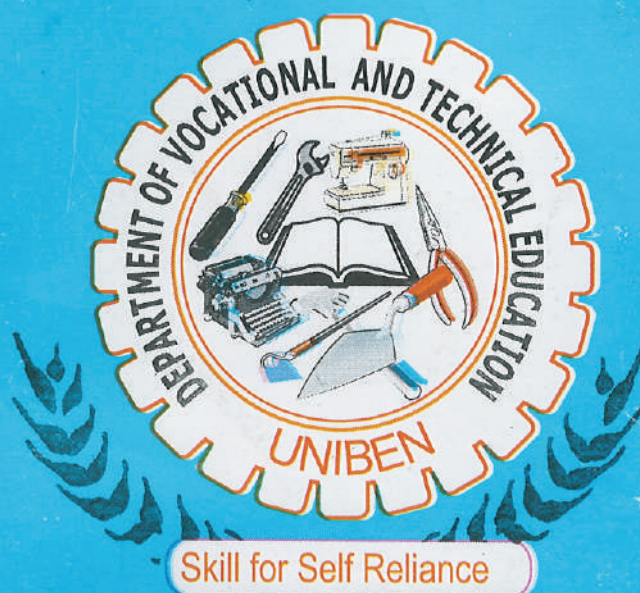


ISSN: 2787-0421

TECHNICAL AND VOCATIONAL EDUCATION JOURNAL (TAVEJ)



VOLUME 7, SEPTEMBER 2021

Published by
Department of Vocational and
Technical Education
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Edo State, Nigeria.

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INFLUENCE OF SOCIO-ECONOMIC STATUS OF THE WOMEN ON AWARENESS AND UTILIZATION OF *LANDOLPHIA TOGOLANA* ROOT AS A SOUP THICKENER IN ONDO STATE, NIGERIA

By

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Abstract

The study assessed the influence of socio-economic status of women on level of awareness and utilization of *landolphia Togolana* as soup thickener used by post-partum mothers in Ondo state. The influence of socio-economic status of academic and non-academic in tertiary institutions respondents on the level of utilization of the plant was also examined. Two research questions were raised and two were hypothesized and tested at 0.05 level of significance. The descriptive survey design was used for the study. The population for the study comprised all women in the tertiary institutions in Ondo State. A multi-stage sampling technique was used to select six hundred and sixteen (616) experienced post-partum mothers from four selected tertiary institutions in Ondo State, Nigeria. There was no significant difference in the level of utilization of *Landolphia Togolana* as soup/food thickeners between academic and non-academic cadre experienced post-partum mothers in tertiary institution in Ondo State. There was significant difference in the level of awareness of *Landolphia Togolana* as soup/food thickeners by experienced post-partum mothers by socio-economic status in the selected tertiary institutions. It is therefore recommended among others that *Landolphia Togolana* be processed and introduced to post-partum mothers. Public enlightenment on the functional and nutritional value of *landolphia Togolana* should be carried out by Home Economist, health workers, government and non-governmental bodies to ensure increase in awareness of usefulness of *Landolphia Togolana* root for post-partum mothers. Post-partum mothers should be trained on how to prepare dishes from *landolphia Togolana* root and farmers should be encouraged to grow more *landolphia Togolana* to ensure its regular availability.

Keywords: Awareness, Experience Post-partum mothers, Utilization, Socio-economic status, Nigeria

Introduction

Plants have played very significant roles in the well-being of humans. Plants are good sources of natural products commonly used in traditional soups through communities worldwide. The roots, leaves, seeds and bark of some plants are found to be good for foods and medicines because of their chemical and nutritional properties. Some plants are also used as flavor enhancers, spices, sources of fibre, minerals and vitamins, sources of phytochemicals or as food thickeners. Among these plants is *Landolphia* family. (Kossivi, Amegnona, and Messanvi 2015). *Landolphia Togolana* is a climber that belong to the family of Apocynaceace commonly called vine rubber. *Landolphia* has about 60 species on African continent and its known locally

