

ATTAINING ECONOMIC SUSTAINABILITY OF THE FAMILY THROUGH HOME ECONOMICS IN A RECESSED GLOBAL ECONOMY

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ABSTRACT

The focus of this paper to come Home Economics as a subject matter and how it impacts on the family, workplace and entrepreneurship towards economic sustainability of the family. Discussion shows that with plus on practical work and entrepreneurship education input, home economies will produce employable persons, confident, competent, self-employed and reliant individuals Emphasis is bad on the importance of practical's in developing the manipulative skills that will give one confidence and ability for effective enterprise management Self-employment and good money management coupled with good maintenance culture will culminate in family economics sustainability. Home economic; is seen as on unemployment. problem solver

Introduction

Nigeria is blessed with good human and natural resources but with poverty as a perennial problem Many factors account for this situation. These factors include poor management of resources, faulty educational system and bad attitudes towards skill-based learning. Many Nigerians are unemployed because they do not have the skill for self employment. Thus on graduation, they roam about the streets looking for employment (Abiogu, 2008).

Home economics is seen as a field of study that can help youths off the street from searching for employment. Home economics is a multi-dimensional multi-benefiting and family oriented course. According to Molokwu (2007) home economics is both interdisciplinary and multi-disciplinary and is a field of knowledge with numerous saleable skills which make for self-employment and self-reliance. The skills can also make one effectively employable. The knowledge and skills from home economics can be used to develop strategies for managing family and work related responsibilities in a rapidly changing global environment (California commission on teacher credentialing. 2005).

This paper focuses on home economics as a subject matter and how it impacts on the family, produces efficient workers at the workplace towards national development and equips individuals for self-reliance towards family economic sustainability.

Economic Sustainability

Economic sustainability, according to Brundtland (2000) is a sustainable development that meets the needs of the present without compromising the ability of future generations to meet their own needs. Sustainable development ensures the well-being of the human person by integrating social development, economic development and environment conservation and protection (<http://www.hrea.org/index>basewid=166>)

Economic Recession

Economic recession is the significant decline in economic activity spread across the economy, lasting more than a few months, normally visible in a real drop in Gross Domestic product (GDP), real income employment, industrial production and wholesale retail sales (National Bureau of Economic Research (NBER. Cited by Noko. 2016)

Economic recession can also be seen as a negative real GDP growth rate for two consecutive quarters (say first and second quarters), Going by these definitions, it is obvious that Nigeria is undergoing economic recession. Since the first and second quarters growth rate are 0.30% and 1.5% respectively

Typically, a recession lasts from six to eighteen months. The global recession of 2007 to 2009 that started in the USA and spread around the world did not last for more than eighteen months Similarly, the recession or economic burst that occurred in Thailand in 1907 did not last beyond eighteen months. The characteristic of recession must have led the World Bank and the International Monetary Fund (IMF) to forecast that Nigeria's current recession will not last beyond 2017 Any recession that lasts for more than 18 months turns into a depression. A depression is a deep and long lasting recession

Causes of Economic Recession

- i. High rate of inflation, general rise in price of goods and services, leading to lo purchasing power
- ii. Accumulation of huge internal and external debt servicing
- iii. Mass unemployment and general loss of confidence in government due to economic indices, mostly unfavorable ones
- iv. High interests rate-discouraging investors.
- v. Poor economic planning.
- vi. High taxation rate.
- vii. Exchange rate volatility
- viii. Poor implementation of plans reflected in budget delay, exchange rate policy. fiscal and monetary policies
- ix. Poor investment climate
- x. Significant fall in the demand for and prices of major commodities such as

mineral oil,

xi .Capital flight

xii Insecurity and

xii. Poor inadequate infrastructure-roads, power etc

Home Economics and Family Life

The family is the smallest but most powerful unit of the society It is unimportant income earning and consuming decision-making unit in all societies The importance of the family is fully recognized by home economics education. Thus, home economics concerns itself with maximally enhancing the quality and content of family life through optimum utilization of human and material resources (Ene-Obong. 2006) According to her a balanced long economics curriculum prepares students among other things for entrepreneurship good home making and family life in addition to becoming responsible citizens in a democratic society.

Home economics aims at promoting personal growth Its objectives and contents are geared towards educating individuals for family living (Chwovoride and Ochonogar 200 According to them, home economics is a great "asset to the family The home management aspect of home economics, for example, deals with all areas of home economics enabling one to learn effective management of family resources-human and material for the well being of family members though adequately meeting family needs and goals If resources are well manage family needs will be satisfactorily met and economic sustainability will be assured through god financial management.

Home Economics and the World of Work

Home economics prepares one for the world of work. For one to be effective and efficient in a home economics related workplace one has to be trained as a home economist. In study done in Japan, as quoted by Ohwovoriole and Ochonogor, (2008), students indicated that valuable "work" skills can not be learnt

at home except in home economics classes at school. This process, according to them, helps students acquire necessary decision-making and other skills needed for occupational success. Supporting this idea, Albrecht and Order malt (2005) said that if home economics education is removed or undervalued, it may impact negatively on the everyday lives of family members.

