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FAMILY STRUCTURE AND MEMBERSHIP IN RELATION TO EMERGING TREND IN CHILDREN'S WELL-BEING IN A COMMUNITY IN NIGERIA

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ABSTRACT

The study investigated the influence of family structure and membership on the emerging trend in children's well-being, in terms of feeding, education, clothing, health, rest, freedom and recreational facilities. A sample of 1550 school children made up of 763 males and 787 females randomly selected from 23 schools were involved. The instrument was a questionnaire, with section A containing demographic information of the children and section B containing 24 items where pupils rated the extent to which they enjoy parental provision of the well-being items on a scale of five points. Pupils rated that they were 68.9% well-fed; 67.1% well-clothed; 68.5% health cared for; 66.4% educationally provided for and 63.9% recreationally opportune. There is a significant difference between children living with both parents and children not living with parents in their well-being. There is also a significant difference between the well-being of children whose fathers live with their mothers and those whose fathers do not live with their mothers. Children from large size home do not enjoy well-being as children from small size homes. Accordingly, parents should be concerned with the well- being of their children in their actions and inactions. Equally, large size family in terms of number of children should be discouraged progressively through public education that may take both formal and informal approaches, the later such as mass media, social media and government regulations.

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KEYWORDS: Family Structure, Children's Well-Being, Feeding, Clothing, Rest, Recreation

INTRODUCTION

Family structure and membership could have serious impact on children's well-being. To a large extent, children's well-being: feeding, clothing, health, education and recreation, may be determined by environment (Thomson, **Eccles** McLanaham (1994). The family, the basic unit of social life, forms the link between the individual and the society. Akpata (2004) says that the family is the most enduring and permanent of all groups. It is where we derive our identity and fulfill the potentialities for personal growth and development. It is a fundamental social institution which provides for the rearing of children and for meeting other important human needs. The family is generally made of the nuclear and extended systems. Members of the nuclear family are father, mother, brother and sister. The extended family is larger and it includes father, mother, children, grandfather, grandmother, aunt, uncle, cousin, niece and nephew.

African traditional societies have beliefs and values that directly affect family structure and membership, such as acquiring many wives or giving birth to many children or desire to have a son etc. all which definitely affect the growth of population in the family. The birth of a child brings changes in the family – increase in the family member, increased attention, expenses and other responsibilities. As the family population increases, more money is needed

to feed the family members. If the increase in the family is greater than the increase in resources, then many problems such as malnutrition and other diseases are likely to face the family. Also where there are few children in the family, each child may receive more attention than a family where there are many children (Ewelukwa, 2004). Therefore there is a correlation between family membership and the well-being. Apart from the usual children monogamous and polygamous structure of African family system, the practice of putting children in care of grandparents, aunts and brothers is still prevalent. Single parenthood is also becoming more prevalent (Ogundare 2010). Also large size number of children is still much present. These forms of structure impact greatly on children well-being and it is instructive to study in details their impact on children's well-being today.

Fundamental to child well-being is feeding. Food attention plays an important role in the life of the human beings. The body requires food for the various parts so that they can function well. This is because food is any substance, either liquid or solid which can provide the body with substances for growth and repair; heat and energy and the regulation of its functions. These functions are fulfilled by eating foods from the various classes. Akanbi (1987) says the type of foods consumed in a family is somehow determined by its membership. Kadiri

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(2008) observed that only very few husbands cope effectively with feeding where there is large number of children from multiple wives.

Another concern is clothing. Clothing covers the nakedness of the individual, keeps him/her warm, comfortable and boosts his/her ego. Clothing therefore, takes quite a large chunk of the family income. Children need clothes for schools, organizations, religious bodies that are identified by their uniforms, which also takes its toll on family resources. In fact, our quality and standard of living are associated with the type of clothing we wear. Thus the poor are poorly dressed while the rich are adorned in rich clothing and apparels. As the family size expands, so do the demands made on clothing. A large family requires more money for clothing than small sized one (Downey, 1995).

Feeding and clothing are associated with health. Appearance can give us some information about a person's health. Health is a state of well-being of the whole body. A person who is in good health is usually lively and happy. He enjoys life. His eyes are clear and alert. He does not worry too much and he sleeps well. He has no diseases and feels no pain or discomfort in his body. As a result he can take full part in the activities in the family. The family in turn is concerned with the health of every individual in the family (Teachman, 2010).