by various names in Nigeria, *Ibo –Eso/utu, Yoruba Mba / Alakitipa, Hausa – Ciwa*. It is called locally by people of Akoko south in Ondo State as *Jabajaba* and it is commonly found in the rain forest region of Nigeria and other parts of African countries. *Landolphia Togolana* (jabajaba) is one of the species found on African region and is locally believed to have some nutrients which could be responsible for its wide use for soup preparation by experienced mothers in Ondo State to elevate and maintain well-being of post-partum mothers immediately after delivery and women's health in general. Experienced post-partum mothers are those mothers who have given birth before and gone through the period of post-partum. A post-partum period begins immediately after the birth of a child. It is the period when the mother's physiological and emotional changes occur and uterus size which is expected to return to normal state within forty days, (World Health Organization 2014). *Landolphia Togolana* root species is among the plant used for traditional soup to help the mother deal with problems associated with child birth and complications after birth such as hemorrhage, pain and inflammations, anemia, stress, psychological and emotional disorders often associated with child birth. (Kamile, Yeşim and Emel 2018). The use of *Landolphia Togolana* root powder in soup preparation and utilization could help reduce the problems associated with such diseases because of its nutritional and medicinal benefit which can be influence by socio-economic status.

Socio- economic status is commonly conceptualized as a social status of an individual or group. It is measured as a combination of education, income and occupation. Socio-economic status (SES) could be a major predictor of nutrition knowledge in adult which may also influence the consumption and utilizations of *landolphia Togolana* root as soup thickener.

A strong association between SES and level of awareness has been documented in literature. (Ndungi, 2017). Socio-Economic Status encompasses not just income but also educational attainment, financial security, and subjective perceptions of social status and social class, which includes low level, middle class and high level. Socio-economic status of women can encompass quality of life as well as the opportunities and privileges afforded to people or group within a society. Socio-economic status could predict level of poverty of a person. Poverty specifically, is not a single factor but rather is characterized by multiple physical and psycho-social stressors. Further, SES is a consistent and reliable predictor of a vast array of outcomes across the life span, including physical and psychological health (Cawthorne, 2008). People of different socio-economic status are found in different society including tertiary institutions.

Tertiary institutions are expected to contribute massively to the economic and social needs of women and societies in general. These expectations pose a great deal of challenge to both women in academic and non-academic staff of tertiary institutions thereby placing a demand for increased interest in the consumption of natural substances for the maintenance of women's health and well-being of the family especially to have a significant impact on the life of post-partum mothers. However, tertiary institutions should be a place where women get access to new innovations and information relating to their diet and healthy living within and globally.

Tertiary institutions are also created for a number of reasons such as providing high-level of occupational preparation in a more practical and theoretical way and accommodating the growing diversity of qualifications and role in all spheres of human life, to make it possible for women in academic to claim control over teaching, research activities and discovery of new information on healthy foods. The non-academic women on the other hand are involved in the administrative activities and these will greatly impact the life of women and society in general. Women in the tertiary institutions are working class ladies.

Landolphia Togolana (jabajaba) "soup" is a native soup widely consumed among women in the study area especially during post-partum period but it is gradually going into extinction,

probably because it is not well known for its potentials. This could also be influenced by lack of awareness of the nutritive value and its diversity by the consumers. However, little is known about these plants level of utilization among women. The post-partum period is a time for a mother to recover and take on new responsibilities. In many cultures, it is also seen as a period when a new mother is prone to illness and specific traditional practices are observed such as diet modification to ensure quick recovery and avoid sickness in the latter years. Despite this, negligence and under-utilization still remain a major problem of indigenous plants. Among these plants is *Landolphia Togolana* which is widely consumed in southern Nigeria as traditional soup during post-partum period. It has been observed that post-partum dietary habit varies greatly among different cultures and ethnic groups especially those influenced by the concept of traditional, observed special dietary practices. This is due to the high physiological stress of pregnancy and blood loss during delivery. As a result of these problems, the experienced post-partum mothers in Akoko region of Ondo state, Nigeria therefore taking precautions on dietary practices in the first month of delivery. Despite its wide consumption, it appears to be neglected, unpopular, underutilized and going into extinction. This study therefore, determined the influence of Socio-Economic Status on the level of awareness and utilization of *landolphia Togolana* root as soup thickener used among academic and non-academic women in Ondo State, Nigeria. Specifically, the study:

1. Assessed the influence of Socio-Economic Status on level of awareness of *landolphia Togolana* root plant used by women
2. Assessed the influence of socio-economic status of the women on level of utilization of *landolphia Togolana* root used by experienced post-partum women as a soup thickener.

