

Assessment of the Relevance and Uses of Lemon Fruit (Citrus) in Our Domestic Life: Implications for Entrepreneurship Practice and Healthy Life Style in Bayelsa State

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Abstract

The present economic situation in our country Nigeria should be a walking call for us to begin to think of what we can do to better this nation rather than put all the blame on our leaders. It is only the easterners that can boast of self-reliance and maybe the west. This topic is motivational to tell us that everything in our environment can be used for production. It adopted a survey design research questions were used. The population of the study was the entire Bayelsa State of 2,533,400 while the sample size was 980 adopting Krejcie & Morgan Guapa. Simple mean and standard deviation were used to ensure the research question. Both results showed that lemon (citrus) fruit was not significantly used for production. The result was lower than the criterion mean of 2.5, 2 recommendations were given indicating that lemon (citrus) fruit one of the common fruits can be used for producing a lot of production. Institutions should introduce entrepreneurship for production of items that can yield funds for the smooth administration of any institution.

Keywords:

Lemon (citrus) fruits,
lemon essential oil,
flavonoids,
entrepreneurship
practices,
detoxification.

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Background to the Study

The process of carrying out a research work helps to explain, expanciate and assist us to know the relevance and uses of whatever we want readers to know. Nigerians at this time needs to look into some minute things in our environment that will enhance production of any kind, leading to meaningful production of saleable items, either in form internal sales or for exportation to other countries that will earn Nigeria a boast in revenue generation beginning with Bayelsa as central focus in this article. Lemon fruit according to Wikipedia "Lemon fruit are species of small evergreen tree in the flowering plant family Rutaceae, native to Asia, Primarily North east India, Northern Myanma and china. Its scientific name is citrus lemon under the family name Rutaceae. In every hundred grams it contains 29 calories as follows:

Fig. 1



Table 1.

	% Daily Value
Total fat 0.3g	0%
Saturated fat 0g	0%
Cholesterol 0mg	0%
Sodium 2mg	0%
Potassium 138mg	3%
Total Carbohydrate 0g	3%
Dietary fiber 2.8g	11%
Sugar 2.5g	0%
Protein 1.1g	2%
Vitamin C	88%
Iron	3%
Vitamin BE	5%
Magnesium	2%
Calcium	2%
Vitamin D	0%
Vabalamin	0%

The daily value is based on 92,000 calorie diet. A person's daily value may be higher or lower depending on calorie needs. Questions like what is the benefit of lemon? What

does drink lemon water do? Should I drink lemon every day, what is the best use of lemon? Can it be used to produce anything that can boast revenue generation in Bayelsa State. Lemon is said to have about 50 milligrams of vitamin C, this indicates that it has more than half the amount of vitamin C needed in daily diet. Vitamin C is an antioxidant which helps protect cells from damage, it also helps the body make collagen for the skin, which in turn helps the body to absorb iron and supports the immune system. Lemon's unique flavor makes it a popular ingredient in drinks desserts and meals. Most parts of lemon can be used in cooking, cleaning and cleansing the body. Jabeen Begum 2023. Lemon fruit's value has been known for over 2000 years ago. The tree grows mostly in subtropical and tropical areas having 10-20 feet tall while some are grown in Mediterranean countries including China, India, Mexico, Argentines, Brazil and California. Arizona, Texas and Florida in the United State. It is an all year product. In Bayelsa state it is obvious that it can be planted and cultivated for production of any kind.

Uses of Lemon Fruit

It is useful from culinary to medical. Lemons are used worldwide in desserts drinks, sauces chips and a garnish for meat and fish. Lemon juice remarkable for its ability to clean stains making it topping the list. It is also used as fragrance for perfumes, production of soap and production of stain remover and for skin glow creams. Lemon water is good for cleansing but if taken too often can wear down tooth enamel

Types of Lemon

1. Lisbon and Eureka in the U.S

Use for lemon juice

Fresh lemon juice

Lemon juice and water

Health benefits

A kidney function – dissolve kidney stone

- a. As fruit
- b. Beverages
- c. Cosmetics
- d. Healthcare and medical
- e. Food cupboard
- f. Citrus - x lemon
- g. Digestive system
- h. Sodium bicarbonate
- i. Honey
- j. Water

Beauty Benefit of Lemon

1. Lemon essential oil – Nivea radiant and beauty glow cream to skin effective within 48 hours.
2. White Room – Beauty product – gift certificates dual able

It has a reputation for skin care excellence

Simple tips to remove age spots- the citric acid which is a natural toning agent. It exploits the skin and reduces age spots. Lemon fruit contains vitamin C which enhances the production of collagen the main component that promotes skin care products. It restores the skin elasticity and tightens the loose skin. Lemon is a good remedy fight signs of aging such as wrinkles and sagging skin. Lemon fruit is among the best foods for glowing skin. A skin that glows reflects on good health.

