AKENTEN APPIAH-MENKA UNIVERSITY OF SKILLS TRAINING AND ENTREPRENEURIAL DEVELOPMENT

DEPARTMENT OF FASHION DESIGN AND TEXTILES EDUCATION

PRODUCTION OF BEADED ARTICLES FOR MASSAGE

ASIBUO STELLA

MASTER OF TECHNOLOGY IN FASHION DESIGN AND TEXTILES EDUCATION

AUGUST, 2023

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A Dissertation in the Department of Fashion Design and Textiles Education, Faculty of Vocational Education, submitted to the School of Graduate Studies, Akenten Appiah - Menka University of Skills, Training and Entrepreneurial Development in partial fulfilment of the requirements for award of the Master of Technology (Fashion Design and Textiles Education)

AUGUST, 2023

DECLARATION

CANDIDATE'S DECLARATION

I Asibuo Stella, declare that this dissertation with the exception of quotations and relevance contained in published works that have been identified and duly acknowledged is entirely my original work, and it has not been submitted, either in part or whole, for another degree elsewhere.

SIGNATURE:……..

DATE:…….

SUPERVISOR'S DECLARATION

I declare that the preparation and presentation of this work were supervised in accordance with the guidance for supervision of the dessertation as laid down by the Akenten Appiah-Menka University of Skills Training and Entrepreneurial Development.

SUPERVISOR'S NAME: **DR. ISAAC ABRAHAM**

SIGNATURE: …….

DATE: ……..

DEDICATION

I dedicate this dissertation to my children, Esther and Rhoda for their maximum support, protection and encouragement through my one-year journey in the university in making this study of success.

ACKNOWLEDGEMENT

My first appreciation goes to the Most High God for granting me his mercies, life, wisdom, protection, knowledge to make me who I am today.

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ABSTRACT

Massage beader articles are the articles that are used to exert pressure on the body. This pressure makes the body soft and relaxed thereby reducing pains in the cells of the body. The study seeks to highlight the production of beaded articles for message. The specific objectives were to identify the importance of beaded articles for massage, to produce beaded articles for massage and to evaluate beaded articles for massage to ascertain its usage. The qualitative research approach was used. Interview and observation were research instruments employed for data collection. The findings revealed that, the usage of beaded articles are of importance to the body. The articles produced are beaded massage mat, beaded massage sticks and beaded massage slippers. This project recommend that the massage beaded articles should be produced into small sizes and larger quantities so that people can use the articles to meet their health needs.

CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

In 2004 in Tanzania, an Archeologist discovered that two beads were made from ostrich eggshells and had about seventy-thousand years of age (Archeologist, 2004). Tanzanians were known to become the earliest world's familiar beading jewelry. Knowing beads during those ages are significance since the birth of humanbeings were fond of thinking symbolically. Not for trade or to identify status or identity, archeologist knew these early beads had scanty meaning when it comes to surviving. Trends in fashion, jewelry and even art come and go, but beads have been a part of nearly every trend since the dawn of time. While the specific styles change and evolve with the passing years, the materials used to make various item remains the same. Beads are the oldest art form in the world. Human beings have been making and using beads for 100,000 years (or longer) (Wood & Becker, 2008). It is believed that the trading of beads inspired humans to develop language and also to become healthy. Beads are made from any material. Today, the common ones are made from glass, semi-precious gemstones, freshwater and saltwater pearls. Our ancestors did not have the tools and technology that we have today; this made them limited to the natural materials that are around them. In the prehistoric era, the materials that were used were shells, clay, pebbles, animal teeth, bones, claws, wood, and plant materials. Other materials include pearls, stones, ivory, metal and glass.