Research questions:

- 1: What is the influence of SES on the level of awareness of the use of *Landolphia Togolana* root used by experienced mothers as soup thickener?
- 2: What is the influence of SES on the level of utilization of *landolphia Togolana* root used among academic and non-academic staff as a soup thickener

Hypothesis

1. There is no significant difference in the level of awareness and utilization of the soup thickener between the academic and non-academic experienced women in tertiary institutions in Ondo state.
2. There is no significant difference in utilization of *landolphia Togolana* as soup thickener among the women of high, medium and low socio-economic status.

Methodology

The study explored the descriptive survey design. According to Omorogiuwa, (2006) described descriptive survey as a systematic manner, the characteristic features and facts about the population of a study. That is, a certain variable in relation to a certain population usually concerned with description of events as they are described the data collected and analyzed them based on the existence of *Landolphia* as soup thickener among women in selected tertiary institutions in Ondo State.

Population of the Study

The population for this study comprised of all women of experience/child bearing age in the selected tertiary institutions in Ondo State, with total number of two thousand five hundred and seventy (2570).

Sample and Sampling Techniques: The sample size comprised 616 experienced post-partum women from selected tertiary institutions in Ondo State. They were selected using multistage sampling technique.

Instrument for Data Collection

The instrument for data collection in this study were questionnaires, the questionnaires were titled "Assessment by Experienced Women in Tertiary Institution on Level of Awareness and Utilization of *Landolphia Togolana*" (AWAU). The questionnaires were used to elicit information's from the respondents. The questionnaires were developed by the researcher based on the objectives and research questions. The instruments were divided into two sections A and B. Section A was biographical information, while session B contained 20 items that addressed the objectives of the study. The decision rule, any mean $\bar{x}$ value of 2.5 is regarded as agreed and below is regarded as strongly disagreed.

Data Analysis: Data collected were analysed using mean and standard deviation of t-test while research questions 1 and 2 were hypothesized using mean ($\bar{x}$) standard deviation and t-test statistical tools.

Results and Discussions

The level of awareness of *Landolphia Togolana* as soup thickeners by experienced women in tertiary institution in Ondo State?

Table 1: Mean and Standard Deviation of Women's Level of Awareness of *Landolphia Togolana* as Soup Thickeners

S/N	Statements	Mean $\bar{x}$	Decision Rule	Remark
Level of Awareness Scale				
1	Post-partum mothers should be familiar with <i>Landolphia Togolana</i> as soup thickener.	3.36	0.71	High level
2	Most women like <i>Landolphia Togolana</i> for its nutritive value.	3.17	0.77	High level
3	There is much information on <i>landolphia Togolana</i> specie.	3.15	1.84	High level
4	When cooked in soup it tends to be thicken.	3.31	0.87	High level
5	Women are less informed of its health benefit.	3.22	1.88	High level
6	<i>Landolphia Togolana</i> is well known and accepted by all women.	2.44	0.90	Moderate level
7	<i>Landolphia Togolana</i> is popular among women	2.20	1.08	Moderate level
8	Women known the importance of <i>landolphia Togolana</i> during delivery	2.28	1.13	Moderate level
9	People use <i>Landolphia Togolana</i> for soup because they were familia with it.	2.29	1.13	Moderate level
10	Community perception on <i>landolphia Togolana</i> make its cheaper and available.	2.41	0.98	Moderate level
	Awareness	2.78	0.63	High. Level

: 1.00 – 1.99 = Low; 2.00 – 2.49 = Moderate; 2.50 – Above = High

The decisions rule was based on real limit of values. Items with mean responses equal to or above 2.50 was used for the decision for 4-point Likert Scale. This was accepted as an influencing factor and taken as High while any mean rating 2.00-2.49 was taken as "Moderate" and 1.00 – 1.99 is rated as low.

The level of utilization of *Landolphia Togolana* as soup thickeners by women in tertiary institution in Ondo State?

