

Soyabean improved technologies adoption in processing and utilization as supplement with local foods in Bauchi Local Government Area, Bauchi State, Nigeria.

Abstract

The study was carried out to determine the level of adoption of improved soyabean (*Glycine Max (L) Merrill*) processing and utilization technologies (innovations) as supplement with local food in Bauchi Local Government Area (LGA), Bauchi State, Nigeria. Bauchi LGA was purposively selected because there were many soyabean farmers in the area. Three villages were randomly selected and 15 farmers from each village, totaling 45 farmers as sample size. Interview schedule was used to source relevant information from soyabean farmers on their socio- economic characteristics and level of adoption of the innovations. Twenty selected soyabean improved technologies were selected in relation to their local diets, to assess the level of adoption of supplementation with local diets. The result revealed that both old and young ranging from 20 to 70 years were involved in soyabean utilization and processing. The result also revealed that majority of the soyabean farmers were small-scale farmers (ranging from 0.1-4ha) and with large family members ranging from 1 to 21. The respondents had many years of processing experience (1-15years) but were using local methods which may not eliminate the anti-nutritional factors in soyabean. Majority of the farmers were illiterate having only Quranic education (58%), 33% had formal education at different levels while, 9% had no formal education. The regression analysis revealed that out of nine socio- economic characteristics used as predictors, only household size and labour were positively significant ($P<0.001$) and processing was negatively significant at $P<0.05$ while, other six were not significant. The level of adoption of these innovations was poor with only three innovations widely adopted. These were soya "awara" (cheese) (73%), soya daddawa (36%) and soya kunu (36%), 10 innovations were poorly adopted while, 7 innovations had zero adoption. The poor adoption of these soyabean improved technologies may probably be due to lack of adequate education and inadequate extension services. To increase the adoption of these innovations, extension workers need to "reach out to people not only in rural areas but also in urban areas". This is because soyabean is good for the poor and the rich, also to both old and the young for good health and vitality.

Key words: adoption, innovations, soyabean, processing and utilization.

Introduction

In the past soyabean (*Glycine Max (L) Merrill*) was used for animal feed only in Nigeria because of the protein content to enhance animal growth. It was not acceptable for human consumption because of some factors such as the problem of anti-nutritional factors and beany flavour. At Cornell University and the University of Illinois around late 1960s the workers there showed that

heat could be used to reduce the action of lipoxygenase limiting the development of "off-flavours" produced in soya slurries [1]. Later researches conducted revealed that soaking and cooking can reduce the anti-nutritional factors in soyabean [2-4]. Commercial and home processing of soyabean for human consumption has increased in Nigeria in recent years, because of its health benefit and low cost of purchase. Soyabean can be used as supplement for many Nigerian foods to improve the protein content of human diets. Soyabean ranks as one of the richest source of protein especially when used in combination with cereals to compensate for its sulphur amino-acids deficiencies [5]. Soyabean is known to be free of cholesterol, has anti-cancer properties and its very rich in such essential element as calcium, iron, zinc, phosphorus and various vitamins including vitamin A, B₆, thiamine, riboflavin and niacin (Table 1) [6].

Edible soyabeans proteins are rarely consumed directly, but rather they are used as ingredient in foods. These foods receive additional heat treatment either during processing or cooking before consumption [7].

A key problem associated with soyabean is that it contains some anti-nutritional factors, which inhibit the availability of the desirable element such as proteins and minerals endowed in the grain [7,8]. According to [9], cooking improves texture and palatability quality. Certain treatment such as cooking, baking, roasting and other common means of food preparation are effective in eliminating the anti-nutritional effects of raw soyabeans. However, whole soyabean have a good balance of the essential amino-acids and are an excellent dietary source of calories, minerals and vitamins. Eating soyabean products that is processed using the right methods (improved technologies) will reduce malnutrition in children [10] and promote good health in adult. Improved processing technologies involved certain definite steps or pattern in order to obtain desired products suitable for human consumption. The objectionable flavour development has always discouraged soyabean use as human food in Nigeria, Africa. Europe and North America and other countries can tolerate this [8,11]. The processing is done to avoid problems of toxicity such as goitrogen associated with goiter formation [3,7]. The innovative way of processing include soaking overnight (about 18-24 hours) [3,7], the soaking time may vary depending on the products to be produced. It is necessary for extension service to create awareness on importance of adopting improved soyabean processing technologies for human consumption and health benefit. Therefore, the main objective of this study is to assess the level of adoption of improved soyabean innovations in processing and utilization in human diets in the study area. Specific objectives are:

- To determine the socio-economic characteristics of the respondents
- To identify problems that is hindering the adoption of improved soyabean technologies
- To create awareness through extension workers about the usefulness of soyabean in human diets through supplementation with local foods.