Due to the civilization in the East and West, the civilized people in the Eastern and Western parts of India, China, Japan and France practice some type of friction on the body (Wood & Becker, 2008). These beads were used as a massaging tool to heal injuries, relieve pain, prevent, and cure illness. Beads were used as a handheld scalp massager which was used to

massage the scalp in New England. Scalp massage increases the hair thickness by stretching the cells of the hair follicles. This stimulates the follicles to produce thicker hair. It is also thought that using bead massager as scalp massage may help dilate blood vessels beneath the skin, thereby encouraging hair growth (Cobb, 2012). The beads made from grooved animal teeth, bones and handmade wooden bead foot massager were used in France to massage the foot. Every night before going to bed, pressure is applied to the feet with the wooden bead to increase blood flow. It reduces blood pressure caused by stress, poor diet, and genetic or environmental factors. Just as any massage object, a few minute of beaded foot massage before bed can help you relax and improve your slumber. It reduces the difficulty in sleeping (Cobb, 2012). As human beings came on this earth, the use of beads served as occupation in the olden days. An extraodinary level of factual craftsmanship established and were weaving, pottery and bead making in various forms. When long distanced trading developed, it boosted the confidence level in the exchange of culture artifacts that are important. Beads became a popular commodity due to the ease with which they could be carried. Agate serpentine, sinai turquoise and cowrie's shells from the Mediterranean, as well as coral and carnelian, were some of the first beads trade and have been found at archaeological sites throughout the Middle East. From around 6000 BC, beads and their raw materials became an increasingly significance object (Sehasseh, 2014). Lapis lazuli ornamental beads were mined 1500 mile away from Afghanistan (Bancroft, 1980), were of great importance to the Sumerians of Southern Mesopotamia. Often it was the raw that were traded with the beads themselves fashion locally to fulfill cultural needs. During the Bronze Age, Greek traders from Mycenai established strong trade links with less advanced cultures around Baltic. Copper and bronze were exchanged for amber which was then fashioned into beads. Glass beads originated in Egypt and Mesopotamia roughly 3,500 years ago. The glass used to produce the beads were made of only soda ash, sand quartz and limestone. The sand gathered along the shores of the

sea. It contains other minerals but they were good for making beads. The beads come out of many colours and the glassmakers add coper, cobalt manganese, and gold to create beads of different colours. By 1350BC, the process of creating glass had become more difficult. Artisans begun to use strict chemicals to produce colourless beads and other glass beads. The earliest record of beaded massage therapy was discovered in Egypt and China. In this system, practitioners apply pressure to some parts of the body like feet and hands. In turn the recipient feels an important effect on the areas of the body that connect to those zones (Bankcroft, 1980).

The Greek traders also passed on cultural idea and skills which improved the Baltic communities to developed. The first known glass- type beads were Egyptian beads which were made from clay but had a thin lustrous glass-type (virtuous) coating beads. Egyptian faience bead makers employ complex methods and a staggering array of materials to create beads which were used as an expression, status and hierarchy. A massage cushion which has a cork micro bead is used to massage the neck. The sedentary behaviour of the people in Egypt brought about stiffness, numbness, soreness and achenes.

The cushion cork micro bead-massaging object is used to massage the muscle that helps the blood to circulate well. Again, it enables the muscles and joints to ease and regain health physically. After conquering Egypt through wars, the Romans learned the craft of making glass beads and built ovens that were larger and hotter (Firtz, 2002).

Throughout the history of mankind, massage is a common practice and has been widely addressed in the literature. The word massage originates from the Greek word which means kneading, touching, handling, or tightening (Fritz, 2002). Among the types of monotherapy are Swedish, Thai, Hawaiian, Tantric and Indian. Swedish massage is made of long, kneading strokes and rhythmic tapping strokes and movement of the joints. This type of massage is