The family also plays a significant role in the development of their children's attitude and behavior to various sports. Certain behaviours and actions of the parent may strongly influence the enjoyment level of their children. Parental involvement is defined by Genn (1999) as the time, energy and money parents invest in their child's sports participation and including aspects such as providing instructional assistance and purchasing equipment. Genn further said that through parents' involvement, they can help create feeling of enjoyment by providing support and encouragement or they can be a source of stress and anxiety by placing excessive pressure on a child.

In respect of family and children's performance in school, Akanbi (1987) in his study of the relationship between types of family structures and student performance in Lagos, Nigeria concluded that a family structure with tension breeds worried children. Similarly, previous studies indicate that most of the adolescent thinking and behaviour are derived from the families and other social groups, which the children belong to. For instance, most nuclear families (monogamous family) are concerned about the scholastic records of their children, attend P.T.A meetings regularly, visit the schools, save for their children's future education at higher levels, provide the children with learning tools such as adequate text books, uniform, regular school fees payment and in

general leaving no stone unturned in an attempt to ensure success for their children in the education venture. Parents of the children in large family (polygamous and extended families inclusive) on the other hand, may put little premium on education and well-fare (Odetola 1983). Many of these parents will at times encourage truancy and be-little education. They want their children to get married quickly or get job in order to be on their own.

Family size is likely to reduce the resources available to each family member and to diminish the attainment these resources can produce. In larger families, parents have fewer resources to invest in each child and each child consequently fares worse both immediately and over time. Research on educational attainment demonstrates that as family size increases, material resources, parental attention and intervention and opportunities are reduced (Blake 1989). There are fewer material resources such as home quality, funds for education, space to study and access to books and newspapers in larger families (Teachman 2010). Children from larger families are also less likely to take dance and music lessons, to travel out of the country or to have other stimulating educational experiences. Non-material resources are similarly diluted in larger families. Parental involvement, encouragement, intervention and opportunities to engage the world are all vital to well-being and these are less available to children in larger families. As a result, people from larger families perform worse in school and attain lower levels of education (Downey 2005).

If the relationship between family size during childhood is largely a result of resource dilution, the effect of family size will be noticeable only when the family has sufficient resources to strain. More precisely, the negative effect of siblings is likely to be evident where financial resources exceed family needs because it is not until this point that resources dilution can take effect. At lower levels of family resources, there are insufficient resources to dilute and the effect of additional siblings will be a strain but is unlikely to reduce adult wealth accumulation noticeably. The effect of family size in childhood on adult wealth is also likely to diminish at high levels of financial resources where additional strains are more easily absorbed financially.

But today family structure is changing (Ogundare 2010, Seogner 2005) arising from: one, fertility change: The reduction in the average annual rate of population growth which is a global phenomenon primarily occurred due to reductions in fertility levels. An inevitable outcome of declining fertility rates and increasing age at first birth in most of the countries in the world is a reduction in family size. Though much slower in Africa (Freedman 1995). Another factor is in change in age at marriage and

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age at first birth: In many countries in Asia where significant declines in fertility are being experienced, reductions in the proportion of people married have often coincided with or preceded declines in marital fertility. A substantial increase of the proportions never married among both males and females at young ages, as noted in many countries (Bakar, 1996). A third factor is change in mortality. Mortality declines, particularly infant mortality, everywhere preceded fertility declines. Improved survival rates of children mean that when women reached the age of 30, they increasingly had achieved the completed family size they desired. Earlier, much larger number of births was required to achieve the desired completed family size. The countries in South and Central Asia that have achieved a low level of fertility also have a low level of infant mortality (Downey 2005).

STATEMENT OF PROBLEM

Since many aspects of children's life depend on the family of orientation, the question is: what is the emerging trend in family structure and membership's impact on children's well-being today? Previous studies have looked at individual aspects of children's well-being in isolation, and did not obtain information from the children. This study attempts a wide spectrum of children's well-being, through children expressions.

PURPOSE AND OBJECTIVES

This study investigates the impact of family structure and membership on children's well-being. The objectives of the study are to:

- 1) Examine the extent to which children consider they are being cared for in feeding, clothing, education, health and recreation
- 2) Compare the well-being of children living with their parents and those who are not.
- 3) Compare the well-being of children whose fathers live with their mothers and those who are not.
- Compare the well-being of children based on father's number of children and mother's number of children.

RESEARCH QUESTIONS

- 1 How well is the general well-being of the children in terms of feeding, clothing, education, health and recreation?
- 2 Is there significant difference between children living with parents and those who are not in their general well-being?
- Is there any significant difference between the children whose fathers are living with mothers and those who are not in their general well-being?
- 4 Is there any significant difference in the wellbeing of children based on fathers' number of children and mother's number of children?