Table 2: Mean and Standard Deviation of Women's Level of utilization of *Landolphia*

<i>Togolana as Soup Thickeners/N</i> <i>Statements</i>	<i>Mean</i> $\bar{x}$	<i>Std.</i> <i>Deviation</i>	<i>Remarks</i>
11. Infusion of boiled root taken as enema to embrace fertility in women and reduce labour pain.	2.22	0.70	Slightly used
12. Root cooked as soup for uterus contraction.	2.32	0.74	Slightly used
13. The concotion root used to treat stomach dissoder.	2.14	0.76	Slightly used
14. Leave cooked as vegetable soup and spices.	2.19	0.76	Slightly used
15. Root infusion used as laxative for women.	2.26	0.67	Slightly used
16. Raw root chewed to improve lactation in nursing mothers, ease constipation and treat diarrhea women.	2.05	0.77	Slightly used
17. Concotion of roots, flowers and leaves used to treat fever.	2.24	0.67	Slightly used
18. Any time I deliver, I used <i>landolphia Togolana</i> to cooked soup.	2.19	0.67	Slightly used
19. Concotion of roots, leaf and stem used to treat abdominal pain, constipation, cough and menstrual pain.	2.16	0.75	Slightly used
20. I often used the root of <i>landolphia Togolana</i> to cooked whenever I deliver for fourty days.	2.13	0.69	Slightly used
Utilization	2.19	0.49	Slightly used

Key: 1.00 – 1.67 = Not used; 1.68 – 2.34 = Slightly used; 2.35 – 3.00 = Often used

The influence of socio-economic status of experienced post-partum women in utilization of *landolphia Togolana* root as soup thickener?

Table 3: Mean and Standard Deviation of the Level of Utilization of *Landolphia Togolana* as Soup Thickeners by socio-economic status

Socio-economic status	N	Mean	Std. Deviation
Low	127	2.04	0.35
Middle	366	2.21	0.51
High	56	2.39	0.55
Total	549	2.19	0.49

Key: 1.00 – 1.67 = Not used; 1.68 – 2.34 = Slightly used; 2.35 – 3.00 = Often used

The decisions rule for the research questions was based on real limit of values. Items with mean responses equal to or above 2.50 was used for the decision for 4-point Likert Scale. This was accepted as an influencing factor and taken as often used while any mean rating 1.68 - 2.49 was taken as "slightly used" and 1.00 – 1.67 is rated as Not used.

Hypothesis 1: There is no significance difference in the level of awareness of *Landolphia Togolana* as soup thickeners between academic and non-academic experienced women in tertiary institution in Ondo State.

Table 4: t-test of Independent Samples on the Level of Awareness of *Landolphia Togolana* as Soup Thickeners by Nature of Employment

Nature of Employment	N	Mean	Std. Deviation	T	Sig. (two tailed)
Academic Staff	216	2.66	0.52	-3.404	0.001
Non-Academic Staff	342	2.85	0.69		

$\alpha = 0.05$

Table 4 shows a calculated t value of -3.404 and a p-value of 0.001; testing at an alpha level of 0.05, the p-value is less than the alpha level, so, the null hypothesis which states that "there is no significance difference in the level of awareness of utilization of *landolphia Togolana* as soup thickeners between academic and non-academic women in tertiary institution in Ondo State" is rejected. Consequently, there is a significance difference in the level of awareness of use of *Landolphia Togolana* as soup thickeners between academic and non-academic experienced women in tertiary institution in Ondo State. Since the mean of the non-academic staff is greater than the mean of the academic staff, it means that the non-academic staff have a higher level of awareness of utilization of *Landolphia Togolana* as soup thickeners than the academic staff.

Hypothesis 2: There is no significant difference in the level of awareness of *Landolphia Togolana* as soup thickeners by experienced women by socio-economic status in tertiary institution in Ondo State.