Materials and Methods

An investigation was carried out to assess the utilization of soyabean technologies as supplement with local foods in Bauchi Local Government Area (LGA) of Bauchi State, North eastern zone of Nigerian. The LGA falls within Northern Guinea Savannah Vegetation Zone [12].

Bauchi LGA lies within the Western Agricultural Zone of Bauchi State. The western zone lies between 9°30' to 10°48'N and 8° 45' to 10° 15'E [13]. The study enjoys a tropical climate with long dry season period of seven months, October to April and a short wet season period of five months, May to September. The diurnal temperature varies from an average daily minimum of 13.1°C and

maximum of 31.6°C in January, while the relative humidity in August is 94% at 07.00. The LGA is made up of about 26 towns and villages which is the population for the study. There are no separate population figures for the towns and villages in the study area. The area has tropical soils of alluvial and colluvial origin. They are well drained and coarse textured with texture tending to the heavier sandy clay loams and clay loams for gravelly sandy loams [14]. Major crops grown include: sorghum, rice, groundnut, cowpea, millet, maize and soyabean. Also some vegetables and fruits are grown such as okro, *moringa*, water melon, pumpkin and carrots.

Sampling technique

Bauchi LGA was purposively selected for this study because majority of the farmers there produce and process soyabean as food for human consumption. A simple random sampling technique was used to select three villages from the LGA. These included: *Bayara*, *Miri* and *Turum*. Random cluster sampling technique was used to select 15 soyabean farmers from each village. Pilot survey was carried out in order to have an insight into the question that was really necessary for the study and as part of training programme for the numerous. This was done under close supervision. Forty five farmers were used for the study.

Data Collection

Data were collected through the use of interview schedule using trained enumerators. The schedules were designed to collect information relating to socio- economic characteristics of the respondents. These include: age, education level, household size, farm size, (in hectare (ha)), processing experience, information sources and adoption of improved soyabean processing and utilization, social participation, labour source and awareness. Twenty soyabean improved technologies (innovations) were selected for the study in relation to the local food of the people. These were: soya cheese (*awara*), soya *daddawa*, soya *kunu*, soya *yoghurt*, soya pap, soya vegetable soup, soya baby food, soya *chin-chin*, soya *kosssai*, soya bread, soya *tuwo*, soya *amala*, soya *moinmoin*, soya *danwake*, soya cake, soya *gari*, soya puff-puff and soya pancake. Hypothesis formulated stated that there is no significant effect of socio- economic characteristics of the respondents on soyabean innovation adoption.

Data analysis

The survey was carried out for a PhD research from 2002-2006. Data collected were analyzed using descriptive statistics including frequencies, percentages and mean to explain and show the extent of adoption of some selected soyabean innovations and some selected socio-economics characteristics of respondents (independent variables). Multiple regression analysis was also used to measure the influence or effect of socio- economic characteristics of respondents on adoption of soyabean innovations in processing and utilization (dependent variables). Regression analysis is a body of statistical methods dealing with the formulation of mathematical models that depict relationship among variables and for the purpose of prediction and other statistical influence [15]. In simple regression, we have only two variables, one variable is defined as independent and the other as dependent. Independent variable is the cause of the behaviour of another one defined as dependent variable. Ehen there are two or more than two independent variables, the analysis concerning relation is known as multiple correlation and the equation describing such relationship as the multiple regression equation. The independent variables are the predictors, while dependent variable is the response variable is the variable the researcher wishes to explain [16]. The usefulness

of multiple regression is for determining the differential strength of each of the independent variables on the dependent variable. In this study multiple regression analysis was used because there were more than one independent variable explaining the behaviour of the dependent variable.

Results

Socio- economic characteristics of the respondents

A total of 45 selected farmers, were interviewed from the study area. The respondents ages ranging from 20 to 70 years. Household size ranged from 1 to 21 people, having farm sizes ranging from 0.1-4 hectares (ha). Majority of the farmers here were small-scale farmers. The processing experience ranged from 1 -15 years. This revealed that some of the farmers were aware of the usefulness of soyabean in human diet (Table 2(a)).

The educational status of the respondents in Bauchi LGA shows that majority have only Quranic education (58%), 22% had formal primary education, 4% had secondary, only 7% had tertiary education, while 9% had no formal education (Table 2(b)).

Table 3, shows the regression analysis result about influence of socio- economic characteristics of respondents on adoption of 20 soyabean innovations in processing and utilization. The result revealed that household size and labour were significant at $P < 0.001$ and processing experience at $P < 0.05$ while six predictors were not significant (Table 3). Hence, the hypothesis that stated that there is no significant effect of socio- economic characteristics of farmers on adoption of improved soyabean technologies was rejected. Socio-economic characteristics are information on the demographic factors of a population selected for research or for record purpose such as age, sex, education level marital status etc, which can be expressed statistically.