The two writers further referred to the President of International Federation for Home Economics (IFHE) Dr. Hodelin saying that much of what home economists know and do to succeed in their profession, family life and community work are learnt in the home economic class. As a result, home economics is of value in the home, school and society.

The Subject Matter: Nature of the Curriculum

Home economics is offered at the different educational levels differing in curriculum content, design and styles. Basically, the course of study has many branches and each branch becomes an area of emphasis. These branches include clothing, textiles and related arts: family economics and home management, family relations and child development, food and nutrition, housing and household equipment (Ene-Obong, 2006). The curriculum usually exposes students to all these areas especially at the secondary school and first degree levels.

It is important that students be well grounded in the subject matter. Equally important is putting the theoretical knowledge into practice to increase the mastery of the knowledge acquired (Ohwovoriole and Ochonogar, 2008). Practicals help the student to develop manipulative skills that will give her the confidence and ability to perform effectively in any given situation.

Studies by National University Commission (NUC, 2004) have shown that unemployment of Nigerian University graduates is unceasing due to lack of needed employable skills to match labor market requirements. Part of this problem is the stereotypical nature of the curriculum. Curricula have not been planned to match the

needs of the society. Society changes, needs of the society change but the curricula contents are too slow in changing. Students are not taught what will be of ultimate use to them, employment or no employment but as Ahingu (2008) remarked, they are treated like Fulani cattle which the herdsman decide what grass the cattle must feed on, whether or not the cattle like it. Nigeria educational system tolls every student through a laid down programme whether or not it is of use or interest to the student. Ona (2008) sees mismatch between what Nigerian economy needs and what Nigerian youths are made to study in school.

The Need for Adequate Practical in Home Economics

Home Economics involves lots of practical's in most of its branches. Skills acquisition is the major focus of practical work. Practical work contributes in molding students mind about work (Dada, 2007). Dada further opined that practicals provide chances for the learner to directly practice the theoretical knowledge gained and also acquire skills for problem solving. Such skill acquisition in home economics will certainly improve students capabilities for self employment ventures and will enhance creativity and acquisition of survival competences. Without adequate practical work in home economics, graduates may be incompetent, to face economic challenges and survive in existing unemployment situations.

In a study on "curbing youth excesses and unemployment", by Nwankwo (2006) and using Rivers State College of Education students of Biology, English History Business Education (BE) and Political Science students, it was found that students desired to get job after graduation. More students from B E than from the other department would like to go into business entrepreneurship). It was further found that only these B.E students had some preparation for entrepreneurship and had acquired vocational skills.

On ways of handling your unemployment, 80% of the respondents said more job opportunities should be created, while 68% said youths should be trained in skill acquisition for self-employment, this shows the value of practical or skill-based training. Home economics comes, in here as the problem solver. This course of study should be more practical oriented with entrepreneurship as a focal point. More time needs to be allocated to the teaching of home economics on the timetable so that the needed skills can be adequately taught. It is only from "skilled hands that productivity can be effected.

In another study Nwankwo (2006) on SIWES and entrepreneurship, found that participation in SIWES has influence on home economics students' interest in entrepreneurship. Furthermore the outfit where students did their SIWES has influence on the type of enterprise they would like to embark on. Dada (2007) also observed that when students participate in industrial work programme they are exposed to conditions that make them cultivate the ideas of self-reliance and entrepreneurship which help in reducing unemployment and enhancing family economic sustainability.

Career Areas in Home Economics

Different areas of home economics provide different work opportunities. Home economists can be employed in childcare services like day care centers, or in clothing services center as fashion designers or in clothing maintenance stores. They can be employed as food demonstrators or caterers, dietitians in hospitals, hotels etc. As a food specialist, she can be employed by food packaging company, women magazine or as advertisement agent. She can be a home economist in Journalism-working with the media as information giver, and radio/TV demonstrator some are found, in extension services, social welfare or in drapery departments. Many of them are in the teaching profession.

Home Economics and Self-Employment

Self-employment sustains an individual and the family when gainful employment is not readily available. Apart from the knowledge and skill, in home economics, the individual needs added knowledge and competences from entrepreneurship education. Nwankwo (2005) noted that home economics and entrepreneurship education are partners in progress in enhancing survival and, meeting the well being of individuals They share common interest that of self-employment. In home economics, therefore, there is need to prepare students adequately both in practical and attitude so that in the absence of ready job, they should keep up their productive efficiency, through self employment (Umar, 2006).

