

DETERMINATES OF FISH CONSUMPTION AMONG RESIDENTS OF MATAZU METROPOLIS, KATSINA STATE, NIGERIA

Sadauki, M.A, and Ibrahim, H.I.

Department of Fisheries and Aquacultural Technology, Federal University Dutsin-ma, Katsina.

ABSTRACT

Proteins are key to human nutrition and animal proteins are of high quality compared to other protein sources. Fish are a good source of animal protein however the pattern of fish consumption in Matazu Local Government Area of Katsina State is unclear. The current study thus looks at pattern of fish consumption and specifically, focuses on the major species of fish consumed as well as the factors that determine fish consumption. This study was conducted to examine the consumption preference of five (5) different fish types in Matazu metropolis using a total of one hundred and twenty (120) structured questionnaires. The questionnaires covered information on demographic data of the respondents, rate of fish consumption and type of fish consumed between April and September, 2022. Findings revealed that the major fish species consumed are *Tilapia zilli*, *Bagrus bayad*, *Clarias gariepinus* and *Mormyrus rume*. The major drivers of fish consumption were identified to be taste, preference, affordability and price of substitutes respectively. However, households have varied opinions on the accessibility of fish. The trend in fish consumption is decreasing due to inadequate fish supply in the study area. This paper recommended that government should support and creating awareness on the merits of fish consumption as well as training of youths in backyard fish production as strategies to boost fish production and consumption in the study area.

Keywords: Consumption, Fish, Katsina, Matazu

INTRODUCTION

Nutrition or nourishment is a biological process that has an important role in providing the energy necessary for continued metabolic functioning of the body (Uzundumlu, 2017). To maintain a healthy metabolism, Candemir (2006) is of the opinion that humans should consume foods from plant and animal origin. The most significant sources of animal protein are fish and fish products. Proteins are requirement for the continuation of human life at each period that is from birth to the end of life (Uzundumlu, 2017). Fish products are also an important source of iodine accumulated from their environment (Kearney, 2010). Proteins for human consumption are generally derive from plant and animal origin. Plant proteins are lacking in certain amino acids notably methionine, tryptophan and lysine which are required for proper healthy growth. Animal protein on the other hand, are rich in amino acids and are labelled as first class or good quality protein (Adeniyi *et al.*, 2012) and thus its acceptability. Fish has low cholesterol compared with red meat and due to its ease of digestibility soft tissue and high nutritional value, it is greatly recommended for both the young and the old (Eyo, 2002). Fish, among all other animal origin constitute an excellent source of protein of high biological value (Amao and Ayantoye, 2014). Fish and it products are a healthy animal protein and is believed to be a comparatively inexpensive and reachable source of animal protein in Nigeria and most countries around the world (Idris *et al.*, 2018). Fish and fish product remain major source of animal protein and vital foodstuffs in the diet of a lot of Nigerians, because it is moderately inexpensive than beef, chicken, mutton and turkey (Moses *et al.*, 2015). Some previous researches have emphasized on the health and nutritious benefits related with fish consumption such as increased brain power and reasoning development in children, reduced threats of cardiovascular syndromes, reduced threats of high blood pressure and reduced threats of numerous forms of cancers or tumours (Can *et al.*, 2015). Fish and fish product supplies indispensable nutrients, fatty acid to the body in form of protein, lipids, vitamins and minerals (Oyibo *et al.*, 2020). It also converts food efficiently into humans and protects children from Kwashiorkor and there is little or no religious restriction on its consumption (FAO, 2017). Consuming good quality protein such as fish, meat and egg in the everyday ration would retain both the physical and psychological wellbeing. Despite the importance of fish and its products, the level of consumption in Local government is unclear. There is a dearth of literature on the determinants of fish consumption in the study area. The main objective of this study is to identify the socio-economic factors contributing to fish consumption pattern among residents of Matazu metropolis in Katsina State, Nigeria.

METHODOLOGY

Study Area

Matazu Local Government Area is one of the local governments found in Katsina State, Nigeria and has its headquarters in the town of Matazu. Matazu is located between latitude 12° 10' 15" N and longitude 7° 32' 54" E with an average temperature of 34° C. The mean annual rainfall is between 900-1100mm lasts from April to October averaged wind speed is estimated at 10km/h. Matazu Local Government Area has a total area of about 503 square kilometre and an estimated human population of 115,325 inhabitants. The major livestock in the area are while the crops grown includes rice, groundnut, cowpea and sugarcane (NPC, 2006)

Sampling Technique: A two stage sampling technique was used to select respondents for the current study. The first stage was the random selection of four wards from the metropolis. The wards were selected due to their proximity to the base of the researchers. This was followed by the selection of 30 households from each ward to give a total of 120 respondents for the study.

Data and data analysis: Primary data was utilized for the study and was collected with the aid of structured questionnaire that was administered to household heads by trained enumerators. Data was collected on socioeconomic characteristics and fish consumption related matters. The data was analysed using descriptive statistics.