Table 4 shows extent of adoption of the 20 selected soyabean innovations in the study area. Soya cheese had the highest of 73% adoption, soya *daddawa* and soya *kunu* had 36% adoption each, soya vegetable soup had 24% of adoption and 7 other innovations had zero adoption, these include soya yoghurt, soya feed, soya *kossai*, soya bread, soya *amala*, soya puff-puff and soya pancake.

Discussion

The use of soyabean as supplement with local foods and extent of adoption of improve soyabean technologies in processing and utilization (innovation) was examined. Twenty selected soyabean processing and utilization were used for the study in Bauchi LGA of Bauchi State, Nigeria. The selection of foods for supplementation was done according to the local meal preparation and diet some were common to the study area and others were common to different communities in Nigeria. For example soyabean was added to kunu (a local food) to become soya *kunu* so also are others. This was done to improve the protein content of the foods in the study area to solve the problem of malnutrition. Ugwu and Nwoke stated that in Africa serious mal-nutritional problems is especially

acute in terms of protein deficiency [17]. Also prices of livestock products such as meat, milk and eggs have risen beyond the reach of the poor. Soyabeans are good sources of nutrients as they contain around 40% high quality protein, 20% oil as well as minerals and vitamins [17]. Soyabeam can be easily supplemented with many local foods. That is, it can be added to any local food to improve the protein content of the meal. The fat in soyabeam is the unsaturated type [18]. Soyabeam contains 43grams(g) of protein per 100g, which is the highest among the pulses. In Nigeria very limited information is available on adoption of processing and utilization of soyabeam foods; also on factors influence their adoption.

Socio- economic characteristics of respondents on adoption of soyabeam innovations in the study area.

In the study area men and women were involved in the utilization of soyabeam, mostly women are involved in the processing. The descriptive analysis (Table 2 (a)) shows that the age of the respondents ranged between 20 to 70 years which revealed that both young and old were involved in the soyabeam utilization. The household size ranged from 1 to 21 people. Probably people with large family members prefer to use soyabeam to replace meat and fish which are very costly and soyabeam products are cheaper. Processing experience ranged from 1 to 15 years. This revealed that some farmers have been producing and eating soyabeam for sometimes, but may not know how to process it in the right way. Soyabeam processing technology methods are different from local methods of processing soyabeam. According to the statement of some selected women processing it, they soak it 3 to 4 hours only, which is not enough to eliminate the anti-nutritional factors in soyabeam. This revealed that the respondents were not aware of the danger of short time soaking and the anti-nutritional factors' problem. Their educational level and lack of social interaction may influence their level of understanding and lack of awareness. The processing technology recommendation was overnight soaking which may be up to 15 to 18 hours or even 24 hours depending on the type of soyabeam products to be produced. Soaking time should be longer, while cooking time should be shorter. Soyabeam is not normally cooked like other pulses because it takes several hours to become tender or cooked. Apart from removing the anti-nutritional factors in soyabeam by boiling, boiling for 10 minutes in a solution of water and 0.05% of sodium bicarbonate [6,19] reduces the cooking time to as short as 30 minutes to tenderize the beans [7]. Also soaking the beans overnight before boiling will tenderize the beans and reduce the cooking time. Excessive heating may destroy certain amino acids like lysine and cystine in soyabeam [3]. Cooking of soyabeam is very necessary because it helps to destroy some of the anti-nutritional factors in soyabeam. The soaking overnight reduces some of the anti-nutritional factors, while cooking treatments adequately eliminate the lipoxygenase and partially tenderize the beans [7].

Table 2(b) revealed that the majority of the respondents had only Quranic education (58%), 33% had formal education at various levels, while 9% had no formal education. Ogunbameru and Pandey reported that formal education enhances adoption of innovations [20]. References [21-22] stated that the more education a person has the more favourable attitude he or she has towards adoption of new improved technologies. Also [23] reported that the more educated farmers are the higher there utilization of soyabeam.

The regression analysis result revealed that household size and labour source were positively significant at $P < 0.001$. This seems to be true because every member of a family is expected to take

part in the family's work or business. Soyabean processing experience was negatively significant at $P < 0.05$ (Table 3(a)). This probably may be due to inadequate information about new improved processing methods. Other six predictors were not significant. There may be many factors responsible for this, such as inadequate extension services, lack of land to plant soyabean or lack of funds. All these constraints may affect adoption of innovations.

Extent of adoption of soyabeans improved technologies in the study area.

