



Perceived Influence of Load on the Health of Head Porters in North Senatorial District of Kaduna State, Nigeria

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Abstract. This paper assesses the perceived influence of load on the health of head porters in North Senatorial District of Kaduna State, Nigeria. Survey research design was used. Three (3) research questions and hypotheses were formulated for this study. Two hundred (200) porters around three (3) federal tertiary institution in North Senatorial District local government, Kaduna state. A questionnaire with four-point modified Likert scale of Strongly Agreed (4), Agreed (3), Disagreed (2) and Strongly Disagreed (1) was developed and used for gathering information from the respondents. With a Cronbach Alpha Reliability index of 0.82 which showed that the instrument was reliable. The result of one sample t test analysis showed that there is significant influence of load on the physical health of head porters in North Senatorial District of Kaduna State, there is significant influence of load on social health of head porters in North Senatorial District of Kaduna State and also there is significant influence of load on mental health of head porters in North Senatorial District of Kaduna State. It can be concluded that there is influence of load on the health of porters physically, mentally and socially. It was recommended that load carriers should be using head load carrier support gadgets to support the weight of the load.

Keywords: Load, Health, Porters, Head Porters, Perceived Influence.

1. Introduction

Human adaptability and flexibility led to the early use of humans for transporting load from one point to another. Porters were commonly used as beasts of burden in the past, when labour was generally cheap and slavery widespread. A porter, also called a load

carrier, is a person who carries objects or load for others. The range of services conducted by porters is extensive these include shuttling luggage's to bearing heavy burdens at attitude in inclement weather on multi-month mountaineering expeditions. It is a common sight in the North Senatorial zone area of Kaduna State to see porters moving goods for the owners in motor parks, market place, station and they porters help in carrying load using their head. Porter, Hampshire, Abane, Munthali, Robson, & Mashiri, (2012) asserted that the porters due to the weight, size of the load they carry and the distance they walk, experience different types of challenges that relate to their physical health which may affect their posture, way of movement, social health which affects how they relate with friends and how people relate with them as well as mental health which affect their brain and thinking.

It is thus important to explore the nature, processes and mechanisms of risk exposure, control and consequences on the porters in order to comprehensively explore their existences. The major risks the porters are exposed to are health risks (body pain, head ache, back ache, etc.). There is also the misperception that they are worthless people by the society. The job involves crossing the roads with load on their heads which slows the speed of crossing the road there by exposing them to risk of bury knocked down as a result they sustain, involving in road accidents, on-the-job injuries and sometimes are faced with the responsibility for product damage. In most instances, the consequences of such risks are borne by the porters, even when sometimes it is not their fault. There are no systems to prevent them from such exposure or mechanisms to help them bear the consequences (Akanle and Chioma, 2013).

Porters seem to have poor living conditions in terms of nutrition, healthcare, education, sanitation and accommodation as well as suffer from diverse risks including verbal, physical and sexual abuse (Kwankye, Anarfi, Tagoe & Castaldo, 2009). However, there is relatively little empirical research on the meaning and social context of porters' movement for work, the potential contributions that their livelihoods may have for local economic development and how such livelihoods influence positively on their living conditions and that of their left-behind families. Agyei, Kumi, and Yeboah (2016) for instance have cautioned the sweeping generalizations being made about the lives of young migrants including those who migrate to engage in the occupation of head portering. The authors argue that the social context of the vulnerabilities and the effects of their migration will depend inter alia on several issues. These include the kind of work that they find to do in their destinations, the factors triggering their movement, the kind of living situation they find themselves, dangers and hazards posed by intermediaries, bad employers as well as the supportive mechanisms available for them. This prompted the researcher to assess influence of load on the health of head porters in North Senatorial District of Kaduna State. Specifically, this study assess:

- the influence of load on physical health of head porters in North Senatorial District of Kaduna State.
- the influence of load on social health of head porters in North Senatorial District of Kaduna State.
- the influence of load on mental health of head porters in North Senatorial District of Kaduna State.

1.1 Research Questions

- What is the influence of load on physical health of head porters in North Senatorial District of Kaduna State?
- What is the influence of load on social health of head porters in North Senatorial District of Kaduna State?
- What is the influence of load on mental health of head porters in North Senatorial District of Kaduna State?

