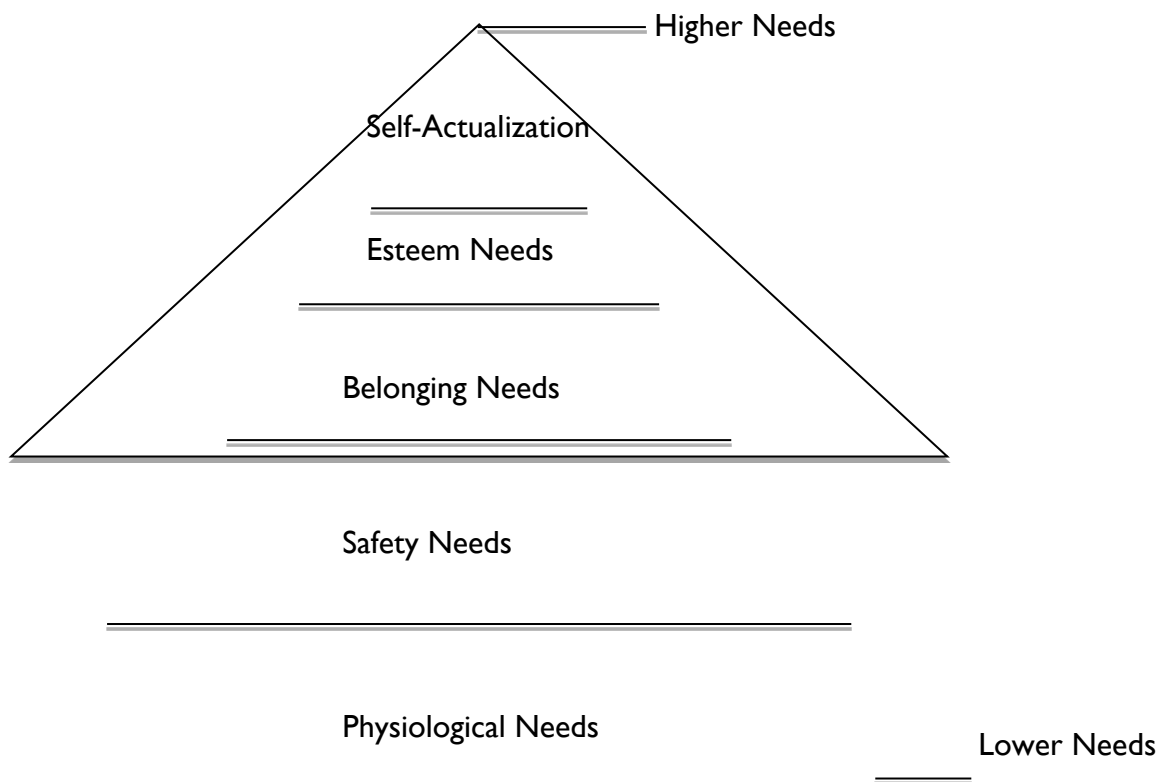


Fig. 2 – Adapted from Boeree, C.G. (2004) Abraham Maslow

<http://www.ship.edu/~cgboeree/maslow.htm>

In the home efforts are sought to satisfy all the 5 areas of needs as enumerated to create the optimal environment for happiness and well-being in the family. However, the objective of this unit and the next is to consider only the physiological needs – i.e. in respect to food,

health, shelter, and clothing, and to investigate programmes that are in place to satisfy each of these needs in the Nigerian context.

3.4 Food Needs

You will recall that in unit 7, the functional definition of food was stated. Let us remind ourselves that food is any substance (be it of plant or animal origin including liquid drinks) which when consumed will do the following:

- 1) Provide the body with material it needs for energy.
- 2) Provide material to allow growth, maintenance, repair or reproductive processes.
- 3) Supply substances, which regulate energy generation, growth, repair, or reproductive processes.

Food contains nutrients, which perform specific functions in the body (see table I Unit 6). Proper amount of each of these nutrients must be consumed as poor nutritional habits precipitate specific deficiency diseases. In fact good health is not achievable without adequate nutrition, and food availability is necessary to sustain life. Food availability poses a steady and monstrous challenge to certain parts of the world, referred to as developing countries, among which Nigeria is one.