Twenty soyabean innovations were selected and used to assess the extent of adoption of soyabean improved technologies in the study area. Only three out of twenty were widely adopted (soya *awara* 73%, soya *daddawa* 36 % and soya *kunu* 36%) (Table 4). The use of soyabean products are for alleviating malnutrition in children [10]. The goal of agricultural extension is to disseminate agricultural technologies for improving productivity, farmers' welfare are household nutritional status [24]. In the study area the few farmers planting soyabean, planted for sale. Knowing the health benefit will increase its consumption.

In Benue State [25] reported that many farmers were aware of the utilization innovations of soyabean in the local diets. Here the adoption was very high ranging from 6.4 to 98.7% adoption from 12 soyabean innovations considered for the study. Also in another study [26] working in Samaru Zaria showed that 80% of women adopted soyabean supplementation of soya pap and soya soup. In many other countries of the world incorporation of soyabeans in diets were adopted and disseminated by extension agents in Sri Lanka and Zambia [8,19]. Amusat and Ademola reported that the study carried out in Oniyo community in Oyo State, Nigeria revealed that there is knowledge nutritional benefit in soyabean consumption reduces chances of cancer, obesity, ulcer and other diseases [27]. This indicates that knowledge of soyabean benefits is yet inadequate [28] in most of the communities in Nigeria. This lack of health benefit caused low adoption or uses of food supplement. Obviously, awareness campaign about importance of soyabean production will probably increase its consumption and knowledge of its health benefits.

Conclusion

There are several constraints affecting utilization of soyabean which needs to be addressed by government and extension workers. Even if farmers were illiterate, supporting farmers with practical training and demonstrations by extension workers will make things work.

Adoption of improved soyabean technologies in processing and utilization depended on a number of factors, mostly awareness, education and socio- economic characteristics of the people. Processing knowledge and extension communication programmes will increase adoption of soyabean innovations in the study area and in Nigeria as a whole. According to [26] knowledge of extent of adoption of soyabean utilization and major factors affecting the adoption could be utilized in designing an effective awareness through extension services or education programme on soyabean utilization.

Table 1: Nutritional composition of soyabean (per 100g)

Nutrient	Value
Protein (%)	40
Carbohydrates (%)	30
Fat (%)	20
Water (%)	10
Calcium	226mg
Phosphorus	554mg
Iron	8.4mg
Vitamin A	80iu
Vitamin B ₁	1.1mg
Vitamin B ₂	0.3mg
Niacin	2.2mg
Energy (calories)	392

Osho *et al.* (1995) cited by [6]

Table 2(a): Socio- economic characteristics of respondents in Bauchi LGA

Variables	Min.	Max	X	Sex	C.V %
Age (in years)	26	70	48.6	1.6	0.04
Household size	1.0	21	9.7	0.7	0.07
Farm size (ha)	0.1	4	0.8	0.2	0.14
Processing experience	1.0	15	4.0	0.5	0.11

Table 2(b): Distribution of respondents by educational status in Bauchi LGA

Educational levels	Frequency	Percentage
Quaranic education	26	58
Adult education	4	9
Primary education	10	22
Secondary education	2	4
Tertiary education	3	7
n=45		

Table 3: Regression analysis of adoption of improved soyabean technologies in processing and utilization with respondent's socio- economic characteristics in Bauchi LGA

Predictor	Coefficient	t- ratio
Constant	31.420	2.69
Age	0.024	0.28 ^{Ns}
Education level	-0.547	0.86 ^{Ns}
Household size	0.956	6.94 ^{***}
Farm size	-0.042	-1.18 ^{Ns}
Processing experience	-0.365	-2.54 [*]
Information source	0.063	0.03 ^{Ns}
Labour source	0.056	4.17 ^{***}
Awareness	-1.010	-0.77 ^{Ns}
Social participation	-2.292	-0.90 ^{Ns}

$R^2 = 78.1\%^*$

Ns = not significant

***** = significant: $P < 0.005$ level

******* = significant: $P < 0.001$ level

Table 4: Extent of adoption of the 20 selected soyabean innovation in Bauchi LGA

Soyabean innovations	Frequency	%
Processing technologies		
Soya cheese (awara)	33	73
Soya daddawa (condiment)	16	36
Soya milk	8	18
Soya kunu	16	36
Soya yoghurt utilization technologies	0	0
Soya pap	1	2
Soya vegetable soup	11	24
Soya feed	0	0
Soya baby food	3	7
Soya chin-chin	2	4
Soya kossai	0	0
Soya bread	0	0
Soya tuwo	2	4
Soya amala	0	0
Soya moin-moin	1	2
Soya danwake	2	4
Soya cake	2	4
Soya gari	1	2
Soya puff-puff	0	0
Soya pancake	0	0

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