1.2 Hypotheses

There is no significant influence of load on physical health of head porters in North Senatorial District of Kaduna State.

There is no significant influence of load on social health of head porters in North Senatorial District of Kaduna State.

There is no significant influence of load on mental health of head porters in North Senatorial District of Kaduna State.

2. Research Methodology

A survey research design was adopted for the study. This study was made up of porters in North Senatorial District, Kaduna state. Simple percentage was used to select two hundred porters in North Senatorial District, Kaduna State.

The instrument employed in this study was questionnaire. The questionnaire items were formulated based on the research questions. The instrument comprised of two sections. Section A comprised of the demographic data of the respondents such as gender and age while section B comprised of the statement related to the research questions with yes or no option because of the level of illiteracy and in order to make the respondents understand the study. Yes (2) and No (1) statements were developed and used for gathering information from the respondents. Hence, mean score of any response is considered positive, if it is 1.5 and above and mean score of any response less than 1.5 is regarded as negative.

The instrument was validated by three experts in the field of Health Education who were lectures in Ahmadu Bello University, Zaria and University of Maiduguri, Borno State. To determine the reliability of the instrument, twenty (20) porters from Kwangila area of Sabon Gari Local Government, Kaduna State was used as a pilot test that did not form part of the sample. Cronbach Alpha Reliability index was used to determine the internal consistency of the instrument on data obtained. The analyzed data yielded a coefficient of .82 which showed that the instrument was reliable.

Two hundred (200) copies of the questionnaire were administered to the respondents. All the 200 copies of the questionnaire were completed and retrieved. The researchers sorted and collated the collected questionnaire for data analysis. Simple percentage was used to answer the demographic data of the respondents, descriptive statistics of mean and standard deviation was used to test the research question while one sample t test analysis was used to analyze the stated hypotheses at 0.05 level of significance.

3. Results

Table 1: Demographic Data of the Respondents

Variables		Frequency	Percentage
Gender	Male	199	99.5
	Female	1	0.5
	Total	200	100.0
Age	Less than 10 years	21	10.5
	11 – 15 years	121	60.5
	15 years and above	58	29
	Total	200	100.0

Table 1 above showed the demographic data of the respondents, 199 (99.5%) of the respondents were male while 1 (0.5%) of the respondents were female. According to their age, the table showed that 21 (10.5%) of the respondents fell between the age bracket less than 10 years, 121 (60.5%) of the respondents fell between the age bracket of 11 – 15 years while 58 (29.0%) of the respondents fell between the age bracket 15 years and above. Therefore, majority of the respondents were male while majority of the respondents fell between the age bracket of 11 – 15 years.

Table 2: Mean and Standard deviation on the influence of load on physical health of head porters

S/N	Statement	Mean	Standard Deviation
1	Do you always feel headache and body pain?	1.43	.37
2	Do you look dirty then ever you are on the work?	1.17	.21
3	Is your walking posture good?	1.35	.33
4	Did your work affect your physical appearance?	1.41	.31
5	Did you find time to take care of your body?	1.37	.27
	Aggregate Mean	1.35	

Table 2 shows the mean score of the responses on the influence of load on physical health of head porters. The aggregate mean score of the items is 1.35 which was found to be less than benchmark score of 1.5. This implies that there is negative influence of load on physical health of head porters.

Table 3: Mean and Standard deviation on the influence of load on social health of head porters

S/N	Statement	Mean	Standard Deviation
1	If you greet people, do they answer you?	1.28	.31
2	Do people like to greet you?	1.03	.07
3	Do people give you respect of helping them?	1.08	.13
4	Did you feel happy doing this work?	1.21	.27
5	Did people interact to you in a good way?	1.07	.12
	Aggregate Mean	1.13	

Table 3 shows the mean score of the responses on the influence of load on social health of head porters. The aggregate mean score of the items is 1.13 which was found to be less than benchmark score of 1.5. This implies that there is negative influence of load on social health of head porters.