Table 5: Mean and Standard Deviation of the Level of Awareness of *Landolphia Togolana* as Soup Thickeners by socio-economic status

Socio-economic status	N	Mean	Std. Deviation
Low	129	2.97	0.43
Middle	372	2.71	0.68
High	57	2.75	0.65
Total	558	2.78	0.63

Key: 1.00 – 1.99 = Low; 2.00 – 2.99 = Moderate; 3.00 – 4.00 = High

Table 5 shows the mean and standard deviation of experienced women's awareness in utilization of *Landolphia Togolana* as soup thickeners by women by socio-economic status in tertiary institution in Ondo State as 2.79 and 0.43; 2.71 and 0.68; 2.75 and 0.65 for the low, middle and high socio-economic status respectively. This implies that regardless of their socio-economic status, most of the experienced women have moderate level of awareness of *Landolphia Togolana* as soup thickener or soup preparation during post-partum period.

Table 6: One-way ANOVA of the Level of Awareness of *Landolphia Togolana* as Soup Thickeners by socio-economic status

Groups	Sum of Squares	Df	Mean Square	F	Sig.
Between	6.278	2	3.139	7.996	.000
Within	217.880	555	.393		
Total	224.158	557			

$\alpha = 0.05$

Table 6: shows an F value of 7.996 and a *p-value* of .000; testing at an alpha level of 0.05 the *p-value* is less than the alpha level. So, the null hypothesis which states that "there is no significance difference in the level of awareness of *Landolphia Togolana* as soup thickener by women by socio-economic status in tertiary institution in Ondo State" is rejected. This implies that the difference in the mean of the level of awareness of *Landolphia Togolana* as soup thickeners by the experienced women of different socio-economic status is significant. Hence, multiple comparison test was conducted. This is shown in Table 7

Table 7: LSD Multiple Comparison of the Level of Awareness of *Landolphia Togolana* as Soup Thickeners by socio-economic status

Socio-economic Status	Socio-economic Status	Mean Difference (I-J)	Std. Error	Sig.
Low	Middle	0.255*	0.064	.000
Low	High	0.216*	0.010	.031
High	Middle	0.040	0.090	.656

$\alpha = 0.05$

Table 7 shows a mean difference between low and middle class as 0.255 and a *p-value* of .000, meaning the experienced women with low socio-economic status are more aware of *Landolphia Togolana* as soup thickener than the middle-class experienced women. It also shows a mean difference between the low and the high level as 0.216 and a *p-value* 0.031, the experienced women with low socio-economic status are more aware of the plant as soup thickener than the experienced women with high socio-economic status. Finally, it shows the mean difference between the high and the middle as 0.040 and a *p-value* 0.656. There is no

difference between the experienced women with high socio-economic status and those with middle socio-economic status in their awareness of *Landolphia Togolana* as soup thickener.

Hypothesis 2: There is no significance difference in the level of utilization of *Landolphia Togolana* as soup thickeners by experienced women by socio-economic status in tertiary institution in Ondo State.

Table 8: One-way ANOVA of the Level of Utilization of *Landolphia Togolana* as Soup Thickeners by socio-economic status

Groups	Sum of Squares	df	Mean Square	F	Sig.
Between	5.299	2	2.650	11.478	.000
Within	126.039	546	.231		
Total	131.339	548			

$\alpha = 0.05$

Table 8 shows an F value of 11.478 and a *p-value* of .000; testing at an alpha level of 0.05, the *p-value* is less than the alpha level. Thus, the null hypothesis which states that "there is no significant difference in the level of utilization of *Landolphia Togolana* as soup thickener by experienced women by socio-economic status in tertiary institutions in Ondo State" is rejected. Hence, there is a significant difference in the level of utilization of *Landolphia Togolana* as soup thickeners by experienced women by socio-economic status in a tertiary institution in Ondo State. Therefore, multiple comparison test was conducted.

Table 8: LSD Multiple Comparison of the Level of Utilization of *Landolphia Togolana* as soup thickeners by socio-economic status

Socio-economic Status	Socio-economic Status	Mean Difference (I-J)	Std. Error	Sig.
Middle	Low	0.174*	0.049	.000
High	Low	0.350*	0.077	.000
High	Middle	0.176*	0.069	.011

$\alpha = 0.05$

Table 8 shows the mean difference between middle- and low-class socio-economic status as 0.174 and a *p-value* of .000, meaning the experienced women with middle socio-economic status utilized *Landolphia Togolana* as soup thickener than those with low socio-economic status. It also shows the mean difference between the high and low socio-economic status as 0.350 and a *p-value* 0.000, the women with high socio-economic status utilize the plant as soup thickener than the women with low socio-economic status. Finally, it shows the mean difference between the high and the middle socio-economic status as 0.176 and a *p-value* 0.011, meaning the experienced women with high socio-economic status utilize the *landolphia Togolana* root plant as soup thickener more than those with middle socio-economic status.