Significance of the Study

The importance of this study lies in providing empirically based instructive information on the close relationships between family structure and children's well-being and the emerging trend observable presently. This information is useful to social workers, community development advisers, NGOs on children's well-being and other relevant social scientists in their callings and contributions to the different aspects of sustainable development.

Method

The research design was descriptive survey of family structure and membership in relation to children's well-being in Ikenne Local Government, Ogun State. The population of this study was all pupils in primaries 4, 5 and 6 Ikenne Remo Local Government. A sample of 1550 pupils was involved from the 23 schools. They were made up of 763 males (42.0%) and 787 females (58.0%). Their aged ranged between 8 to 15 years with mean age of 9.8 years. Between 35 and 42 pupils were chosen from each of the schools on proportionate basis. Nine hundred and seventy-seven were living with their parents while 573 were not. Their other characteristics are shown in table 1.

Table 1: Sample Characteristics

Parameter	Group	N	%
Gender	Male	763	49
	Female	787	51
Children living with nevent	No	573	37
Children living with parent	Yes	977	63
Father's Number of wives	1-2	553	36
	3 and above	997	64
Number of mother's children	1 – 4	860	55.6
Number of mother's children	5 and above	690	44.4
Number of father's children	1 – 6	864	55.7
	7 and above	686	44.3
Father lives with mother	No	681	44
	Yes	869	56

The instrument was a questionnaire. The questionnaire was divided into two parts. Section A contains general information on the children while section B contains items meant to find out information on family structure and membership in relation to children's well-being. Each child rated the extent to which he/she was enjoying details of feeding, clothing, health, educational opportunities, recreation, freedom and rest on a scale of five steps (zero to four points). The questionnaire was designed by the researcher and it was validated by two researcher's colleagues. From a trial test with 53 pupils in another local government, Cronbach alpha yielded 0.862.

The researcher was assisted by four undergraduates who visited all the schools involved. After permission had been granted, they administered the questionnaires on the pupils with the help of the class teachers. One thousand, hundred and fifty copies of

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the questionnaire were found analyzable. The responses for each item in the questionnaire were graded. The data were analysed with descriptive and inferential statistics.

FINDINGS AND DISCUSSION

Research Question 1: How well is the general wellbeing of children in terms of feeding, clothing, education, health and recreation?

Table 2: Children's Ratings of their well-being.

Aspects of children's well-being	Mean	SD	Remarks
Health care: mouth, skin, bathing, general wellness	10.96	4.60	Very good
Feeding: breakfast, lunch, supper and in-between meals	10.89	4.58	Very good
Clothing: festivals, school uniform, outing dress and under-wear	10.75	4.87	Good
Education: writing materials, care for regularity, punctuality and performance	10.63	4.49	Good
General comfort: freedom, happiness, sound sleep and rest	10.62	4.64	Good
Recreation: support with materials, encouragements and practice.	10.23	4.38	Good

From table 2 above, the children rated themselves generally above average in feeding, with a mean score of 10.89, out of 16 maximum obtainable points, which amounts to 68.06% in the scale of feeding. However, there are minor variations in the different aspects of feeding. For instance, breakfast is slightly better taken by the children than other means while in-between meal is the least taken by them. Lunch and supper were rated equal in supply to them (68%). The standard deviation of 4.58 suggests a very close agreement among 1550 children. In clothing, children rated availability as in feeding, though a little lower, 10.75 (67.19%). Details show that festival dress was rated highest and underwear was rated least in availability. School uniform and outing dresses tied as being above average (67.3%). The standard deviation of 4.87 also suggests a very close unanimity among 1550 children. In the realm of health care, children rated their health highest, compared with other aspects of children well-being, with a mean score of 10.96 (68.56%). Care of skin, teeth, eye and general wellness were all close to 70% in their ratings. Care of the teeth stood tallest. Children were not very markedly different in their ratings as shown in the standard deviation of 4.60.

In the educational provision, children rated their well-being well above average (66.4%), with a standard deviation of 4.5. In the details of educational provision, the children rated their parent's concern to be regular at school as their first priority, followed by provision of writing materials. However, they indicated that their parents' concerns for punctuality and academic performance come a

little below regularity in school and provision of writing materials. The standard deviation shows that there is unanimity among the children in their ratings of educational provisions. In the realm of recreation, children rated this aspect slightly below the other aspects of well-being, with a mean score of 10.23 which amounts to about 64%. Children indicated that they were more permitted to do sports and games than being provided sports and games materials by their parents. In the same vein as in other aspects of well-being, the children were more united in their ratings than being different. In the aspect of comfort, the mean score is 10.62 which amount to about 66%. The children rated enjoyment of freedom highest in this aspect, about 70%. They also rated enjoyment of sound sleep and happiness high, about 68%. However, they ranked rest lowest in the area of general comfort. On the whole, the children ranked the following aspects of well-being in descending order: health, feeding, clothing, education, comfort and recreation.