Table 4: Mean and Standard deviation on the influence of load on mental health of head porters

S/N	Statement	Mean	Standard Deviation
1	Do you feel internal pain in your head?	1.38	.31
2	Do you sleep very well in the night?	1.43	.07
3	Did your hair grow very well?	1.04	.12
4	Do you feel anxious of things easily?	1.28	.19
5	Do you always feel stress and sick everyday?	1.03	.10
	Aggregate Mean	1.23	

Table 2 shows the mean score of the responses on the influence of load on mental health of head porters. The aggregate mean score of the items is 1.23 which was found to be less than benchmark score of 1.5. This implies that there is negative influence of load on mental health of head porters.

Hypothesis One: There is no significant influence of load on the physical health of the porters in North Senatorial District of Kaduna State

Table 5: One sample t-test analysis of perceived influence of load on the physical health of the porters in North Senatorial District of Kaduna State.

	Mean	Std. Deviation	Df	t-value	P-value
Actual mean	6.73	1.49	199	5.76	0.0013
Constant mean	1.00	0.00			

The result showed that the t value of 5.760 is greater than t critical 1.96 at 199 degree of freedom (df) and p value of 0.0013 is less than 0.05 level of significance with this observation the null hypothesis which states that there is no significant influence of load on the physical health of the porters in North Senatorial District of Kaduna State, is rejected. Therefore, there is significant influence of load on the physical health of porters.

Hypothesis Two: There is no significant influence of load on social health of head porters in North Senatorial District of Kaduna State.

Table 6: One sample t-test analysis of perceived influence of load on the social health of the porters in North Senatorial District of Kaduna State

	Mean	Std. Deviation	Df	t-value	P-value
Actual mean	5.67	0.90	199	4.36	0.002
Constant mean	1.00	0.00			

The result showed that the t value of 4.360 is greater than the t critical 1.96 at 199 degree of freedom (df) and p value of 0.002 is less than 0.05 level of significance with this observation the null hypothesis which states that there is no significant influence of load on social health of head porters in North Senatorial District of Kaduna State, is rejected. Therefore, there is significant perceived influence of load on the social health of the porters.

Hypothesis Three: There is no significant influence of load on the mental health of head porters in North Senatorial District of Kaduna State.

Table 7: One sample t-test analysis of perceived influence load on the mental health of head porters in North Senatorial District of Kaduna State.

	Mean	Std. Deviation	Df	t-value	P-value
Actual mean	6.16	0.79	199	3.15	0.007
Constant mean	1.00	0.00			

The result showed the t value of 3.15 is greater than t critical 1.96 at 199 degree of freedom (df) and p value of 0.007 is less than 0.05 level of significance with this observation the null hypothesis which states that there is no significant influence of load on mental health of head porters in North Senatorial District of Kaduna State, is rejected. Therefore, there is significant perceived influence of waste management on the mental health of porters.

4. Discussions on the findings

The results of this study showed that majority of the head porters were male and their fell between the ages of 11 – 15 years. Also, there is much influence of load on their physical health where it gives them body pains, wrong walking posture, affect their physical appearance, headache and body pains. Socially, the results of this study revealed that people don't associate with them very well, people do not care about them. Mentally, they feel internal pains in

their head, they do not sleep very well in the night, they feel anxious and feel stress and sick most of the times. Furthermore, the result of hypotheses testing revealed that there is influence of load on physical health of head porters in North Senatorial District of Kaduna State, there is significant influence of load on social health of head porters in North Senatorial District of Kaduna State and there is significant influence of load on mental health of head porters in North Senatorial District of Kaduna State. This is in agreement with Porter, Hampshire, Abane, Munthali, Robson, & Mashiri (2012) that porters experience different types of health challenges such as physical health which affect their posture, way of movement, social health which affect how they relate with friend and how people relate with them and mental health which affect their brain.

5. Conclusion

Based on the results, this study concluded that there is influence of load on physical, social and mental health of head porters in North Senatorial District of Kaduna State.

6. Recommendations

Based on the findings of the study, it was recommended that:

- load carriers should be using supporting object such as folding cloth on their head in carrying load.
- load carriers should look neat and responsible in other to communicate and associate socially.
- load carriers should make use of load carrier object such as wheelbarrow in other to support the weight of the load.

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