Food scarcity is often the resultant of certain factors such as unfavourable geo-climatic conditions (e.g. drought, rocky or desert areas), lack of informed agricultural practices, inefficient agricultural implements, non-availability of farm inputs (e.g. fertilizer to boost yield). Exotic seeds and animal breeds resistant to local diseases and high yielding are often in very short supply. Food wastage due to post-harvest spoilage, and poor storage practices all go along to cut short food security of the family (Duyff 2000).

Indirectly affecting food supply in an adverse manner is the issue of rapid over-population and the drift from agriculture to search for so called “white collar” jobs. Thus agricultural production dwindles while there are more and more mouths to feed from year to year.

Programme Approach to Meeting Food Needs

Several programmes by the Federal Government of Nigeria or in conjunction with international donor agencies have been put in place to promote food security in the family.

- 1) To boost food supply the “Green Revolution” of the Shagari regime (1983-89) and similar programmes were designed to motivate farmers particularly in the rural areas.
- 2) Tractor hire services at the State and Local Government levels are on-going programmes.
- 3) Highly subsidized fertilizer distribution to farmers by the Federal Government through the states.
- 4) Agricultural Research Institutes (both for crop and animal foods) were set up by the Federal Government to identify and seek to solve problems confronting the agricultural sector.

- 5) Extension programmes through the mainstream Ministries of Agriculture, and state-cited Agricultural Development Projects (ADP) are means of bringing modern agricultural practices to the rural and grassroot level.
- 6) Agricultural loans programme whereby farmer co-operatives can access financing of agricultural operations.
- 7) To remedy the poor food selection thereby creating gross deficiency of certain nutrients among the Nigerian population, the Micronutrients Deficiency Control involving food fortification with certain nutrients was an intervention programme put in place by joint actions of Federal Government and UNICEF – i.e. fortification of vegetable oils, flour, and sugar with Vitamin A, and fortification of table salt with iodine.

4.0 Conclusion

Human needs can be categorized into five (5) areas, known as the Basic Human Needs. These are physiological needs, safety needs, belonging needs, esteem needs, and self-actualization needs. All these are needed by individuals to achieve optimal quality of life, but operate in hierarchical order, the most portent being the physiological needs (necessary for human survival) and rises to the highest of needs level – self-actualization.

One of the four physiological needs (food, health, shelter, clothing) is food and it has been shown to be vital for the human body to function and survive through the action of nutrients which are inherent in the various foods.

Food has been in short supply particularly in developing countries due to certain factors, some of them controllable. Programme approach to meet the food needs in Nigeria has taken different modes through the effort of various arms of the three different government levels as well as some international agencies.

5.0 Summary

Overviews of Human Needs were Hierarchical Five Basic and Maslow's Theory of Human Needs was explained. Food as one of the physiological needs was examined in the light of its essentiality to human life, the causes for short supply of food in developing countries, and the programme approach to meet food needs in Nigeria.

6.0 Self-Assessment Exercise

1. Name the five (5) Basic Human Needs.
2. Briefly explain the Maslow's Hierarchical of needs.
3. Why is food vital to human existence?
4. List factors causing short supply of food in Nigeria.
5. Enumerate the programme approach to meeting food needs of the Nigerian population.

7.0 References/Further Reading

Duyff, R.L. (2000). *Nutrition and Wellness*. Pub. Glencoe McGraw-Hill Peoria, ILL.

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Unit 5 Human Needs II

1.0 Introduction

In the last unit the five (5) major Basic Human Needs were identified, and we proposed to consider in this course only the physiological needs in the light of food, health, shelter, and clothing needs. Food needs have been examined in that unit (Unit 15).

In this unit we shall consider the other 3 physiological needs – i.e. health, shelter, and clothing, along with the programme approach to meeting each of these needs in the Nigerian context.

2.0 Objectives

At the end of this unit, you should be able to:

- explain why each of health, shelter, and clothing is a basic human need.
- enumerate the programme approach to meet the health, shelter, and clothing needs in Nigeria.
- distinguish between health promotion and illness prevention.
- list factors affecting the choice of house.
- describe the types of house available in contemporary Nigeria.
- enumerate the imports of clothings.
- discuss briefly the points to consider when planning a wardrobe.

3.0 Main Content

3.1 Health Needs

You may need to refer to unit 12 where we discussed family health as a sub-division of Home Management studies. You will remember that the scope of health goes beyond the absence of disease or infirmity, but embraces, according to World Health Organization (WHO), physical, mental, and social dimensions of the human individual.

