

**INFLUENCE OF HOME MANAGEMENT RESIDENCY ON SELECTED HOME  
ECONOMICS UNDERGRADUATES' SELECTED HOME MANAGEMENT  
PRACTICES IN UNIVERSITY OF BENIN**

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BENIN CITY.**

**MARCH, 2025.**

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**A RESEARCH PROJECT SUBMITTED TO THE DEPARTMENT OF HOME  
ECONOMICS, FACULTY OF VOCATIONAL AND TECHNICAL EDUCATION,  
IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE AWARD OF  
BACHELOR OF SCIENCE IN EDUCATION B. Sc. (Ed) IN HOME ECONOMICS AND  
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**MARCH, 2025**

## CERTIFICATION

We, the undersigned, certify that this work was written by **Rebecca Ibukunoluwa ADEKOYA** with the matriculation number **EDU1904800** in the Department of Home Economics, Faculty of Vocational and Technical Education, University of Benin, Benin City, Nigeria.

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## DEDICATION

This Study is dedicated to God almighty and to the students who struggle through school.

## ACKNOWLEDGEMENTS

I would like to express my sincere gratitude to God for bringing me this far, may His name be praised. I would like to appreciate my project supervisor Prof. E.E. Uko-Aviomoh for her guidance and support throughout the duration of this project. Her insightful feedback and encouragement were crucial in the completion of this work. Thank to Dr. Sheriff Adeoye and Mr. Kayode Somorin for their support.

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## ABSTRACT

*This study was carried out to determine the influence of home management residency on selected home economics undergraduates' selected home management practices in University of Benin. Five research questions were raised and answered. The descriptive survey research design was adopted for this study. The research instrument used for this study was the structured questionnaire which was administered to the respondents. The questionnaire was administered to respondents by the researcher, aided by trained research assistants who were thoroughly briefed on the administration procedure. The assistants facilitated the distribution and collection of the questionnaires from the respondents. Upon completion, each questionnaire was reviewed to ensure a high level of completeness. Notably, the response rate was 100%, indicating successful data collection process. **For reliability of the instrument, Cronbach alpha statistics was used to ascertain the internal consistency of the item. It yielded an alpha value of 0.81 which indicated that the instrument was reliable.** Data was analysed using mean and standard deviation as the method of data analysis. It was revealed from the finding that home management promoted enhancement of decision-making abilities, Improvement of resource allocation skills and Development of leadership capabilities. Students who completed a residency practicum in home management reported increased confidence, self-efficacy, and professionalism. Home*

*management residency practicum influences students' performances in overall home arrangements and organization to a high extent. It was concluded that home management residency practicum significantly influenced practical skills development, decision-making abilities, and overall professional preparation of selected home economics undergraduate students of University of Benin. In other words, home management residency practicum helps to inculcate requisite skills that promote entrepreneurial opportunities for home economics graduates. It was recommended that School management should invest on infrastructural facilities in the residency that promote effective skill acquisition. Students should engage in financial prudence for effective home management. Home management residency should be well organized to facilitate effective meal planning and preparation. The residency should be well equipped with necessary home accessories that will enhance student's household chores.*

## CHAPTER ONE

### INTRODUCTION

#### **Background to the Study**

Home management residency practicum is a hands-on learning experience that allow students to gain practical skills and knowledge in managing residential properties. This practicum provides students with the opportunity to apply the theories and concepts they have learned in their coursework to real-world situations. By working closely with experienced professionals in the field, students are able to develop their expertise in areas such as maintenance, leasing, budgeting, and tenant relations. Home management residency practicum is a crucial aspect of home economics education that provides students with hands-on experience in managing a home. This practicum allows students to apply the theoretical knowledge they have acquired in the classroom to real-life situations, thus enhancing their understanding of home management principles.

According to Delgadillo et al. (2019), practicum experiences are essential for students in the field of home management as they provide valuable exposure to the day-to-day operations of residential properties. Through this hands-on experience, students are able to develop their problem-solving skills and critical thinking abilities, as well as gain a better understanding of the various challenges and responsibilities that come with managing residential properties.

Home management residency practicum typically consists of supervised fieldwork in

which students work on-site at a residential property, under the guidance of a mentor or supervisor. During this time, students are responsible for completing tasks such as conducting property inspections, handling maintenance requests, and communicating with tenants. Through this hands-on experience, students may gain a better understanding of the practical aspects of property management and are able to develop the skills necessary to succeed in the field. According to Cruz (2016), home management residency practicum offers students the opportunity to develop essential skills such as budgeting, meal planning, time management, and household organization. Through this practicum, students can learn how to effectively manage a home and create a conducive living environment for themselves and their families.

Moreover, the residency practicum could help students to develop critical thinking, problem-solving, and decision-making skills. As noted by O'Dell (2019), students are often faced with various challenges during their residency practicum, such as limited resources, conflicting schedules, and unexpected emergencies. Through these challenges, students learn to think on their feet, find creative solutions to problems, and make informed decisions that benefit the household.

Overall, home management residency practicum is an invaluable learning experience for students in the field of home management. By providing students with the opportunity to apply their knowledge in a real-world setting, this practicum helps to prepare students for successful careers in property management. Through hands-on experience and supervision from

experienced professionals, students are able to develop the skills, knowledge, and confidence they need to excel in the field of home management.

Home economics on the other is also known as family and consumer sciences, is a field that encompasses a wide range of topics related to home management and personal finance. It combines academic principles with practical skills to help individuals and families make informed decisions about food, clothing, shelter, and other aspects of daily life. According to the American Association of Family and Consumer Sciences, "home economics is the field of study that deals with the economics and management of the home and community. It deals with the relationship between individuals, families, communities, and the environment in which they live."

The origins of Home Economics can be traced back to the late 19th century, when women's roles in society were beginning to change and there was a growing emphasis on the importance of domestic skills and knowledge. The field has evolved over the years to include a diverse array of subjects, including nutrition and food science, textiles and clothing, housing and interior design, personal finance, and child development.

