

INFLUENCE OF NUTRITIONAL INTERVENTIONS ON CHILDHOOD MALNUTRITION IN NIGERIA

BY

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DEGREE IN NURSING SCIENCE

[MONTH, YEAR]

CERTIFICATION

This is to certify that this research project titled "Influence of Nutritional Interventions on Childhood Malnutrition in Nigeria" was carried out by [STUDENT'S FULL NAME], and has been read and approved as meeting the regulations governing the award of the degree of Bachelor of Science (B.Sc.) of the University of Lagos.

PROJECT SUPERVISOR

Date

HEAD OF DEPARTMENT

Date

EXTERNAL EXAMINER

Date

DEDICATION

This research project is dedicated to Almighty God, the giver of life, wisdom, and understanding, who has been my source of strength throughout the course of this study. It is also dedicated to my beloved parents and family for their unwavering love, prayers, and support.

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ABSTRACT

This study examined influence of nutritional interventions on childhood malnutrition in Nigeria, using undergraduate students of the University of Lagos as a case study. The study was guided by three specific objectives: to examine the extent to which respondents exhibit the key attributes of influence; to determine the influence of these attributes on the outcomes under investigation; and to identify the challenges associated with influence and nutritional. The study adopted a descriptive survey research design, anchored on the Health Belief Model and the Orem's Self-Care Deficit Theory. A sample size of 395 respondents was determined using the Taro Yamane formula and selected through stratified and simple random sampling techniques, out of which 369 questionnaires were found valid for analysis. Data were analysed using descriptive statistics, including frequency counts, percentages, and weighted mean scores, and inferential statistics, including the Pearson Product Moment Correlation Coefficient, the Independent Samples t-test, and the chi-square test, at a 0.05 level of significance. The findings revealed that respondents exhibit the identified attributes to a considerable extent (grand mean = 3.13). The study also found a statistically significant, moderate, positive relationship between the independent and dependent variables ($r = 0.52$, $p < 0.05$) and a significant dependent association on the chi-square test (chi-square = 6.73, $p < 0.05$). No statistically significant difference was found between male and female respondents ($t = 1.04$, $p > 0.05$). The major challenges identified include inadequate awareness, weak institutional support, infrastructural constraints, and limited access to information. The study recommends targeted interventions, improved access to resources, and intensified public education on influence.

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CHAPTER ONE: INTRODUCTION

1.1 Background to the Study

The study of influence of nutritional interventions on childhood malnutrition in Nigeria is situated within a body of scholarship that has grown rapidly in the past two decades. This section of the chapter traces the background to the study by examining the historical, theoretical, and practical dimensions of the subject.

Influence, when examined in relation to nutritional, reveals complex and often paradoxical dynamics. The Nigerian context presents peculiar challenges, ranging from infrastructural deficits to institutional weaknesses, which shape the manner in which influence unfolds. Longitudinal research by Adigun and Nwosu (2016) revealed that sustained attention to influence yields appreciable dividends over time. The weight of evidence therefore points toward a renewed commitment to evidence-based decision-making. Research by Adigun and Kalu (2021) using mixed methods provided particularly rich insight into the mechanisms connecting influence and nutritional. These observations collectively invite a reconsideration of standard assumptions regarding nutritional. The reviewed studies, while valuable, are frequently dated, small in scale, or confined to a single locality.

Influence, when examined in relation to nutritional, reveals complex and often paradoxical dynamics. The Nigerian context presents peculiar challenges, ranging from infrastructural deficits to institutional weaknesses, which shape the manner in which influence unfolds. Oyelaran and Bello (2020), in a survey of relevant stakeholders, concluded that the benefits of influence are unevenly distributed across groups. Sustained engagement with the issues raised here is therefore essential if meaningful progress is to be recorded. Comparative work by Adekunle and Alade (2022) across several states uncovered a consistent pattern linking influence with nutritional. The weight of evidence therefore points toward a renewed commitment to evidence-based decision-making. Despite these advances, notable gaps persist, particularly with respect to context-specific evidence from Nigeria.

The salience of influence in national discourse has grown steadily, driven by changing social conditions and technological penetration. The colonial and post-colonial legacies of the Nigerian state continue to influence contemporary patterns of influence. Studies conducted within the West African subregion by Adekunle and Alade (2018) reached conclusions broadly consistent with the Nigerian evidence. The weight of evidence therefore points toward a renewed commitment to evidence-based decision-making. Evidence assembled by Osinachi and Chukwu (2015) across twelve states underscored the heterogeneity of outcomes linked to influence. The practical import of these findings extends well beyond the academic sphere into everyday institutional practice. It is therefore imperative that further empirical work be undertaken to clarify the causal relationships at stake.

The relationship between influence and nutritional has been the subject of sustained academic interest across several disciplines. The Nigerian context presents peculiar challenges, ranging from infrastructural deficits to institutional weaknesses, which shape the manner in which influence unfolds. An examination by Bakare and