mostly done at the uppermost part of the muscles and aims to relieve muscle tension. Thai massage which is also known as Thai Yoga massage or the “lazy person’s yoga”. The therapist will apply yogic stretching movements as they knead and press muscles along the body’s energy lines with the hands and feet. This massage technique begins at the feet with wet cloth. The Hawaiian massage also known as Lomi lomi massage which means, “rub” and involves the therapist using massage objects, hands, palms, elbow and arms together with oils to massage the skin of a person. The Tantric and Indian massage is also known as a physical act of touch that intends to enlighten those interacting in it by harnessing sexual energy within the body (Rothe, 1977). It is massage tools or objects that are applied to soft tissues to relieve pains. Massaging also promotes relaxation of muscle, fight, weakness and kindle blood circulation (Cannecchia, 2019). Massage include applying pressure on the body either moving of mechanical aids manually or electrically and this is done by a therapist or a professional person. Areas of the body that need to be massaged are skin, muscles, tendons, ligaments, fascia, head, palm, feet, buttocks, back and neck. Massage which involves the use of massage beaded tools or object is an important object to human lives. Body aesthetics have always been appreciated. Women and men want to look good and feel powerful, and fitness gives us that. The use of massage bead articles on the body provides good strength and builds will power and confidence when a person puts on fashion costumes (Rabimov, 1987).

In the Roman Empire beads were traded for profit and in exchange for local resources. The people in the Roman Empire were using beads to produce windows, tiles and as a form of healing object. Stone, bones and wood were used to scrape excess oils from the body and produce friction as part of the process of massage. The beaded materials were traded around the world including Scandinavia, China and Central Africa. The Roman glass making flourished until around 400 A.D when the fall if the empire began (Circa, 2000)

Car bead seat covers went back to ancient China. The beaded cover is made of wood which is provided on car seats to allow the circulation of air which lower the temperature at the back while driving. Beaded car seat cover provides a comfortable feeling while driving (Fitzgerald, 1982). Car bead seat cover massages the buttocks during too much drive. The rolling of beaded massager at the back of the body provides comfortability for the foot and shoulders. Crystal and "Necy" beads are used to massage underarms, abdomen, thighs, calves and joints and also act as a form for healing. The Chinese also came up with tools carved from wood or animal bones which were used to apply pressure to the fingers.

In Africa, there has been a massive change in the production of beaded articles for massage. African countries like Kenya, Libya and Sudan take beads as an important object. Egg shell beads were used as holistic healing. In these African countries, Kenya and Libya, they used the generic ear massage bead acupuncture point massage which is used to massage the ear when a person feels numbness or ache. It activates ear at acupoints to aid blood circulation and reduce a lot of pain.

In Ghana, the car seat massage covers are used in cars which help to massage the buttocks and the back as well. There are massage bead slippers and shoes that also massage the feet. This study will help beaders to produce beaded articles for people to purchase the articles to meet their health conditions (Elsayed, 2019).

1.2 Statement of the Problem

The beaded massage object or tool has become a decreased intervention for rehabilitation professionals and active individuals among the Ghanaian community. The production and usage of beads for their unique value and benefits has not received the needed attention and recognition. However, the situation is different in other countries. Traditional fashion in Egypt is an area in which women have developed and diversified styles of decoration and

performance with beads (Elnashar, 2018). Beads for massage and foam rolling are commonly used by athletes for warm up and recovery, as well as by healthy individuals for well-being. Manual massage is an ancient practice requiring the intervention of an experienced physiotherapist while foam rolling is a more recent self-administered technique (Kerautret, Di Rienzo, Eyssautier & Guillot, 2020).

In fact, despite these, majority of the Ghanaian folk do not know the benefits of beads and due to that they do not attach importance to them. Meanwhile, exploring traditional bead making techniques in jewellery in some prominent areas in Ghana is a means to exposing the area for metal and ceramic artists and other related fields of discipline such as aesthetics and criticism to complement their form of art for a better livelihood and diversification in jewellery (Agyei, Adu-Agyem & Steiner, 2012). Not only that, but decorated using beads and was communicated in cultural values in a symbolic language which expresses status, religion, politics and artistic attitudes (Avotri, 2009). The decreased in the production and use of massage beaded objects has stimulated a decline in the product development as a result of the phenomena. These beaded devices are now not seen in fitness centers because therapist and other individuals do not know the benefits, indications, contraindications, and techniques of using these massaging objects on clients. People who would like to use the bead massage at home to relieve themselves from pain and stress are not using them because of their ignorant of the use of the bead massage object. There are many techniques used for beads making such as; style beads systems, multi-style systems, and multi-style beads systems with wire and weave style beads (Elsayed, 2019).