Discussion

The level of awareness of *Landolphia Togolana* as soup thickener by women was moderate. Similarly, hypothesis one was rejected, implying that there is no significance difference in the level of utilization of *Landolphia Togolana* as soup thickeners between academic and non-academic women in tertiary institution in Ondo State. The difference in the

level of awareness of the academic or non-academic women might be because more non-academic were aware more than academic staff that are employed outside of the institution's community and state. This finding is in line with Aliyu, Kuhiyop and Hamza (2010) which reported that *Landolphia owariensis* is not well known to people despite its medicinal and nutritional value.

Results showed that there is significance difference in the level of awareness of *Landolphia Togolana* as soup thickeners between academic and non-academic experienced post-partum women in tertiary institution in Ondo State. The similarity in the utilization of *Landolphia Togolana* by the experienced women regardless of whether they were academic or non-academic staff is due to the popularity of the plant in Ondo State. This finding is contrary to National Research Council (2008) which reports that the seeds of *Landolphia* plant are often thrown away in many parts of Africa.

Results also showed that there is a significant difference in the level of awareness of *Landolphia Togolana* as soup thickener by experienced women by socio-economic status in tertiary institution in Ondo State. The difference in the level of awareness of *Landolphia Togolana* as soup thickener by the women based on their socio-economic status may be due to the varying background and exposure of the women. This finding is similar to Emodi, Emah, Isife and Chukuigwe (2009) which reported that the difference in food usage could be due to taste, preference and age variations among the household members.

There was a significance difference in the level of utilization of *Landolphia Togolana* as soup thickeners by experienced women by socio-economic status in tertiary institution in Ondo State. The utilization of *Landolphia Togolana* as soup thickener by the experienced women based on socio-economic status may be connected to the difference in their level of awareness. This finding disagrees with Kossivi, Amegnona and Messanvi (2015) which found that the use of plants as soup thickener among women has increased substantially due to the increasing interests for natural substances. Table 2 shows the mean and standard deviation of the utilization of *Landolphia Togolana* as soup thickeners by experienced women. The table shows that the maximum mean scores for items on the utilization of *Landolphia Togolana* as soup thickeners was 3.00. The mean score of items shows that *Landolphia Togolana* is slightly used by the women. The mean and standard deviation of the items – "Root cooked as soup for uterus contraction" are 2.32 and 0.74 respectively; "Root infusion used as laxative for women." 2.26 and 0.67 respectively; "Concoction of roots, flowers and leaves used to treat fever" 2.24 and 0.67 respectively; and "Infusion of boiled root taken as enema to enhance fertility in women and reduce labour pain" 2.22 and 0.70 respectively. The composite mean and standard deviation of the utilisation of *Landolphia Togolana* as soup thickener by experience women in tertiary institution in Ondo State is 2.19 and 0.49. This suggests that *Landolphia Togolana* is slightly used as soup thickener by experienced women.

Table 3: shows the mean and standard deviation of women's utilization of *Landolphia Togolana* as soup thickeners by women by socio-economic status in tertiary institution in Ondo State as 2.04 and 0.35; 2.21 and 0.51; 2.39 and 0.55 for the low, middle and high socio-economic status respectively. This implies that regardless of their socio-economic status, most of the women have slightly used *Landolphia Togolana* as soup thickener.

Conclusion

The level of awareness of *Landolphia Togolana* as soup thickeners between experienced post-partum mothers in academic and non-academic in tertiary institution in Ondo State was moderate.

The level of utilization of *Landolphia Togolana* as soup thickeners between experienced post-partum mothers in academic and non-academic in tertiary institution in Ondo State varied among socio-economic status of the respondents.

Recommendation

1. Agriculturist and Food scientists should invent new and more presentable ways to produce *Landolphia Togolana* root specie in a large scale for women of high and middle socio-economic status.
2. The utilization and consumption of *landolphia Togolana* root specie should not be limited to women alone but to the household in general.

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