Research Question 2: Is there any significant difference between children living with their parents and those who are not in their general well-being?

From table 3, there is a significant difference between children living with parents and those who are not in all the aspects of well-being tested. Children living with their parents enjoy better well-being than those who do not live with their parents.

Table 3:t-test analysis of well-being of children living with parents and those who are not.

Well-being	Group	Mean	Std. Dev.	t	df	Sig
Feeding	LWP	13.45	3.95	8.625	1548	0.000
	NLWP	8.18	3.50			
Clothing	LWP	13.42	4.08	8.553	1548	0.000
	NLWP	7.95	3.73			
Health	LWP	13.47	3.90	8.254	1548	0.000
	NLWP	8.32	3.73			
Education	LWP	13.04	3.87	8.054	1548	0.000
	NLWP	8.10	3.62			
Recreation	LWP	12.64	4.00	8.368	1548	0.000
	NLWP	7.68	3.17	1		
Comfort	LWP	13.32	3.95	9.132	1548	0.000
	NLWP	7.77	3.46			

LWP = Living with Parents;

NLWP = Not Living with Parents

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Research Question 3: Is there any significant difference in the well-being of children whose fathers live with their mothers and those who are not?

Table 4:t-test analysis of children whose fathers live with their mothers and those who are not.

Well-being	Group	Mean	Std. Dev.	t	df	Sig
Feeding	FLWM	13.45	3.98	7.380	1548	0.000
	FNLWM	8.70	3.87			
Clothing	FLWM	13.38	4.17	7.200	1548	0.000
	FNLWM	8.52	4.06			
Health	FLWM	13.52	3.89	7.318	1548	0.000
	FNLWM	8.78	4.01			
Education	FLWM	12.93	4.11	6.533	1548	0.000
	FNLWM	8.68	3.96			
Recreation	FLWM	12.43	4.11	6.420	1548	0.000
	FNLWM	8.35	3.68			
Comfort	FLWM	13.01	4.08	6.614	1548	0.000
	FNLWM	8.58	4.10			

FLWM = Father Living with Mother, FNLWM = Father Not Living with Mother

From table 4, there is a significant difference between children whose fathers live with their mothers and those who are not in all the aspects of well-being tested. Children whose fathers live with their mothers enjoy better well-being than those who are not.

Research question 4: Is there any significant difference in the well-being of children based on mother's number of children?

Table 5: Children's well-being according to mother's number of children

Well-being	Group	Mean	Std. Dev.	t	df	Sig
Feeding	1 – 4	11.54	3.58		1548	S
	5 and above	9.81	3.51	9.56		
Clothing	1 – 4	12.01	4.03		1548	S
	5 and above	8.95	3.72	15.50		
Health	1 - 4	13.24	4.05		1548	S
	5 and above	8.22	3.63	25.69		
Education	1 – 4	12.14	3.88	15.89	1548	S
	5 and above	9.10	3.63			
Recreation	1 – 4	10.64	4.14	0.20	1548	NS
	5 and above	10.68	8.81			
Comfort	1 – 4	7.80	4.05	27.25	1548	S
	5 and above	13.41	4.01			

From the sample 860 children came from mothers whose number of children is between one and four, while the remaining 690 came from mothers whose number of children are five and above. In the areas of feeding, clothing, health and education there are significant differences between the well-being of children from small size mother's children and those from large size mother's children. In this respect, children from small size mother's children enjoy better feeding, clothing, health facilities and education than those from large size mother's children. However the table shows that in the aspect of recreation there is no significant difference between the two groups of children. In the aspect of comfort there is a significant difference between the two groups. But in this respect children from large size mother's children enjoy more comfort than there counterpart from small size.

Research question 5: Is there any significant difference in the well-being of children based on father's number of children?

From the sample, 864 children came from fathers whose number of children is between one and six, while the remaining 686 came from fathers whose number of children are seven and above. It is revealed from the table that there are significant differences between the two groups in the areas of feeding, health, education and comfort: with children from smaller father's number of children having better advantages than their counterpart. However, there are no significant differences between the two groups in the aspect of clothing and recreation.