The importance of the use of lemon in organic skin products is more evidence as aged people Who use such products will not have a delicate skin and more susceptible to damage due to sun exposure and environmental pollution. Some benefits are as follows;

- i. Lemon fruit also aid weight loss
- ii. Lemon fruit is used to produce essential oil for skin glow
- iii. Lemon fruit oil is used for all skin types.
- iv. Lemon juice is used for weight loss drink
- v. Lemon Butter sance also has additional health benefits.
- vi. Lemon fruit is used as a cleanser.
- vii. Lemon fruit is used for dressing different resistible delicacies.

Statement of the Problem

The current economic situation in Nigeria has resulted to most youths, who are leaders of tomorrow to leave the country to abroad for a better living. It is pertinent to note that in as much as the economy of our country is bad it is time to begin to look inwards to know what little efforts everybody can do to alleviate poverty not only, depending on government to do everything for us. It is time for Nigerians in Nigeria to begin to get started in production, our environment and its contents should be our focus, hence this topic. Choosing fruit commonly found in our environment which can be seen in most localities in Nigeria and Bayelsa State, as a product that can be used for production of items such as soap, cream, juice, vitamin C tablet, essential oils clearing agent and the seeds for future planting. Bayelsa State has the potentials of doing such and off course Nigeria is a great nation endowed with so many natural resources that are yet to be tapped not only its mineral resources make Nigeria great and Bayelsa a leading state for industrialization. This make Bayelsa stand out with little efforts just as the adage" little drops of water makes an ocean". Nigeria will be great and Bayelsa State will be great. If we all put our energies towards the area of production with our local produce as raw materials for our production for exportation.

Aims and objectives of the study

The aims and objectives of this study is to investigates the "assessment of lemon (citrus) fruit in our domestic life and by extension for production of products that will generate revenue for ourselves. Bayelsa State and Nigeria as a whole. "Implication for entrepreneurship development. In specific terms the objectives of this study seek to;

1. Ascertain the extent to which Bayelsans consume lemon (citrus) fruit
2. Determine the extent to which lemon fruit is used for production; juice, soap, cleansing agent and skin care products

Research Questions

The study was guided by the following research questions;

1. What is the rate of consumption of lemon (citrus) fruit in Bayelsa State?
2. What is the rate of production of lemon products (citrus) fruit in Bayelsa State?

Review of Literature

Lemon (Citrus) Fruit

Lemon fruit belongs to the family of citrus fruits an evergreen shrub of small trees also called Ruteceae botanicary citrus fruit includes;

1. Lemons
2. Oranges
3. Mandarins
4. Tangerines
5. Lime
6. Grapefruit
7. Pomelos

Citrus fruit (Lemon) is one of the most important fruit consumed by most people due to its health-related benefits and its components such as

Vitamin C

Carotenoids

Flavonoids

Pectin

Calcium

Potassium

Citrus fruit also contain treasured resources of soluble and insoluble fiber with numeric benefit such as removing the toxic effect in the body and also its fiber improves the gastric adsorption in the small intestine, thereby decreasing every absorption process and maintain the performance of the bile diet and liver; Waleed Fouad Abobatta 2019.

Fig.2



Health Benefit of Lemon Citrus Fruits

It contains the following which are good for a stable healthy life and balance life.

1. Flavodroids
2. Fruits, leaves etc
3. Vitamin B1, 2,3,5,6,9
 - i. Calsum
 - ii. Iron
 - iii. Magnesium
 - iv. Zink

Flavodroids contains the following agents

- i. Anti Cancer
- ii. Anti Bacterial
- iii. Anti Vival
- iv. Anti Fungal
- v. Anti Diabetic
- vi. Anti CNS disorder – central Nervous system disorder
- vii. Anti Formation – kidney stone
- viii. Anti Scurry
- ix. Anti Bleeding gums
- x. Increase of bile
- xi. Increase in Phyonutrieats

Citrus fruits have anti-oxidant

- i. Cholesterol free
- ii. Low in fat
- iii. Low in sodium
- iv. Has less sugar 2.5
- v. Lime has 1.7
- vi. Grape 6.9
- vii. Others 11.0
- viii. Orange 9.4

Carlos Robert Martins et al, 2019

Citrus fruits also break down sucrose into glucose, fructose. When combined with olive oil produces omega 3 & 6 vitamin. A & K Aboba: 2019.