The technique used in the country to produce bead articles are also a problem. People produce beads for only decorative purposes without using them as a massaging article which has reduced the purchasing of beads as an object to massage the body to relieve the body

from severe pain, making living comfortable when there is stroke, injury or any health conditions.

1.3 Research Objectives

The aims are:

1. To establish the importance of using beaded articles for massage.
2. To produce beaded articles for massage.
3. To evaluate the beaded articles to ascertain its usage.

1.4 Research Questions

1. What are the importance of using beaded articles for massage?
2. How can beaded articles be produced for massage?
3. How can beaded articles be evaluated to ascertain its usage?

1.5 Significance of the Study

Studying the production of beaded articles for massage will bring about diversity in bead making, which will also stimulate the interest in the use of beads. Also, people will be aware that beads are used as a massaging tool which is used to exert pressure on the body to relieve the body from pain and injury. Psychologically, the use of massage bead articles to massage the body provides muscle and cerebral relaxation, which aiding to prone the state of sleep. It will stimulate the hormones that are responsible for pleasure (Pereira, 2013). Again, beads will be modified by bead makers. Bead makers will be able to improve upon the texture, shape and size of beads which will be used to produce articles that will massage the body especially after long day's work.

Also, a thorough study into the past uses of beads will also help in educating readers on how beads were used in the past and that will have effect on imbibing the importance of using

beads as. Finally, as people use massage-beaded articles, it will also create job opportunities and boost up the revenue of the government through export.

1.6 Limitations of the Study

The limited knowledge of many people on beaded massage articles affected the quality of responses given during the individuals. Also, the time for the researcher to go round to gather enough data for the study hence the decision to work within Ahafo Region. The researcher also had challenges in finding the study to include areas beyond the Ahafo Region. Lack of physiographist in the region did not give the researcher to get fair representation as compared the others. Little knowledge of beads being used as a massaging tool will make it difficult to access the role of beads. Finally, lack of sufficient time for the research where the researcher will combine this study with normal work will give the researcher a lot of inconveniences.

1.7 Delimitation

This is concentrated solely on the production of bead articles for massage. The study target athletes, drivers and workers who work at Tet bead industry and seeks to cover 100 of them out of which 50 are chosen and respond to the questionnaires.

1.8 Organization of the Study

This is made up of five chapters. The first chapter deals with the introduction of the study, chapter two deals with review of related literature, chapter three deals with research methodology, chapter four deals with results and discussions and chapter five deals with summary of findings, conclusion and recommendations.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

2.1 Introduction

This chapter reviews related literature about Ghanaian beads: Their meaning and significance, A brief historical review of traditional beaded massaging tool or object, The benefits of traditional beaded massage tool, Beaded Massage: Orientation, indication, contraindication, and Bead Massage object: technique for using them.

2.2 Ghanaian Beads: Their Meaning and Significance

Beads are traced back to ancient root, and their purpose can be held to their early use in bartering. Beads were used as a form of currency in the ancient days and they still remain their value today. In present times they are found in the form of decoration as jewelry and adornment rather than an article for massage. Spending time to massage the body is a key to healthy and long-lasting relationship and a good posture (Tapan, 2004).

Beads are small objects usually globular (but sometimes oblate, cylindrical, polyhedral or irregular) and generally pierced for stringing, made for personal body adornment or to embellish other waves and usually used in strands. Beads have been made from earliest times and in most civilization. Beads are made of natural and synthetic materials. Natural beads are in two types. They include: organic and inorganic beads. Organic beads are made of animals and plants products like: ivory, seeds, coral, bones, horns, woods and animal shells. Inorganic beads are made of stones, minerals, metals and gemstones. Synthetic beads are from ceramics, bronze, lead crystals and brass (Opoku, 1970).