Home Economics is a practical and interdisciplinary field that draws on concepts from various disciplines, including psychology, sociology, economics, and biology. It is concerned with helping individuals and families achieve a better quality of life through effective management of resources and decision-making. In today's fast-paced and consumer-driven

society, the skills and knowledge gained through home economics are more important than ever in helping individuals navigate the complexities of daily life. This fundamental discipline emerged from the need to apply scientific principles to household management and family care, evolving significantly from its 19th-century roots to become an essential component of modern education and daily life.

Home management practicum might have demonstrable positive effects on Home Economics students, impacting both their personal development and professional prospects. The skills and knowledge gained through home management courses could provide a foundation for successful career paths and effective household management. It is against this background, the researcher carry out this study to investigate Influence of Home Management residency on selected Home Economics Undergraduates Students in University of Benin

### **Statement of Problem**

Home Management Residency practicum is a crucial component of Home Economics education that aims to provide students with practical experience in managing household resources, making decisions, and developing essential life skills. However, despite its importance in the curriculum, there appears to be limited research examining its effectiveness and impact on students' learning outcomes at the University of Benin (Oladipo & Akinbode, 2019).

Previous studies have indicated that practical training components in Home Economics programs often face challenges such as inadequate facilities, time constraints, and inconsistent

assessment methods (Anyakoha, 2016). Additionally, Eze and Okeke (2020) noted that there is a disconnect between theoretical knowledge and practical application among Home Economics graduates, suggesting potential gaps in the practicum experience.

The lack of comprehensive evaluation of the Home Management Residency practicum's influence on students' skill development, professional competence, and readiness for real-world applications creates uncertainty about its educational value and effectiveness (Johnson et al., 2018). Furthermore, while similar programs in other institutions have been extensively studied, there is insufficient documentation of the specific impacts and outcomes of the practicum experience at the University of Benin (Adegoke & Williams, 2021).

Therefore, this study seeks to address these gaps by investigating the Influence of Home Management Residency practicum on Selected Home Economics Undergraduate Students of University of Benin, focusing on their practical skills development, decision-making abilities, and overall professional preparation.

### **Purpose of the Study**

The main purpose of the study was to determine the influence of Home Management Residency on Selected Home Economics Undergraduates Students in University of Benin.

The study specifically determined:

1. the extent to which home management residency practicum influences students with skills needed for the future.

2. the extent to which home management residency practicum influences students in financial matters.
3. how home management residency practicum influences students on meal planning and preparation, and
4. the extent to which home management residency practicum influences students' performances on household chores.

### **Research Questions**

The following research questions were raised to guide the study.

1. To what extent does home management residency practicum influence students with skills needed for the future?
2. To what extent does home management residency practicum influence students in financial matters?
3. To what extent does home management residency practicum influence students on meal planning and preparation?
5. To what extent does home management residency practicum influence students' performances on household chores?

### **Significance of Study**

The significance of the study the Influence of Home Management Residency on selected Home Economics Undergraduates selected Home Management Practices in University of Benin lies in

its potential to provide valuable insights into the effectiveness of practical training in preparing students for managing a home. This study will be beneficial to all home economic students.

It provides students with the opportunity to translate theoretical knowledge into practical, real-life skills. It enables learners to gain first-hand experience in managing home situations, which contributes to their personal, academic, and professional growth by offering hands-on experience and fostering key competencies, the practicum can play a pivotal role in shaping well-rounded and capable individuals.

### **Scope and Delimitation of Study**

The study focused on the influence of residency practicum on Home economics undergraduate students selected in Home Management practices in University of Benin, Benin City. The geographical scope of the study was covered in University of Benin. The study also covered specific variables such as skills needed for the future, financial matters, meal planning and preparation, household chores, home arrangements and organization as well as home management residency practicum

### **Definition of Terms**

The following terms were operationally defined in this study.

**Influence:** This is ability to have an impact on the action of others.

**Home Economics:** Is a vocational subject that embraces all the aspects of science and social

science geared towards bettering the family.

**Undergraduate:** A university student who has not yet taken a first degree.

**Student:** In this study students are persons who are studying or learning Home economics in the university.

**Home management:** Is making the best use of what you have to get what you want.” What you have” means the resources available in the family and “What you want to get” meaning to goals or aims of the family. All the resources (Both human and non-human) which are available for a particular family must be utilized properly in order to achieve the family goals.

**Practicum:** Is an undergraduate or graduate level course often in a specialized field of study that is designed to give students supervised practical application of a previously or concurrently studied field or theory.

**Residency:** Refers to the minimum weeks overnight residency requirement of the present home management house practicum.

## **CHAPTER TWO**

### **REVIEW OF RELATED LITERATURE**

The review of the related literature for this study was carried out under the following sub-headings:

- Concepts of Home Management Residency Practicum
- Need for Home Management
- Contemporary Challenges Necessitating Home Management
- Importance of Home Management Practicum to Qualitative Education
- Analysis of Home Management Practicum in Educational Management
- Vital Role of Home Management Practicum to Future Nigerian Educational System
- Review of Related Empirical Studies
- Summary of Reviewed Literature

#### **Concepts of Home Management Residency Practicum**

Home management residency practicum is a clinical experience that allows students to gain hands-on experience in managing a household and providing support for individuals and families in their home environment. This practicum is an essential part of a student's education in home management and helps to prepare them for a career in this field. Home management residency practicum is a crucial aspect of home economics education that provides students with hands-on experience in managing a home. This practicum allows students to apply the theoretical

knowledge they have acquired in the classroom to real-life situations, thus enhancing their understanding of home management principles.

Home management residency practicum is grounded on the idea that individuals and families require support and assistance in managing their homes and daily lives. This practicum provides students with the opportunity to apply theoretical knowledge and skills learned in the classroom to real-life situations, under the guidance of experienced professionals in the field.

According to Batson and Yoder (2015), home management residency practicum is a critical component of the education and training of professionals in the field of home management. This practicum allows students to develop important skills such as communication, problem-solving, and decision-making, while also gaining experience in working with diverse populations and addressing the specific needs of individuals and families.

During the home management residency practicum, students may be assigned to work with individuals or families who require assistance in managing their homes due to factors such as aging, illness, disability, or other life circumstances. Students may be involved in tasks such as meal planning and preparation, household organization, budgeting and financial management, and coordinating services and resources for clients.