Lemon citrus fruits also have vitamins that helps in the following.

- i. Detoxification
- ii. Fight constipation
- iii. Assist bladder
- iv. Keeps nails and hair shine
- v. Helps prevent infection and cold
- vi. Helps release romantic pain.

Lemon citrus fruit is very relevant for the body and if taken regularly in water and added in our meals will go a long way to boost our health. Apart from all these functions, it can also be a spotlight for entrepreneurial practice since it is commonly used by all. Bayelsans should begin to reach out to commonly consumed items for production, since the source of raw material for production is not farfetched.

Production of Lemon (citrus) fruits entrepreneurship practice in Bayelsa State

The concept of entrepreneurship is very necessary to explicate on, at this time. Entrepreneurship is the zeal and vigor that an individual has to get an investment opportunity, that will enable the individual establish and manage a business outfit successfully. Entrepreneurship as a course is designed to generate entrepreneurial awakening in student by empowering them with all necessary skills, knowledge and all necessary information about business enterprise that will prepare them to own up to managing a task that has challenges in the business that have been chosen by them to become self-reliant and self-employed. Eruteya et al 2019. Bayelsana at this time that the economy of the nation needs to be taken seriously as study that should result to answers that will drive down the need for all to engage in entrepreneurship practice. Bayelsans should tap from our environment to create the need enterprise that will generate revenue for themselves and the state. We do not have to depend on government subventions to make a living we should create job opportunities in form of an enterprise which will bring in cash flows on daily basis. The economy of our state depends on us, we can better the economy state of Bayelsa and Nigeria at large. Enterprise is seen by all as an operation for the provision of goods and services with the end product of making a profit. Osia et al, 2019 following this definition the sky should be our limit if everyone will comply with this and change the state for the good of all and children unborn.

Theories of Entrepreneurship

Theory of Efficiency: This means that a firm or enterprise produces the maximum output with the given inputs, without any waste or inefficiency. The entrepreneurship process involves a nomenclature of identifying a new opportunities vis-à-vis the resources at hand and competence including acquiring external resources with a sustainable value followed by an entrepreneurial reward.

Max Weber's theory of entrepreneurship states that entrepreneurs make production decisions under condition of uncertainty, where the goals of action are subject to choose and where consumer wants can be formed through entrepreneurial action. Another which is Adam Smith theory of entrepreneurship, states that human actions that lead to changes in division of labour which is limited by the extent of the market. Allocation efficiency theory states we use the scarce resources to produce goods and services from society's point of view. This entrepreneurship is a key factor in the relevance of this topic as it drives home the main aim of the topic to be achieved in Bayelsa State.

Lemon (citrus) Fruit as a Product for Entrepreneurship Practice on Efficiency Theory

Lemon (citrus) fruit is a popular product that almost everybody consumes and it will not

be out of place for its product efficiency to be linked up with the theories of efficiency. Max Weber's theory of efficiency on entrepreneurship. He based his theory on action by both the entrepreneur that sets goals and then the consumer on the other hand where consumer needs can be attained by the action of the goals set to accomplish by the entrepreneur. Little thing can be big all depends on set goals. Many products can be attained from lemon (citrus) fruit which can go a long way to generate revenue for Bayelsa State and Nigeria at large.

The next theory uses to buttress the relevance and necessity for use of lemon (citrus) fruit for production of several products is allocation efficiency theory. It states that, an efficient market whereby all goods and services meet the needs and wants of society. Bayelsa State needs to be industrialized and the needs of the citizens are put into consideration, one of such is of course a common cleanser for the body, internal and external for production to be successful raw material for it should be locally available, lemon (citrus) fruit as one good organic production material is not out of place. Its needs have in no small way reflected on its relevance in our daily uses for a better living. The necessity for the use of natural product gives room for use of lemon (citrus) fruit. Its relevance and use cannot be left out as a commodity for production of several products that will be useful for a healthy living

Methodology

Research Design

Survey research design was adopted in this research. It provides the prospect that will enable the collection, description, analysis and interpretation of all data, after administration of questionnaires. Survey research also refers to any developmental field investigation that, systematically collects and synthesizes quantitative data on a large representative sample of a given population to cross-sectionally or longitudinally identify circumstances that concern politics, educational, psychological sociological, commercial or economic and clinical variables. Kpolovie (2010).

