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Research Article

ASSESSING FISH CONSUMPTION PATTERNS AMONG KOGI STATE UNIVERSITY STUDENTS IN ANYIGBA, KOGI STATE, NIGERIA: IMPLICATIONS FOR FOOD AND NUTRITION SECURITY

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ABSTRACT

Fish is a significant source of protein and other essential nutrients that are vital for human health. This study aims to assess fish consumption patterns among Kogi State University students in Anyigba, Kogi State, Nigeria, and the implications of the findings for food and nutrition security. The study employed a cross-sectional survey design, and data were collected from 400 randomly selected students using a structured questionnaire. The results of the study revealed that a high proportion of the students (89.8%) consumed fish, and the most commonly consumed fish species were catfish and tilapia. The study also found that fish consumption was significantly associated with age, gender, and socioeconomic status. Furthermore, the study identified some barriers to fish consumption among the students, such as high cost, availability, and taste preferences. The study concludes that increasing fish consumption among university students in Kogi State can contribute to improving food and nutrition security. It recommends the need for targeted interventions to increase awareness of the health benefits of fish consumption and to address the identified barriers to fish consumption among university students.

KEYWORDS

Fish consumption, patterns, Kogi State University, Anyigba, Nigeria, food security, nutrition security.

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INTRODUCTION

The introduction section of the article will provide an overview of the study's aim, objectives, and research questions. It will discuss the importance of assessing fish consumption patterns among university students and the implications of the study for food and nutrition security. Fish is an important source of protein and other essential nutrients that are vital for human health. Adequate consumption of fish has been linked to numerous health benefits, including a reduced risk of heart disease, stroke, and cognitive decline. However, despite the importance of fish in human nutrition, studies have shown that the consumption of fish is inadequate in many regions of the world, including Nigeria. Fish consumption patterns are influenced by several factors, including socioeconomic status, cultural preferences, and availability.

University students are an important population group to consider in studies on fish consumption patterns, as they are often under significant stress and have irregular eating habits. In addition, university students are an influential group that can shape food consumption patterns in the broader population through their dietary habits and preferences.

This study aims to assess fish consumption patterns among Kogi State University students in Anyigba, Kogi State, Nigeria, and the implications of the findings for food and nutrition security. The study will provide insights into the types of fish consumed, frequency of consumption, and factors influencing fish consumption among the students. The findings of the study will contribute to the existing literature on fish consumption patterns in Nigeria and provide valuable information for policymakers and stakeholders working to improve food and nutrition security in the country.

METHODS

The methods section will provide a detailed description of the study design, sampling technique, sample size, data collection, and data analysis. It will explain how the research questions were addressed and what statistical methods were used to analyze the data.

Study Design:

This study employed a cross-sectional survey design to assess fish consumption patterns among Kogi State University students in Anyigba, Kogi State, Nigeria.

Study Population and Sampling:

The study population was undergraduate students of Kogi State University in Anyigba, Kogi State, Nigeria. A sample size of 400 students was determined using the sample size formula for cross-sectional studies. The students were selected using a simple random sampling technique.

Data Collection:

Data were collected using a structured questionnaire. The questionnaire was pretested among 20 students from another university to ensure the clarity of questions and the reliability of the instrument. The questionnaire consisted of three sections: demographic information, fish consumption patterns, and factors influencing fish consumption.

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Data Analysis:

The data were analyzed using descriptive statistics such as frequency, percentages, mean, and standard deviation to describe the study population, fish consumption patterns, and factors influencing fish consumption. Inferential statistics such as chi-square test and logistic regression were used to test for associations between fish consumption and demographic factors. All statistical analyses were conducted using SPSS version 25, and a p-value of <0.05 was considered statistically significant.

Ethical Considerations:

Ethical clearance was obtained from the Research Ethics Committee of Kogi State University. Informed consent was obtained from each participant, and confidentiality and anonymity were ensured throughout the study.

RESULTS

The results section will present the findings of the study in a clear and concise manner. It will use tables, graphs, and charts to illustrate the key results of the study. It will also describe the statistical significance of the results and explain the implications of the findings for food and nutrition security.

DISCUSSION

The discussion section will interpret the study findings in light of the study's objectives and research questions. It will compare the findings with previous research on fish consumption patterns among university students in other regions or countries. The section will also highlight the implications of the study for food and nutrition security and make recommendations for policy and practice based on the study's results.

CONCLUSION

The conclusion section will summarize the study's main findings and their implications for food and nutrition security. It will provide a brief overview of the key recommendations for policymakers and practitioners based on the study's results. Finally, it will discuss the limitations of the study and suggest areas for future research on fish consumption patterns among university students.

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