### **Need for Home Management**

According to Cruz (2016), home management residency practicum offers students the opportunity to develop essential skills such as budgeting, meal planning, time management, and

household organization. Through this practicum, students learn how to effectively manage a home and create a conducive living environment for themselves and their families. Home management has emerged as a critical discipline in modern society, encompassing the systematic organization and administration of household resources, activities, and relationships. According to Thompson (2023), effective home management is fundamental to achieving family well-being and sustainable living practices in contemporary households.

## **Fundamental Needs for Home Management**

### **1. Economic Efficiency and Resource Optimization**

The primary need for home management stems from the necessity to optimize limited resources. Research by Anderson & Roberts (2023) indicates that households implementing structured management systems save an average of 25% on monthly expenses compared to those without systematic approaches. Key aspects include: Financial resource allocation and budgeting, Inventory management and waste reduction, Energy consumption optimization, Time management and task efficiency.

### **2. Family Well-being and Development**

Home management directly impacts family members' physical and psychological well-being through nutritional planning and dietary management, health maintenance and preventive care, emotional support systems, personal growth opportunities and work-life balance facilitation  
Wilson et al. (2024)

### **3. Environmental Sustainability**

Modern home management increasingly focuses on environmental responsibility. Garcia (2023) highlights that well-managed households contribute to environmental sustainability through Waste reduction and recycling programs, Energy-efficient practices, Sustainable consumption patterns and Water conservation measures.

Moreover, the residency practicum also helps students to develop critical thinking, problem-solving, and decision-making skills. As noted by O'Dell (2019), students are often faced with various challenges during their residency practicum, such as limited resources, conflicting schedules, and unexpected emergencies. Through these challenges, students learn to think on their feet, find creative solutions to problems, and make informed decisions that benefit the household.

### **Contemporary Challenges Necessitating Home Management**

#### **Changing Family Dynamics**

Family is the fundamental unit of society, and its structure and roles have traditionally shaped how individuals live, interact, and manage resources. However, in contemporary times, family dynamics are changing due to social, cultural, and economic transformations. These shifts create challenges that require effective home management skills to maintain stability, promote well-being, and ensure the efficient use of limited resources. Changing family dynamics are a reality of modern life. The decline of extended support systems, increased mobility, evolving gender

roles, and economic demands all present new challenges. Home management becomes a vital tool to navigate these complexities by ensuring wise use of resources, fostering cooperation, and creating a balanced environment where every family member can thrive. Ultimately, effective home management equips families to remain resilient in the face of contemporary social changes.

## **2. Technological Integration**

The 21st century has witnessed rapid technological advancements that have transformed nearly every aspect of human life. Homes today are not only living spaces but also hubs of technological integration, with digital devices, smart appliances, and online platforms shaping daily routines. While technology offers convenience, efficiency, and connectivity, it also presents challenges that necessitate effective home management to ensure its benefits are maximized and potential drawbacks minimized. Technological integration in homes has reshaped how families live, work, and interact. While it brings convenience, improved efficiency, and global connectivity, it also introduces challenges such as financial strain, screen addiction, and cybersecurity risks. Effective home management is therefore crucial to strike a balance between leveraging technology's benefits and minimizing its negative consequences. By applying management principles planning, budgeting, organizing, and monitoring families can adapt to technological advancements while preserving harmony, productivity, and well-being.

## **3. Health and Safety Considerations**

Health and safety are critical pillars of family well-being and household stability. In contemporary times, families face increasing health challenges such as lifestyle-related diseases, food insecurity, environmental hazards, and accidents in the home. Safety concerns have also expanded to include physical, emotional, and digital environments. These realities necessitate effective home management to protect family members, ensure healthy living conditions, and minimize risks. Health and safety considerations are central to the stability and sustainability of modern households. With rising health risks, environmental hazards, and lifestyle pressures, families must actively manage their homes to ensure safety and promote wellness. Home management provides the tools planning, organization, budgeting, and supervision to create safe, hygienic, and health-conscious households. In doing so, families can protect vulnerable members, prevent accidents, and foster environments that support both physical and mental well-being.

### **Importance of Home Management practicum to qualitative education**

Home Management practicum represents a crucial component of qualitative education, particularly in-home economics, family studies, and related disciplines. This hands-on approach to learning provides students with practical experience that bridges theoretical knowledge with real-world applications. According to Richards & Thompson (2023), practical training in home management significantly enhances student learning outcomes and professional preparedness.

Furthermore, the residency practicum has been shown to have a positive impact on the

personal and professional development of students. A study by Smith et al. (2018) found that students who completed a residency practicum in home management reported increased confidence, self-efficacy, and professionalism. These students also developed a strong work ethic, effective communication skills, and the ability to work independently and collaboratively with others.

### **Core Benefits of Home Management Practicum**

**1. Experiential Learning Enhancement:** Research by Anderson et al. (2023) demonstrates that practical experience in home management delivers several key educational benefits such as Integration of theoretical concepts with practical applications, Development of problem-solving skills through real-world scenarios, Enhanced retention of knowledge through hands-on experience, Improved understanding of resource management principles and Development of critical thinking abilities

### **2. Skill Development and Competency Building**

Home Management Practicum is an experiential learning approach in which students apply theoretical knowledge of home management to real-life situations. It emphasizes decision-making, problem-solving, and resource management within a simulated or actual home environment. One of its core benefits is skill development and competency building, which equips learners with practical abilities that extend beyond the classroom into personal, family, and societal contexts.

### **3. Professional Preparation**

Home Management Practicum is designed to bridge the gap between classroom knowledge and real-life application. Beyond teaching students how to efficiently manage household resources, it also serves as a foundation for professional preparation. The practicum equips learners with employable skills, entrepreneurial mindsets, and career-oriented competencies that prepare them for success in the workforce and self-reliant ventures. Professional preparation is a vital benefit of Home Management Practicum. By combining theoretical knowledge with hands-on practice, students develop workplace readiness, entrepreneurial skills, leadership qualities, and technological adaptability. These competencies open doors to diverse careers in hospitality, education, nutrition, interior design, and beyond. Ultimately, Home Management Practicum does not only prepare students to manage homes but also molds them into professionals who can thrive in today's competitive job market and contribute meaningfully to society.