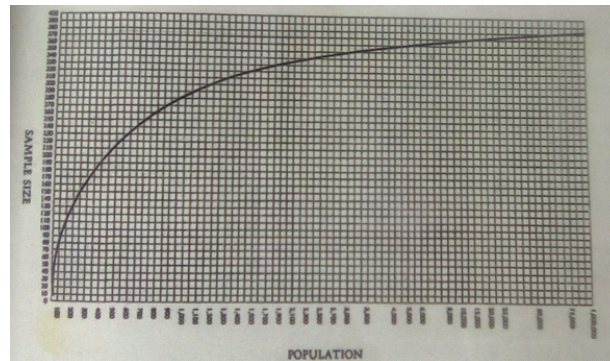
Population of the Study

The population of this study consist of all Bayelsans put at 2,533,400 by National Population Commission (NPC). Kainga & Johnson (2012).

Sample and Sampling Technique

The sample size of 980 Bayelsans was chosen for the study, which is above the minimum estimate sample of 385 which was established using Krejcie & Morgan (1970) graph as cited by Kpolovie in figure (2) below.

Fig.3



Source: Krejcie and Morgan 1970 in Kpolovie 2011:34

The researcher adopted simple random and purposive sample technique. This was used in order to be selective of areas that could be covered.

Instrument for Data Collection

The research instrument for this study is Production Enhancement Scale (PES) is a simple multivariate instrument made up of two parts. Part A explains the personal data of respondents and purpose of the study. While part B contains the items. 4-point likert scale of Very High Extent (VHE) High Extent (HE) Low Extent (LE) and Very Low Extent (LVE) for the fruit items while strongly Agree (SA) Agree (A) Disagree (D) strongly Disagree (SD) was used for the other items total 10.

Validity and Reliability of instruments

The Production Enhancement Scale (PES) instrument was validated by experts on Measurement and Evaluation. The reliability of the (PES) instrument was established through the Cranach Alpha Method which produced a reliability co-efficient of 0.82.

Method of Data Analysis

Simple percentage, mean and standard derivation were used to answer the research questions for the study.

Results

The results of the analyzed data for each research questions and all corresponding tables are as follows:

Research Question 1

What is the rate of consumption of lemon (citrus) fruit in Bayelsa State?

Table 1: Lemon (citrus) Fruit Consumption Rate in Bayelsa State

S/no	Items	Mean	SD	Decision
1	Female rate of lemon (citrus) consumption	3.1121	1.2121	High
2	Male rate of lemon (citrus) consumption	2.0472	.97010	Low Extent
	Criterion mean (X) = 3.0	Grand mean 2.5		

From the table above based on the criterion mean of 2.5 the rate at which women consume lemon (citrus) fruit in Bayelsa State is high with the grand mean ($X = 3.1 > 2.5$) while the male rate of consumption is low extent. It simply means that women are more consciously aware of the relevance and use of lemon than the men. The wives should therefore be great agent of change in this regard.

Research Question 2

1. What is the rate of production of lemon products (citrus) fruit in Bayelsa State?

Table 3.

S/no	Items	Mean	SD	Decision
1	We are a group that produce lemon juice	2.4541	.90378	Low Extent
2	We have a factory that produce lemon citrus product	1.7391	.87052	Low Extent
	Criterion mean (X) = 2.5	Grand mean 2.0		

From the above table the mean score of 2.0 is less than the criterion means of 2.5 hence the extent to which production of lemon (citrus) fruit in Bayelsa State is significantly very low ($X = 2.0 < 2.5$)

Summary of Findings

Below is the summary of the findings of the study; they are as follows:

1. The extent to which men consumes lemon citrus fruit is low.
2. The extent to which production of products from lemon citrus is carried out in Bayelsa is low.
3. The result of findings showed that women in Bayelsa State have more awareness of the uses of lemon citrus fruits than the men.

Conclusion

This research work has succeeded in creating an awareness of the manying uses of lemon citrus fruits and the need for it to be sponsored in the area of entrepreneurship practice so that factories and mini-factories will be opened, for this will go long way to generate revenue for the State and Nigeria as a whole more so when the raw material need is not far from us.

Recommendation

In the light of the above known problems the following recommendations are made;

1. There is need to promotes the production of lemon (citrus) product in Bayelsa State.
2. Institutions like Federal University Otuoke can embark on the production of such product for revenue generation to help in the management of the institution.

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