Beads are used to decorate aprons, loin covers, belts, clothing, chair and blankets. Beadwork pattern serve not only as a decorative purpose but also as a means of massaging articles for an individual who feels pains at some parts of the body like leg, hand, head, eye, back and neck.

Even though anonymous artists have made beads for thousands of years, it has been only since the 1980's that the bead makers began to achieve recognition. Beads are used as a massaging tool when there is a chronic muscle tension or painful rigid tissues on the body. These beaded massaging tools are used to break down adhesions to relieve pain and restore normal movement.

Traditionally, Ghanaian beads are African accessory which are made of a small ball with a hole through the middle. These beads are mostly made of glass or seeds. Ghana beads portray the unique heritage a tribe or a country possess. Beads are objects which Ghanaians cherish as part of their culture. Beads are the oldest art form in Ghana. There is an evidence that beads have been used by the indigenous African people for thousands of years and it was in the 12th century that the production of beads started within manufacturing areas that are still existing today (Gratuze, 2012). Traditionally, beads were produced from clay in Ghana by the people of the Accra plains with much emphasis on the Nzema's and Ga's but the influx of modern ideas have brought the usage of four (materials or media for bead making today i.e. metal, ceramics, polymers and glass increasing order (Anderson, 2011). It is difficult to precisely state when beads were first introduced or made but from oral traditions of the Dangme and Akan, the Ewe of Ghana and Yoruba of Nigeria, bead making has been practised traditionally in the above-mentioned societies long before the Europeans came. In Ghana for example, during special occasions, specific types of beads are worn. For instance during festivals that are yearly celebrated, beads play a very vital role in the body adornment. The beads worn at the waist was known to give the waist a particular shape that is considered as beautiful in the Ghanaian sense of judgment (Amoako, 2000). However, it should be noted that the role beads played in the past is gradually taking a different dimension in modern ways.

Basically, beads are exhibited around the neck, wrist, waist, ankles, arms, head and clothing. Apart from the decorative purpose of beads mentioned above, beads are used in cars as a cover on the seats which massage driver's buttocks, back and neck when driving. Beads are also used as covers to cover car steers which massage the palms of drivers. Beads are used for massaging articles like bead doormats, bead leggings, bead upholstery (car seat covers), beaded armrest, beaded massage shoes and slippers etc.

West African is the leading producer of power glass bead especially Ghana. The majority of powder glass bead produced presently is made by Ashanti and Krobo. Amongst the Krobo which is the largest ethnic group in Ghana, coming from the mountains inland, the coast of south eastern Ghana are one of the most glass beads producers in Africa. The Krobo people have been using beads from birth to death. The Krobos are the most famous and makers of beads in the whole world. Just as gold is associated to the Asantes, beads are well known to the Krobo people of Ghana. Krobo towns and villages such as Odumasi Krobo, Agomanya, Akuse, Kpong, Asesewa, Sekasua and others make the beads in larger quantities. Some of the beads include Koli, zagba, otaka, powa, kofoya and the like. Bead making is a way of life and it is just as the palm oil with which yams are eaten (Giachet, 2015).

Ghanaian beads are made up of different kind of styles such as Krobo powder glass beads, Kakamba beads, brass beads, chevron beads and others. Concerning the powder glass beads, they are made of smooth ground glass and a great variety of scrap glass.

The coloured beads are made by the special glasses such as old medicinal cobalt bottles, old cream jars, ceramic plates and windowpanes are used for decoration.