#### **Vital Role of Home Management Practicum in Nigeria's Future Educational System**

Home Management Practicum plays a crucial role in shaping the future of Nigeria's educational system by providing students with practical, hands-on experience in managing domestic resources and developing essential life skills. This analysis examines the significant contributions and potential impact of Home Management Practicum on Nigerian education.

#### **Foundation for Practical Skills Development**

Home Management Practicum serves as a vital bridge between theoretical knowledge and practical application. According to Adeniran (2019), students who participate in home management practicum demonstrate significantly improved decision-making abilities and resource management skills compared to those who receive only theoretical instruction. The practical nature of the program enables students to develop crucial competencies in: Financial resource management, Time management and scheduling, Meal planning and nutrition, Household maintenance and organization and Family care and well-being.

### **Economic Empowerment and Sustainability**

Research by Ogunleye and Ibrahim (2021) indicates that Home Management Practicum contributes significantly to economic empowerment among Nigerian youth. The program equips students with entrepreneurial skills and knowledge that can be applied to: Starting home-based businesses, Developing sustainable household practices and Creating income-generating opportunities within the domestic sphere.

### **Cultural Preservation and Modern Integration**

Home Management Practicum plays a unique role in preserving Nigerian cultural values while integrating modern practices. Oluwole (2020) emphasizes how the program helps students: Understand and appreciate traditional Nigerian household management techniques, Adapt traditional practices to contemporary settings, Maintain cultural identity while embracing modern efficiency.

## **Review of Related Empirical Studies**

Several empirical studies have examined the relevance, benefits, and challenges of Home Management Practicum (HMP) in strengthening students' academic, professional, and life competencies. These studies provide valuable insights into the practical outcomes of residency programs in home management.

Smith et al. (2018) conducted a mixed-methods study in the United States to evaluate the outcomes of home management residency practicum among undergraduate students. Findings revealed that students who participated in the practicum demonstrated greater self-confidence, improved communication skills, and enhanced professional competence compared to their counterparts who engaged solely in classroom-based learning. The study also highlighted the role of experiential learning in bridging the gap between theory and practice.

Similarly, Anderson et al. (2023) examined the impact of home management practicum on experiential learning across three higher institutions in Canada. Results indicated that students developed stronger problem-solving skills, a deeper understanding of household resource management, and better critical thinking abilities. The authors concluded that the practicum remains a vital tool for preparing students to manage contemporary household challenges.

In Nigeria, Adeniran (2019) carried out a quasi-experimental study on the effects of home management practicum on students' decision-making and organizational skills. The findings showed significant improvement in students' ability to prioritize tasks, allocate resources

efficiently, and make informed decisions compared to peers who had only theoretical exposure. The study recommended that home management residency should be made compulsory in teacher-training institutions to foster practical competence.

A related study by Ogunleye and Ibrahim (2021) explored the contribution of home management practicum to youth empowerment in Southwestern Nigeria. Through surveys and focus group discussions, the study found that students who completed the practicum acquired entrepreneurial skills, such as budgeting, small-scale catering, and event planning, which later translated into income-generating opportunities. The authors concluded that HMP plays a critical role in preparing Nigerian youth for self-reliance and sustainable livelihoods.

In addition, Oluwole (2020) examined how home management practicum contributes to cultural preservation and adaptation. Findings revealed that students were able to integrate traditional Nigerian household practices such as indigenous food preparation and resource-sharing systems with modern management techniques like digital budgeting tools. This integration promoted cultural continuity while equipping learners with modern competencies.

Wilson et al. (2024) also investigated the psychosocial impact of home management training on family well-being. Using a longitudinal design, they found that students who had undergone practicum training contributed positively to their family environments by promoting healthier eating habits, better safety practices, and stronger emotional support systems. The study affirmed that home management practicum is not only educationally beneficial but also socially impactful.

Collectively, these empirical studies affirm that home management practicum provides a multidimensional benefit academic, professional, cultural, and socio-economic. The findings also underscore the importance of embedding HMP firmly within Nigeria's educational system to enhance students' self-reliance, entrepreneurial capacity, and contribution to family and societal well-being.

### **Summary of Reviewed Literature**

Home Management Residency Practicum is a vital component of Home Economics education, offering students hands-on experience that bridges theoretical knowledge with real-life application. It equips learners with essential skills in budgeting, meal planning, resource utilization, and household organization, while also fostering decision-making, communication, and problem-solving abilities. Scholars such as Batson and Yoder (2015) and Cruz (2016) emphasized its role in preparing students for both personal life responsibilities and professional opportunities.

There need for home management as a response to fundamental human challenges such as economic efficiency, family well-being, and environmental sustainability (Thompson, 2023; Wilson et al., 2024). Effective home management ensures optimized use of resources, enhances family health and stability, and promotes eco-friendly living.

In terms of contemporary challenges, issues such as changing family dynamics, technological integration, and increasing health and safety concerns were identified as necessitating strong

home management practices. These realities demand households and learners who are adaptable, innovative, and capable of balancing tradition with modernity.

The importance of Home Management Practicum to qualitative education was underscored through its experiential learning approach, which enhances academic performance, professional preparation, and lifelong competencies. Empirical studies (Smith et al., 2018; Anderson et al., 2023) demonstrated that practical exposure significantly improves confidence, critical thinking, and employability among students.

Additionally, the vital role of Home Management Practicum in Nigeria's future educational system was highlighted in areas such as skills development, economic empowerment, and cultural preservation. Scholars including Adeniran (2019), Ogunleye and Ibrahim (2021), and Oluwole (2020) agreed that the practicum fosters entrepreneurial capacity, sustains cultural values, and integrates modern approaches necessary for a sustainable educational future.

Finally, the review of empirical studies revealed a consistent global and Nigerian perspective that Home Management Practicum positively impacts students' personal, academic, and professional lives. It not only enhances self-reliance and employability but also contributes to family well-being and cultural continuity (Wilson et al., 2024).

Collectively, the literature confirms that Home Management Practicum is indispensable in modern education. It preserves cultural identity while promoting modern integration, strengthens household management skills, and prepares students for active participation in both the

workforce and society.