RESULTS

The socio-economic characteristics of respondents is presented in Table 1. The results revealed that majority (85.84%) of the household heads interviewed were males. The age distribution of the respondent's shows that majority (31.67%) were in the age bracket of 26-35 years. About 70.84% of the respondents were married while 58.33% had up to tertiary level of education. The majority of the respondents (41.66%) are Civil servants while only 25% are full or part time farmers. The pattern of fish consumption as revealed in Table 2 indicates that majority of the respondents (97.50%) had consumed fish in the past one year. Biweekly consumption of fish is most common in the study area as reported by 26.66% of the respondents. The results in Table 3 showed that *Clarias gariepinus* was the major species of fish consumed. Fresh fish consumption is also more popular compared with frozen or smoked fish. Finally, Table 4 shows that preference, affordability and taste were the major factors that influence fish consumption. There was a decreasing trend in fish consumption among households in the study area as reported by 51.67% of the respondents. The major reason for the observed trend was inadequate supply of fish.

Table 1. Socio-economic characteristics of the respondents

Parameter	Respondents	Percentage (%)
Age		
15-25	32	26.67
26-35	38	31.67
36-45	24	20.00
46 and above	26	21.67
Gender		
Male	103	85.84
Female	17	14.16
Marital Status		
Married	85	70.84
Single	26	21.67
Divorced	6	5.00
Widow	3	2.50
Educational Level		
Quran school	11	9.17
Primary school	10	8.33
Secondary school	29	24.17
Tertiary Institution	70	58.33
Occupation		
Civil servants	50	41.66
Traders	40	33.34

Farmers	30	25.00
House size		
1-5	36	30.00
6-10	34	34.34
11-25	11	9.16
16-20	6	5.00
21 and above	7	5.84
Singles	26	21.66
Total	120	100.00

Source: Field Survey, 2022

Table 2: Pattern of fish consumption in the study area

Parameter	Respondents	Percentage (%)
Fish consumption in the Past one Year		
Yes	117	97.50
No	03	2.50
Frequency of fish consumption		
Daily	28	23.34
Twice in a month	76	63.33
At least once in a Monthly	16	13.33
Source of fish consumed		
Fishermen	42	35.00
Marketers	78	65.00
Total	120	100.00

Source: Field Survey, 2022

Table 3: Species of fish consumed in the study area

Parameter	Respondent	Percentage (%)
<i>Tilapia</i> species	12	10.00
<i>Bagrus bayad</i>	16	13.33
<i>Clarias gariepinus</i>	20	16.66
<i>Mormyrus rume</i>	8	6.67
Consuming all the species	41	34.16
Fish preference in the study area		
Fresh	54	45.00
Smoked	3	2.50
Fried	10	8.34
Frozen	53	44.16

Source: Field Survey, 2022

Table 4: Reasons for Consuming Fish

Parameter	Respondent	Percentage (%)
Preference	51	42.50
Prices are affordable	36	30.00
Increase in price of substitutes	22	18.34
Taste	11	9.16
Trend in household fish consumption		
Increasing	32	26.66
Decreasing	62	51.67
Constant	26	21.67
Reasons for the observed Decrease in Fish Consumption		
Cost of the fish	42	35.00

Fish storage facilities	14	11.66
Inadequate supply	64	53.34

Source: Field Survey, 2022

DISCUSSION

Price, customer perceptions regarding nourishment, taste, protection/safety, and appearance might influence the consumption of any fish (Zhang, 2004). Nonetheless the most important factor for purchasing fish is nourishment (Adeli *et al.*, 2011). Generally, demand is influenced by price or affordability nevertheless, additional influences of availability and customer preferences and taste are validly significant for request (Idris *et al.*, 2018). Furthermore, the fish consumption pattern and its associated or connected social factors have resilient implications for the request in dissimilar places (Atin *et al.*, 2018). Consequently there is a tendency for additional buying of fish and augmented eating by families headed by matrimonial persons than singles due to an increase in household number and greater household tasks in terms of expenditures on nourishment items (Amao and Ayantoye, 2014). This outcomes shown that 117 (97.50%) of the respondents consumed fish whereas 03(2.50%) donot consumed fish. This finding is similar to the results documented by previous researcher's (Idris *et al.*, 2018; Nababa *et al.*, 2021). The distribution of households by means of sex, age, marital status, and educational level is displayed in table1 which indicated that the number of male headed households be greater than that of the female and the total percentage for male headed homes was 85.84% while that of the female is 14.16%. This indicated that women headed families were fewer involved in the buying and consumption of fish in the research area than their male counterparts. This outcome is similar to the result documented by (Idris *et al.*, 2018). The more educated an individual is, the more he will have a preference to go for very much nutritive food bearing in mind its importance to the body. Such individuals may not decide on for low quality nourishment except when confronted with economic constraints or lack of obtainability of such quality. This agrees with the findings documented by (Idris, *et al.*, 2018). This study shown that, 97.50 of the fish consumers interviewed showed the importance of fish addition in everyday foods in providing wellbeing to consumers. The respondents agreed that they usually eat fish because they are advantageous to their wellbeing. The findings are similar to a previous study in Turkey that showed 84.47% of consumers ate fish and other seafood because of their advantageous effects to human healthiness (Erdogan *et al.*, 2011).

CONCLUSION

In conclusion, fish and fish products were greatly consumed among residents of Matazu Local Government Area who mostly were male, female married, unmarried. They consumed different fish species for its availability, healthy benefits and affordability. Income, price, taste and preference significantly influence fish consumption in the study area.

RECOMMENDATIONS

Based on the findings the study recommended that fish price should be stabilized, adequate cold storage facilities should be purchased by fish mongers. Contamination of fish should be strictly controlled in the markets.

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