Areas of Home Economics and Possible Entrepreneurship

All areas of home economics employ themselves to self-employment Listed below are major areas of home economics with associated enterprises

Food and Nutrition - One can engage in food processing and preservation eg yam plantain or cassava flour, fruit drink, ice cream, meal preparation service and bakery e.g. restaurant's entertainment. One can go in for 'entertainment cooking services, whereby they are hired to cook during occasions. This is a lucrative business now Skills in food and nutrition will help one make quality buns, cakes, meat pie, bread, chin-chin, moi-moi and other party finger foods etc

Home Management - One can start laundry services, housekeeping, services and interior decoration Ozugwa (2008) elaborated on indoor outdoor decoration as a home economics job outlet areas, supply and sales, of decoration fabrics accessories According to her, if home economists explore the job opportunities on fabric-based decorations they will be self employed self-reliant and be employers of labour and not job seekers Clothing and Textile Here the enterprises are unlimited and include tailoring embroidery, crocheting, knitting, tie and dye etc.

Other craft works include making of throw pillows, table mats, applique work, macrame, collage work, embroidery Most of these are for interior decorations and household furnishing (Ezeoguine, 2000) Teaching of crafts in schools helps students to be self-reliant, resourceful and creative Through the making of household furnishing and interior decoration items, a student can be financially self supporting These self-employed home economists are called Home Economists in Business (HEI) Well planned educational programme of home economics with aspects of entrepreneurial studies and adequate practical's will produce graduates who are resourceful creative self employable and sometimes employers of labour Adequate practical classes will help home economics distinguish their business and quality of goods and services from others especially those quacks" on the streets. This goods and services produced by Home economists must be much more superior to what is available in the market People can go distances to get quality service and products.

Strategies to Enhance Entrepreneurship

There are strategies that can promote entrepreneurship interest in home economics. These include;

Adequate Knowledge of Skills in Home Economics - For one to be an effective home economics entrepreneur, she must be grounded in home economics entrepreneurship education and adequate practical work. This will give the individual the confidence and competence to perform in the world of entrepreneurship

Industrial Work Experience- Students Industrial Work Experience Scheme (SIWES) should be well organized to be meaningful to the students. They should be allowed to do their SIWES in their own area of interest

On-campus Small Ventures- Ossai (2008) suggests the organization of on-campus small scale ventures with students as stakeholders and partners in the

running of the business. This will certainly motivate students in establishing their own business on graduation

Role of the family - The family has a role to play in enhancing entrepreneurship interest of family members. The family should introduce their children to entrepreneurship. It does not matter how small the business is; eg groundnut frying, buns making, cooking and selling hair plaiting and weaving etc. The child will develop interest in one activity or the other Train a child in one business area of interest and when he grows up he will not part with that interest. Talk self-reliance into the child to develop his interest. The family should endow their children with the right attitude and the interest in entrepreneurship which will be a foundation stone for future enterprises and self employment.

Nwankwo (2006) noted that the family being the primary socialization agency plays an important role in inculcating values to family members These values may include healthy attitudes towards labour through informal or rudimentary vocational training Interest developed in labour at this stage goes a long way in affecting the child positively in the future This singular interest sown at home should be watered at the primary school, nurtured in the secondary and tertiary institutions as self employment, and self- reliance

Family Economic Sustainability and Home Economics

Home Economics studies can provide the family with economic empowerment and sustainability Home economics trains individuals via its various branches for employment and for self-employment Self-employment sustains the family economically when gainful employment is not available A well planned home economics programme with adequate practical work will definitely equip the individual in such a way that her goods and services will be sought for by all because they are superior to other goods and services in the market. This results in

economic empowerment Economic growth and sustainability depend among other things on adequate family resources management.

Money Management and Economic Sustainability

People work hard to get more or more money through gainful employment, self-employment business etc money is a purchasing power. The amount of satisfaction one gets from the earned money depends on how the money is managed and used (Nwankwo, 2005).

Money should be wisely used and spent on specific needs of the family in order to get the real value of the cash Money spent on emulative buying even on items not immediately needed in the family or spent on smoking and excessive drinking by one member of the family may be a waste of hard earned income.

For sustainability, money earned, should be spent with wisdom Step for effective shopping should be followed, selling and buying techniques should be acquired which will include knowing where to buy, how to buy, when to buy and what to buy at each given time (Nwankwo, 2003) Maintenance is also very important in money management.

A family that has good maintenance, culture is working against "Pennywise pound foolish traffic It is a means of saving the Naira Any money wasted is 'a loss to the family and any money saved through maintenance culture, appropriate buying techniques etc is a credit to the family money income base towards sustainability.

Conclusion and Recommendations

This paper looked at the dynamic nature of home economies, in terms of the family, workplace and self-employment. The knowledge of the skills in home economics are needed to function effectively in the family and Workplace It. produces

efficient workers at the work place and equips individuals for self-reliance towards economic sustainability Practical work is paramount importance in the study of home economics with some aspects of entrepreneurship education. Such a programme will produce graduates who are resourceful, creative, employable. self employable and sometimes employers of labor, all towards economic empowerment and sustainability

It is therefore being recommended that Home economics curriculum at all levels, should place emphasis on practical work skill acquisition, perfection and creativity Students at all levels, should positively be introduced to entrepreneurship in home economics classes so that they can establish their own small enterprises on graduation Lastly, curriculum planners should of the family, workplace and entrepreneurship.

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