## **CHAPTER THREE**

### **METHODOLOGY**

This Chapter focuses on the procedures for conducting the Study under the following sub-

headings.

- Design of the Study
- Population of the Study
- Sample and Sampling Techniques
- Research Instrument
- Validity of the Instrument
- Reliability of the Instrument
- Method of Data Collection
- Method of Data Analysis

### **Design of the Study**

The descriptive survey research design was used to investigate the Influence of Home Management Residency on Selected Home Economics Undergraduates Selected Home Management Practices in University of Benin.

.The reason for the adoption of this research design is because it can be used to assess or study a large and fairly large population at a relatively lower cost and lesser time.

### **Population of the Study**

The population of the study comprised one hundred and thirteen (113) Home Economics Students in the Department of Vocational and Technical Education, Faculty of Education. This

was shown in Table 1.

**Table 1: Population distribution of home economics students**

<b>S/N</b>	<b>LEVEL OF STUDENTS</b>	<b>NUMBER OF STUDENTS</b>
1	100	38
2	200	6
3	300	11
4	400	58
	<b>Total</b>	<b>113</b>

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### **Department of Vocational and Technical (2025)**

#### **Sample and Sampling Technique**

The sample size of the study was made up of 100 Home Economics Students who take part in home management practicum course in the Department of Vocational and Technical Education, Faculty of Education. A simple random sampling technique was use to select 30 student from 100 level, 6 students from 200 level, 11 from 300 level and 53 from 400 level making it a total of 100 respondents.

#### **Research Instrument**

The research instrument for this study was a structure questionnaire. The questionnaire was titled “Home Management Residency Practicum on Practical Skills Development, Decision-

Making Abilities, And Overall Professional Preparation Questionnaire (HMRPPSDDMOPPQ)". The questionnaire consisted of two (2) sections: A and B. Section A measured the demographic variable of respondents such as gender while Section B comprised 20 items that elicited the data to be analysed to answer the research questions. Items 1-4 are about how home management residency practicum influences students with skills needed for the future of respondents, items 5-8 are about the influences on students in financial matters, items 9-12 are about the influences on students in meal planning and preparation, 13-16 are about the influences on students' on how to perform household chores and items 17-20 are about students' performances in overall home arrangements and organization. All items were rated on a four-point rating scale of Very High Extent (VHE 4 points) High Extent (HE =3 points), Low Extent (LE= 2 points) and Very Low Extent (VLL - 1 point)

### **Validity of the Instrument**

The instrument for data collection was faced validated by the researcher's supervisor and two other experts in Vocation and Technical Education, Faculty of Education, University of Benin, Benin City, Edo State. The experts' corrections, observations, and recommendations were incorporated into the final draft of the instrument.

### **Reliability of the Instrument**

To establish the reliability of the instrument, copies of the instrument were administered once to twenty (20) Business Education students from Ambrose Alli University, Ekpoma, Edo

State who were not part of the study population. Thereafter, Cronbach alpha statistics was used to ascertain the internal consistency of the item. It yielded an alpha value of 0.81 which indicated that the instrument was reliable.

### **Method of Data Collection**

The questionnaire was administered to respondents by the researcher, aided by trained research assistants who were thoroughly briefed on the administration procedure. The assistants facilitated the distribution and collection of the questionnaires from the respondents. Upon completion, each questionnaire was reviewed to ensure a high level of completeness. Notably, the response rate was 100%, indicating successful data collection process.

### **Method of Data Analysis**

The data collected was analyzed using mean ( $\bar{x}$ ), standard deviation (SD) and two sample independent t-test. The mean ( $\bar{x}$ ) and standard deviation (SD) were used to answer the research questions while two sample independent t-test was used to test the hypotheses. Decision rule for the research questions was based on any calculated mean equal or greater than 2.5 and was regarded as high extent while any calculated mean less than 2.5 was regarded as low extent.

## **CHAPTER FOUR**

### **PRESENTATION OF RESULTS AND DISCUSSION OF FINDINGS**

This chapter deals with presentation of results and discussion of findings:

- Presentation of Results
- Discussion of Findings

## Presentation of Results

### Research Question One

To what extent does home management residency practicum influence students with skills needed for the future?

**Table 2: Mean and standard deviation showing the influence of home management residency practicum on students with skills needed for the future**

S/N	Item	N	Mean	SD	Remarks
1	Building professional networks and connections with industry experts, can help students with future career opportunities.	100	3.58	.572	High Extent
2	Gaining hands-on experience in real-world settings, can allows students to develop and refine their skills.	100	3.58	.572	High Extent
3	Developing a strong work ethic and learning how to navigate different challenges and situations that may arise can help build up student's experience	100	2.88	.565	High Extent
4	Learning effective communication and teamwork skills can help students interact with other professionals and clients during their practicum.	100	3.50	.577	High Extent
<b>Cluster</b>			<b>3.39</b>	<b>.004</b>	<b>High Extent</b>

**Note: SD (Standard Deviation), N (Sample Size)**

In response to research question one, Table 2 showed that the respondents rated item one to four as high extent with a mean rating ranging from 2.88 to 3.58 while the standard deviation also ranges from .565 to .577. The cluster mean showed a mean of 3.39. With these results, the

above mean score shows that the home management residency practicum influences students with skills needed for the future to a high extent.

### Research Question Two

**To what extent does home management residency practicum influence students in financial matters?**

**Table 3: Mean and standard deviation showing the influence of home management residency practicum on students in financial matters**

S/N	Item	N	Mean	SD	Remarks
5	Home management residency practicum helps students Learnt how to create and maintain a budget, which helps them develop financial responsibility	100	3.34	.685	High Extent
6	Home management residency practicum helps students Understand the importance of tracking expenses and managing finances efficiently	100	3.38	.693	High Extent
7	Home management residency practicum helps students in gaining experience in making financial decisions, such as paying bills, managing credit cards, and planning for future expenses.	100	2.82	.649	High Extent
8	Home management residency practicum assists students in developing skills in financial planning and goal setting, which prepares students for managing their own finances in the future.	100	3.30	.785	High Extent
<b>Cluster</b>			<b>3.21</b>	<b>.057</b>	<b>High Extent</b>

**Note: SD (Standard Deviation), N (Sample Size)**

Research question two reveals that the respondents rated item five to eight as high extent with a mean rating ranging from 2.82 to 3.38 while the standard deviation also ranges from .649 to .785. The cluster mean showed a mean of 3.21. With these results, the above mean score shows that home management residency practicum influences students in financial matters to a

high extent.