The wealth of a nation is her healthy, vibrant citizenry, providing buoyant work force which goes to promote good family living – the ultimate foundation of human society.

A healthy population, therefore, will be that of individuals possessing physical fitness at its best (physical well-being), having feelings and attitudes that make one comfortable with himself and others, a mind that grows and adjusts, in control and free of serious stress (mental health), and having a sense of responsibility to, caring for, and healthy interactions with others (social health).

When health needs are not met a great threat not only to the quality of human functions is posed, but to the entirety of human existence. It is obvious that when health needs, as explained here, are met it begins to open up avenues to meeting the other four (4) basic human needs and goes beyond to meet the higher needs we referred to in Unit 15 as secondary needs – e.g. justice, equity, peace etc.

25 - downloaded for free as an Open Educational Resource at oer.nou.edu.ng

Self Assessment Exercise

Describe a scenario of a village with a population of unhealthy people.

Programme Approach to Meeting Health Needs

At the national and international levels, programmes have been put in place by healthcare agencies to meet the health needs of the Nigerian people, through health promotion and illness prevention strategies.

Health promotion and illness prevention are closely related concepts, and they overlap to some extent in practice.

Basically, health promotion activities motivate people to embark on actions that help them attain the goals of acceptable and stable states of health. Examples of health promotion activities in Nigeria include:

- Statutory policy of fortification of table salt with iodine to enhance adequate iodine nutritive among the Nigerian populace, as well as vitamin A fortification of vegetable oil, flour, and sugar.
- Nutrition education on food selection through Home Economics extensionists, and Community Health agents.
- Smoking cessation and weight control programs by Governmental and Non-Governmental Organization (NGOs).
- Imposition of sanitary days to maintain clean living environments.

Illness prevention activities, on the other hand, motivate people to avoid declines in their health status. The goal is to decrease person's vulnerability to disease or to diagnose and promptly treat those who are at risk of developing complications, or to institute activities which minimize effect of a permanent disease or disability to avert further disability or reduced function.

Following are examples of illness prevention activities in Nigeria:

- 1) National Expanded Programme on Immunization (NPI) – a programme put in place to prevent the 5 most common killer childhood diseases in Nigeria.
- 2) Health education such as breastfeeding of babies and suitable weaning diets to prevent or reduce infant and child mortality.
- 3) Instituted Mother and Child Health (MCH) centres at the Local Government Levels to check maternal and child morbidity and mortality.
- 4) Quarantine of suspects or agents of the disease e.g. the avian influenza that recently broke out in certain parts of Nigeria.
- 5) Screening centres for HIV/AIDS, Tuberculosis infections etc and consequent subsidized or free drug intervention.
- 6) Institution of rehabilitation centres for the disabled e.g. the Stella Obasanjo Trust Fund Centre at Abuja, Nigeria.

3.2 Shelter Needs

Shelter is one of the basic needs of man. Every man requires shelter as a dwelling place for both physical protection and as a home base provides emotional security.

Shelter is provided through housing.

The quality of family housing can influence development, health, comfort, and happiness of family members. Choosing a suitable housing and setting up a house involves important decision in the family and entails a chunk of the family finances. Supply of necessary furnishings and their proper maintenance also have to be considered.

Factors Affecting the Choice of a House

1. Economic factor.
2. Location of the house-high brow or poorer neighbourhood.
3. House should be planned to provide space to serve function of family size and economic level.
4. Size of the family.
5. Ventilation and lighting.
6. Bathroom should be accessible without passing through another room.
7. The bedrooms should be reached through a hall.
8. Front and back doors should be accessible from the road way and garden.

Types of Houses

A well built house is a thing of beauty. In the olden days houses were built according to the materials available locally. Nowadays building materials that are more durable are available locally or imported.

Different Types of Houses are available in Nigeria:

1. Mud Houses: - When an area has a clay soil they can therefore mould it to build houses.
2. Mud/brick houses: - the moulder is used and they take the shape of cemented block.
3. Bamboo: - Found along Lagoons or Swampy areas.

Let us examine each type one by one:

Mould Houses

In some parts of Nigeria where the soil is term mud is easily obtainable the houses are built of mud. This type of mud house last for a very long time and will withstand various type of weather conditions. The houses are cool during the hot season and they are warm during the cold season.