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Table 6: Children's well-being according to father's number of children

Well-being	Group	Mean	Std. Dev.	t	df	Sig
Feeding	1 – 6	13.01	3.88	25.0	1548	S
	7 and above	8.10	3.81			
Clothing	1 – 6	10.32	4.17	-1.05	1548	NS
	7 and above	10.54	4.07			
Health	1 – 6	11.52	3.91	3.11	1548	S
	7 and above	10.88	4.12			
Education	1 – 6	11.11	4.12	5.48	1548	S
	7 and above	9.98	3.96			
Recreation	1 – 6	10.43	4.11	0.39	1548	NS
	7 and above	10.35	3.98			
Comfort	1 – 6	13.11	4.18	23.78	1548	S
	7 and above	8.08	4.10			

DISCUSSION

The findings of this study reveal that children were generally well-fed. Most children take breakfast but not very many of them take in-between meals. Some of the factors that could be responsible for this result include the fact that children wake up from home and participate in the family breakfast, whereas most parents are at work in the afternoon and hardly provide lunch for the children. Another possible reason is that breakfasts are generally fast food like bread and tea, rice and stew, rice and beans and yam and tea. Some parents are also accustomed to giving their children money for breakfast which they can easily purchase along the way to school. In-between meals are not generally popular in the community, as some parents consider it as a waste of money while others do not encourage such meals on health ground (Ogunsanya, 2015).

Concerning how well the children are clothed, it was found that most children are well-clothed. Festival dress is ranked first possibly because of the psychological desire to satisfy children. Festival dresses are also occasional dresses and they are culturally valued. School uniforms are equally important and they are imperatives for schooling. Generally under-wears are not considered necessary for the young ones except during the wet season.

The health condition of the children was rated well enough as revealed in table 3. The table further shows that children mostly have good teeth condition and general health condition. This may be attributed to improvement in the provision of hospitals and child care centers (Blackwell 2010). In recent time, Nigeria has benefited from UNESCO health facilities and today health care has been the responsibility of the local government, state government and the federal government. Non-governmental organizations and Nigerians in diasporas are contributing to improvement in health care.

The education aspect of children well-being was rated fourth position among the six aspects. The children considered this aspect as thus being good enough in terms of its provision. There is an indication that parents are more concerned with

children's regularity in school which has not been matched with parents' concern with children's performance in school. It may be that parents focus more on their economic activities than monitoring of their children's academic performance, as suggested by Keister (2003). In the aspect of the general comfort, the indication that children have less time to rest deserves attention. Sufficient rest is paramount to healthy living and good performance in the school. Studies (Gesinde 2011, Okoza et al 2011) have shown that children are much engaged in child labour such as hawking, food vendor and other menial activities in addition to domestic chores that they routinely do, (Ogundare 2010). Recreation was rated last in the aspect of children well-being, Parents' encouragement in terms of provision of materials was rated low. Parents must have considered this as of low priority and some might consider recreation as good only for children who are academically weak. Low level of recreation can also be explained by little or no encouragement by the government at the local level in terms of provisions of play grounds and sporting materials. Even today, private schools hardly have playing ground for children in the school, all which are discouraging games and sports among the children. This finding is similar to Glenn (1996) shows that parental support for children's sports and games is becoming low world-wide.

Findings from this study also reveal the positive impact of intact parents on the well-being of their children. Children who do not live with their parents and children whose fathers and mothers as separated do not enjoy considerable well-being in all the aspects investigated in this study. It could be that finances are inadequate for such children; they could also be victim of psychological trauma or severe child abuse. Family size in terms of number of mother's children and in terms of father's children have negative influence on some aspects of children's Families with large size number well-being. generally encounter financial problems to cater for all the children. They also have less time to pay attention to all the children and they have the tendency of favouring or disfavouring of some children which will reflect in their well-being.

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CONCLUSION AND RECOMMENDATIONS

The main contribution of this paper to knowledge is the establishment that changes that are emerging in family structure and membership are impacting on children's well-being in a community in Nigeria. The aspects of well-being attended to in the study are clothing, feeding, education, health, sports and recreations. While the children in this study rated their well-being generally impressive, marked differences exits based on structure and membership of family. It is therefore relevant and important to suggest a radical re-structuring of family system among the Yoruba. In particular, the practice of giving children to relatives for caring and upbringing should stop progressively in the interest of children's well-being. Similarly, intact family, (as opposed to separation and divorce), should be encouraged by religious organizations, social workers, NGOs and community development agencies. Equally, large size family in terms of number of children should be discouraged progressively through public education that may take both formal and informal approaches, the later such as mass media, social media and government regulations. In sum, the focus of family life should be children's well-being.

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