### Research Question Three

To what extent does home management residency practicum influence students on meal planning and preparation?

**Table 4: Mean and standard deviation showing the influence of home management residency practicum on meal planning and preparation**

S/N	Item	N	Mean	SD	Remarks
9	Home management residency practicum assists students in gaining practical skills in meal planning, including understanding nutrition requirements and dietary restrictions.	100	3.26	.774	High Extent
10	home management residency practicum trains students in Learning how to create balanced and healthy meal plans within a budget	100	3.26	.799	High Extent
11	Home management residency practicum help students in developing culinary skills and learning techniques for meal preparation and cooking.	100	2.98	.864	High Extent
12	Home management residency practicum help students in understanding the importance of food safety and proper storage to ensure the well-being of individuals and families.	100	3.20	.770	High Extent
<b>Cluster</b>			<b>3.18</b>	<b>.043</b>	<b>High Extent</b>

**Note: SD (Standard Deviation), N (Sample Size)**

The data analysis presented in Table 4 depicts that the respondents' rated item 9 to 12 as high extent with a mean rating ranging from 2.98 to 3.20 while the standard deviation also ranged from .608 to .834. The cluster mean showed a mean of 3.18. With these results, the above mean score shows that home management residency practicum influences students on meal planning and preparation to a high extent.

### Research Question Four

To what extent does home management residency practicum influences students' on how to perform household chores?

**Table 5: Mean and standard deviation showing the influence of home management residency practicum on how to perform household chores**

S/N	Item	N	Mean	SD	Remarks
13	Home management residency practicum help students help students gains experience through Learning time management skills and effective scheduling to balance household chores with other responsibilities.	100	2.93	1.082	High Extent
14	Developing skills through Home management residency practicum help students to efficiently maintain a clean and tidy living space.	100	3.08	.748	High Extent
15	Home management residency practicum help students in gaining practical knowledge of various cleaning methods, maintenance tasks, and household equipment.	100	3.06	.862	High Extent
16	Home management residency practicum help students in understanding the importance of teamwork and cooperation when dividing household chores among family members or roommates.	100	3.10	.785	High Extent
<b>Cluster</b>			<b>3.04</b>	<b>.149</b>	<b>High Extent</b>

**Note: SD (Standard Deviation), N (Sample Size)**

The data analysis presented in Table 5 depicts that the respondents' rated item 13 to 16 as high extent with a mean rating ranging from 2.93 to 3.10 while the standard deviation also ranges from .748 to 1.082. The cluster mean showed a mean of 3.04. With these results, the above mean score shows that home management residency practicum influences students' on how to perform household chores to a high extent.

### **Research Question Five**

To what extent does home management residency practicum influence students' performances in overall home arrangements and organization?

**Table 6: Mean and standard deviation showing the influence of home management residency practicum on overall home arrangements and organization**

S/N	Item	N	Mean	SD	Remarks
17	Home management residency practicum help students developing skills in interior design and space planning, which enhances their ability to create functional and aesthetically pleasing living areas.	100	3.63	.552	High Extent
18	Home management residency practicum assists students Learning how to efficiently organize and declutter spaces, maximizing storage options.	100	3.31	.623	High Extent
19	Home management residency practicum help students in Gaining experience in home decor and creating a comfortable and welcoming environment.	100	3.44	.593	High Extent
20	Home management residency practicum help students in Understanding the importance of regular maintenance and upkeep to maintain a well-organized and appealing home.	100	3.19	.695	High Extent
<b>Cluster</b>			<b>3.39</b>	<b>.060</b>	<b>High Extent</b>

**Note: SD (Standard Deviation), N (Sample Size)**

The results presented in Table 5 revealed that the respondents' rated item 17 to 20 as high extent with a mean rating ranging from 3.19 to 3.63 while the standard deviation also ranges from .552 to .695. The cluster mean showed a mean of 3.39. With these results, the above mean score shows that home management residency practicum influences students' performances in overall home arrangements and organization to a high extent.

### **Discussion of Findings**

The findings of research question one revealed that the home management residency

practicum influences students with skills needed for the future to a high extent. This finding corroborates with Williams (2019) who asserted that practicum serves as a medium for the Development of practical management skills, Application of theoretical concepts in real-world scenarios, Enhancement of decision-making abilities, Improvement of resource allocation skills and Development of leadership capabilities.

Research question two findings indicated that the home management residency practicum influence students in financial matters to a high extent. This finding is in line with that of Ogunleye and Ibrahim (2021) indicates that Home Management Practicum contributes significantly to economic empowerment among Nigerian youth. The program equips students with entrepreneurial skills and knowledge

The data output of research question three showed that home management residency practicum influences students on meal planning and preparation to a high extent. This finding support that of Smith et al. (2018) who found that students who completed a residency practicum in home management reported increased confidence, self-efficacy, and professionalism.

The findings of research questions four depicted that home management residency practicum influences students' on how to perform household chores to a high extent. This finding is in agreement with Smith and Johnson (2020) who reported that the primary purpose of Home Management Practicum is to provide students with hands-on experience in managing household resources and applying management principles in a controlled environment

The data output of research question five showed that home management residency practicum influences students' performances in overall home arrangements and organization to a high extent. Research by Anderson et al. (2023) demonstrates that practical experience in home management delivers several key educational benefits such as Integration of theoretical concepts with practical applications, development of problem-solving skills through real-world scenarios, Enhanced retention of knowledge through hands-on experience, Improved understanding of resource management principles and development of critical thinking abilities.