Mud Brick Houses

Muds are made into bricks and dry in the sun during building the bricks are cemented together. The walls of this building are smoother, straighter and thinner than those of the round mud walls and the bricks are easily manipulated during construction.

Bamboo Houses

In some parts of Nigeria especially the swampy areas houses are constructed on bamboo stem backs of trees or trunks of palm trees. The houses are usually built on top of stilts standing in water. These types of houses can be found near Lagoons, rivers, creeks in places like Ikorodu and Niger Delta regions.

Modern Houses

Can be uncomplicated architectural designs varanders, garages and concrete windows they can be bungalows or houses with 2 or more steps. The house can be divided into flats a unit of house or a duplex. The house is constructed completely f blocks moulded from cements and sand.

Programme approach to meeting shelter needs.

The housing has not received as much attention as the food and health sectors we have already considered. In the past, following the style of the British colonial masters' administration, housing programme has been primarily for the civil servants – i.e. those working in the public sector. Development of slums as a result of urban drift has been the order of the day. This is a departure from the traditional rural housing whereby housing provision is made for each household member, however, poor and undurable the building materials may be.

However, during the Obasanjo-Atiku government administration (1999-2007), awakening to meet housing needs of Nigerians was aroused. Mortgage banks to provide loans for family houses were revived, Federal Government's housing loans to civil servants was instituted, and erection of numerous housing estates by both Federal and State Governments was embarked on, with intent of allocation of such houses to civil servants on "owner occupier" basis, and outright sales of others to private prospective owners.

3.3 Clothing Needs

Clothing is one of the basic human needs. Early man was known to have made clothings of leaves, animal skins and furs. For thousands of years man depended on natural fibres obtained from plants and animal for his clothing. Let us examine why clothing is basic to human needs.

Importance of Clothing

1. Protection – we wear cloths to protect our body from harsh weather condition e.g. cold, rain, heat, wind e.t.c. clothes also protects body from animal and insects bites and stings.
2. Appearance – we wear cloth for beauty and aesthetic appearance.
3. Cloths cover our naked body and make us look decent and modest.
4. It reveals emotional feelings at a particular period e.g. mourning cloths.
5. Clothing shows our roles, or duty which we perform. e.g. Nurses, police, soldiers.

6. Wearing cloths shows the culture of a group of people e.g. Yorubas are known for Buba and Iro, Western stylings etc.
7. Clothes helps to identify status of people in the society e.g. clothes for Emirs, Oba, Attah, Ejes.
8. Clothing as a source of information e.g. the type of head tie or cloths tells the type of person he is. e.g. a school boy in the school uniform or a Muslim sister covering her hair without asking anybody the mode of dressing communicate who they are.

Points to Consider when Planning Wardrobe

1. Family taste or standard: - Some make do with a few clothings.
2. Weather Conditions: - Some periods are colder and some are warmer.
3. Income availability.
4. Colour Plan: - for variety.
5. Suitability for different activities e.g. sports, outdoor gardening etc.
6. Suitability for different occasions e.g. work clothes, special occasions (leisure).

Programme Approach to Meeting Clothing Needs

There could be said to be no organized programme to meet clothing needs in Nigeria. However, there abound activities that seek to meet clothing needs in Nigeria:

1. Private entrepreneurs conduct exhibitive programmes focusing on, selection, designing, construction and care of clothing.
2. Institutions such as Women Development Centres where traditional textile design and dyeing, knitting and construction of garments are taught as means of capacity building and empowerment of women.
3. Provision of clothings to destitutes, orphanages and institutionalized homes by Non-Governmental and Religious Organizations.

4.0 Conclusion

Health, shelter and clothing are some of the physiological human needs, which when made available contribute to the totality of human individual and family survival and satisfaction.

Programmes have been put in place by Nigerian Government (at various levels of government), through cooperation with international agencies, or by Non-Governmental, religious bodies, and private entrepreneurs.

5.0 Summary

In this unit we have examined how each of health, shelter, and clothing have posed as basic human needs. We have also attempted to examine ways programme approach has been employed as means of meeting there needs.

6.0 Self-Assessment Exercise

1. Using appropriate examples differentiate between health promotion and illness prevention.

2. Enumerate 2 programmes that seek to meet each of health, shelter, and clothing needs in Nigeria.
3. List 5 needs satisfied by shelter.
4. List 5 needs satisfied by clothing.

7.0 References/Further Readings

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