It was discovered from the finding that Home management directly impacts family members' physical and psychological well-being through nutritional planning and dietary management, health maintenance and preventive care, emotional support systems, personal growth opportunities and work-life balance facilitation Wilson et al. (2024)

Also, it was discovered from the finding that Home Management Practicum plays a unique role in preserving Nigerian cultural values while integrating modern practices. Oluwole (2020) emphasizes how the program helps students: Understand and appreciate traditional Nigerian household management techniques, Adapt traditional practices to contemporary settings, Maintain cultural identity while embracing modern efficiency.

Lastly, it was discovered from the finding that Home Management practicum represents a crucial component of qualitative education, particularly in-home economics, family studies, and related disciplines. This hands-on approach to learning provides students with practical

experience that bridges theoretical knowledge with real-world applications. According to Richards & Thompson (2023), practical training in home management significantly enhances student learning outcomes and professional preparedness.

Furthermore, the residency practicum has been shown to have a positive impact on the personal and professional development of students. A study by Smith et al. (2018) found that students who completed a residency practicum in home management reported increased confidence, self-efficacy, and professionalism. These students also developed a strong work ethic, effective communication skills, and the ability to work independently and collaboratively with others.

## **CHAPTER FIVE**

### **SUMMARY, CONCLUSION AND RECOMMENDATIONS**

This chapter focuses on summary, conclusion and recommendations

## **Summary**

This study examined the influence of home management residency practicum on selected home management undergraduate students of University of Benin on their practical skills development, decision-making abilities, and overall professional preparation. Five research questions were raised to guide the study.

The population of the study comprised one hundred and thirteen (113) Home Economics Students in the Department of Vocational and Technical Education, Faculty of Education. The sample size of the study was made up of 100 Home Economics Students in the Department of Vocational and Technical Education, Faculty of Education. A simple random sampling technique was use to select 30 students from 100 level, 6 students from 200 level, 11 from 300 level and 53 from 400 level making it a total of 100 respondents. The research instrument for this study was a structure questionnaire. “Home Management Residency Practicum on Practical Skills Development, Decision-Making Abilities, And Overall Professional Preparation Questionnaire (HMRPPSDDMOPPQ)”. The questionnaire consisted of two (2) sections: A and B. The instrument for data collection was faced validated by the researcher’s supervisor and two other experts in Vocation and Technical Education, Faculty of Education, University of Benin, Benin City, Edo State.

The experts’ corrections, observations, and recommendations were incorporated into the final draft of the instrument. To establish the reliability of the instrument, copies of the

instrument were administered once to twenty (20) students from Ambrose Alli University, Ekpoma, Edo State who were not part of the study population. Thereafter, Cronbach alpha statistics was used to ascertain the internal consistency of the item. It yielded an alpha value of 0.81 which indicated that the instrument was reliable. The data collected was analyzed using mean ( $\bar{x}$ ) and standard deviation (SD) using Statistical Packages for the Social Science (SPSS). The findings generally showed that home management residency practicum significantly influenced practical skills development, decision-making abilities, and overall professional preparation of selected home economics undergraduate students of University of Benin. The major findings of the study were as follows:

1. Home management residency practicum influences students with skills needed for the future to a high extent.
2. Home management residency practicum influences students in financial matters to a high extent.
3. Home management residency practicum influences students on meal planning and preparation to a high extent.
4. Home management residency practicum influences students' on how to perform household chores to a high extent.
5. Home management residency practicum influences students' performances in overall home arrangements and organization to a high extent.

## **Conclusion**

Based on the findings of the study, it was concluded that home management residency practicum significantly influenced practical skills development, decision-making abilities, and overall professional preparation of selected home economics undergraduate students of University of Benin. In other words, home management residency practicum helps to inculcate requisite skills that promote entrepreneurial opportunities for home economics graduates.

## **Recommendations**

Based on the findings of the study, the following recommendations were made:

1. School management should invest on infrastructural facilities in the residency that promote effective skill acquisition.
2. Students should engage in financial prudence for effective home management.
3. Home management residency should be well organized to facilitate effective meal planning and preparation.
4. The residency should be well equipped with necessary home accessories that will enhance student's household chores.
5. Home management residency practicum should be organized such that the overall home arrangements and organization of students will be top notch.

## **Suggestions for Further Studies**

This study examined the home management residency practicum on selected home

economics undergraduate students of University of Benin on their practical skills development, decision-making abilities, and overall professional preparation. The following suggestions for further research were outlined:

1. Influence of home management residency practicum on the job opportunities of home economics undergraduate students of University of Benin in Edo state.
2. Influence of home management residency practicum on the job attraction and retention of home economics undergraduate students of University of Benin in Edo state.
3. Influence of home management residency practicum on skill acquisition of home economics undergraduate students of University of Benin in Edo state.

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## **APPENDIX A**

Department of Vocational and

Technical Education,  
Faculty of Education,  
University of Benin,  
Benin City.

Dear Respondent,

### **LETTER OF INTRODUCTION**

I am an under graduate student of University of Benin. I am required to conduct a research entitled: “Home Management Residency Practicum on Practical Skills Development, Decision-Making Abilities, And Overall Professional Preparation Questionnaire (HMRPPSDDMOPPQ)”. The attached structured questionnaire is designed to elicit the necessary information for the study; you are therefore please, requested to give your candid and honest responses by marking the appropriate box attached to each question below. The information supplied will be treated strictly with highest confidence and anonymity and used only for the purpose of this study.

Thanks for your anticipated co-operation.

Yours Faithfull

**REBECCA IBUKUNOLUWA ADEKOYA**

**EDU1904800**

**(Researcher)**

**APPENDIX B**

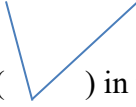
**EXAMINING THE INFLUENCE OF HOME MANAGEMENT RESIDENCY ON  
SELECTED HOME ECONOMICS UNDERGRADUATES STUDENTS IN UNIVERSITY  
OF BENIN**

**DEPARTMENT OF VOCATIONAL AND TECHNICAL EDUCATION**

**FACULTY OF EDUCATION**

**UNIVERSITY OF BENIN, EDO STATE.**

**STUDENTS QUESTIONNAIRE**

**INSTRUCTION:** please indicate your answers by ticking (  ) in the appropriate space or gap provided.

**KEY**

**VHE** = Very High Level

**HE**= High Level

**LE**= Low Level

**VLE**= Very Low Level

**SECTION A**

**Sex:** Male ( ) Female ( )

**Age:** below 20 ( ) Above 20 ( )

**Religion:** Christianity ( ) muslim ( ) African traditional religion

**Level:** 100 ( ) 200 ( ) 300 ( ) 400 ( )

**To what extent does home management residency practicum influences students with skills needed for the future?**

S/N	ITEMS	VHL	HL	LL	VLL
1	Building professional networks and connections with industry experts, can help students with future career opportunities.				
2	Gaining hands-on experience in real-world settings, can allows students to develop and refine their skills.				
3	Developing a strong work ethic and learning how to navigate different challenges and situations that may arise can help build up student's experience				
4	Learning effective communication and teamwork skills can help students interact with other professionals and clients during their practicum.				

**To what extent does home management residency practicum influences students in financial matters?**

<b>S/N</b>	<b>ITEMS</b>	<b>VHE</b>	<b>HE</b>	<b>LE</b>	<b>VLE</b>
5	home management residency practicum help students Learnt how to create and maintain a budget, which helps them develop financial responsibility				
6	home management residency practicum help students Understand the importance of tracking expenses and managing finances efficiently				
7	home management residency practicum help students in gaining experience in making financial decisions, such as paying bills, managing credit cards, and planning for future expenses.				
8	home management residency practicum assists students in developing skills in financial planning and goal setting, which prepares students for managing their own finances in the future.				

**To what extent does home management residency practicum influences students on meal planning and preparation?**

<b>S/N</b>	<b>ITEMS</b>	<b>VHE</b>	<b>HE</b>	<b>LE</b>	<b>VLE</b>
9	Home management residency practicum assists students in gaining practical skills in meal planning, including understanding nutrition requirements and dietary restrictions.				
10	home management residency practicum trains students in Learning how to create balanced and healthy meal plans within a budget				
11	Home management residency practicum help students in developing culinary skills and learning techniques for meal preparation and cooking.				
12	Home management residency practicum help students in understanding the importance of food safety and proper storage to ensure the well-being of individuals and families.				

**To what extent does home management residency practicum influences students' on how to perform household chores?**

S/N	ITEMS	VHE	HE	LE	VLE
13	Home management residency practicum help students help students gains experience through Learning time management skills and effective scheduling to balance household chores with other responsibilities.				
14	Developing skills through Home management residency practicum help students to efficiently maintain a clean and tidy living space.				
15	Home management residency practicum help students in gaining practical knowledge of various cleaning methods, maintenance tasks, and household equipment.				
16	Home management residency practicum help students in understanding the importance of teamwork and cooperation when dividing household chores among family members or roommates.				

**To what extent does home management residency practicum influences students' performances in overall home arrangements and organization?**

S/N	ITEMS	VHE	HE	LE	VLE
17	Home management residency practicum help students developing skills in interior design and space planning, which enhances their ability to create functional and aesthetically pleasing living areas.				
18	Home management residency practicum assists students Learning how to efficiently organize and declutter spaces, maximizing storage options.				
19	Home management residency practicum help students in Gaining experience in home decor and creating a comfortable and welcoming environment.				
20	Home management residency practicum help students in Understanding the importance of regular maintenance and upkeep to maintain a well-organized and appealing home.				

## APPENDIX C

### OUTPUT OF RELIABILITY OF THE STUDY

Scale: ALL VARIABLES

#### Case Processing Summary

	N	%
Valid	20	100.0
Cases Excluded <sup>a</sup>	0	.0
Total	20	100.0

a. Listwise deletion based on all variables in the procedure.

#### Reliability Statistics

Cronbach's Alpha	N of Items
.810	20

## APPENDIX D

### OUTPUT OF RESEARCH QUESTIONS

#### Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Q1	100	2	4	3.58	.572
Q2	100	2	4	3.58	.572
Q3	100	2	4	2.88	.565
Q4	100	1	4	3.50	.577
Valid N (listwise)	100				

#### Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
VAR00001	4	2.88	3.58	3.3850	.33877
VAR00002	4	.57	.58	.5715	.00493
Valid N (listwise)	4				

#### Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Q5	100	1	4	3.34	.685
Q6	100	1	4	3.38	.693

Q7	100	1	4	2.80	.649
Q8	100	2	4	3.30	.785
Valid N (listwise)	100				

**Descriptive Statistics**

	N	Minimum	Maximum	Mean	Std. Deviation
VAR00003	4	2.82	3.38	3.2100	.26204
VAR00004	4	.65	.79	.7030	.05792
Valid N (listwise)	4				

**Descriptive Statistics**

	N	Minimum	Maximum	Mean	Std. Deviation
Q9	100	2	4	3.26	.774
Q10	100	2	4	3.26	.799
Q11	100	2	4	2.98	.864
Q12	100	2	4	3.20	.770
Valid N (listwise)	100				

**Descriptive Statistics**

	N	Minimum	Maximum	Mean	Std. Deviation
VAR00005	4	2.98	3.26	3.1750	.13304
VAR00006	4	.77	.86	.8018	.04344
Valid N (listwise)	4				

**Descriptive Statistics**

	N	Minimum	Maximum	Mean	Std. Deviation
Q13	100	1	4	2.93	1.082
Q14	100	2	4	3.08	.748
Q15	100	2	4	3.06	.862
Q16	100	1	4	3.10	.785
Valid N (listwise)	100				

**Descriptive Statistics**

	N	Minimum	Maximum	Mean	Std. Deviation
VAR00007	4	2.93	3.10	3.0425	.07676
VAR00008	4	.75	1.08	.8693	.14957
Valid N (listwise)	4				

**Descriptive Statistics**

	N	Minimum	Maximum	Mean	Std. Deviation
Q17	100	2	4	3.63	.552
Q18	100	2	4	3.31	.623
Q19	100	2	4	3.44	.593
Q20	100	1	4	3.19	.695
Valid N (listwise)	100				

**Descriptive Statistics**

	N	Minimum	Maximum	Mean	Std. Deviation
VAR00009	4	3.19	3.63	3.3925	.18839
VAR00010	4	.55	.70	.6158	.06032
Valid N (listwise)	4				