The Krobo powder glass beads are made in vertical molds fashioned out of a special locally dug clay. Cassava leaf stem can also be used and is done by leaving the stem to burn in fire and pierced with a pointed metal tool. Meteyl beads were made by the Ashanti people of

Ghana. Longitudinal seams that can be seen on these beads show that they were made in horizontal molds. Meteyl beads are often ellipsoid in cross section and they have a rough surface on the side which touched the bottom of the mold during firing. They can be opaque yellow and rarely green, blue or white with strip decorations in combination of blue, yellow, white or red. The manufacture of this type of bead ceased during the 1940s (Barbot, 1746).

Historically, bead originated from Ile-Ife on Yoruba land in Nigeria. The culture then extended to Ghana and has ever since created a massive acceptance in the Ghanaian culture (Sanza, 1990). Ghana still remains the largest producer of beads in the world and has made bead making a known job for some people in Ghana and has therefore reduce unemployment in the country.

According to Sanza, A, 1990, beads play important roles in respect of rites and customs of the people. Before a person can buy beads, the person should consider the occasion for the use of the beads. The occasion determines the kind of beads that should be worn. Beads worn during occasions like wedding, outdooring and festivals are different from the beads worn to funerals. The size of the wearer. The size of the wearer need to be taking into consideration when ordering for waist beads. This is because women vary in weight so the beads have been designed taking this into consideration. The shape of the jewel. Shape determines the total surface area of the product. Triangular, rectangular and squares shape are suitable for chiefs and men whiles oval, round and cylindrical shapes are good for women. Many local stores offer different kinds of shapes of waist, neck and ankle beads. The weight of the bead. Light weight beads are suitable for children and sometime women and the heavy ones are for men and chiefs and adult. People who undergo surgery or wear beads all day long prefer the lighter ones. The colour of the jewelry. The colour depends on the occasion and the wearer. The colours have their own meaning and may be suitable to the occasion that is been used. The materials used for the beads. Beaded jewelry can be gotten from plants, animals,

minerals and synthetics. The materials used for the beaded jewelry depends on the wearer and the occasion for use. Precious materials are used for jewelries for important personalities whiles less precious ones are for less income earned people. People who are allergic to certain materials should inquire before buying beaded jewelries. The texture of the bead. The surface, whether smooth, rough or gritty should be taken into consideration when selecting beaded jewelries (Ashiagbor, 2019).

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Mostly, Ghanaian beads are considered as items for decoration. They serve several purposes including communication, expression of ideas, messaging or sending signals, and used as symbols. They also prove Ghanaian creativity (Sanza, 1990).

Ghanaian beads are used around the waist, as a form of anklets, bracelets, necklaces and as a form of insulator to phone cables. Ghanaian beads could also be used to make and decorate bags and clothes. Beads have formed part of Western culture and they have their meanings and significance.

Ghanaian beads serve as femininity, and they are for personal adornment when worn. The coloured beads worn around the waist of a woman draw attention and enhance her femininity customarily and culturally. Although, allusions are there, in Krobo and Asante cultures, mothers give local waist and large beads to their daughters to signify their sexual maturity. There are some beliefs that when she walks the beads make a sound to alert potential suitors of the people around her. The waist beads also serve as a weight control tool, which most Ghanaians know used to check their weight. These waist beads become tight when a person gains or loses weight. The waist beads also help shape the waist of women, make them sexually attractive, and serve as a spiritual energy. It has been believed since the time of our ancestors that beads in the Ghanaian culture are vessels of spiritual energy. They contain charms that protect people from spiritual danger and also remove stress and anxiety from the individual. Many tribes in Ghana still have animistic faith that bone beads made from cattle

have specific importance. They are used for celebrations and festivals, and among such Ghanaians are Krobos, Akuapems, Fantes and others. They do this to show the heritage of the tribe to others. During these occasions, a number of people groom themselves with various strands of beads with different colours. Gold refers to the sun and is a sign of wealth and power. Green refers to nature and can bring prosperity and fertility. Brown signifies the earth and helps with stable mood. Yellow brings energy, bliss and joy to women and is also associated with maturity and wealth. Black signifies protection against harm and gives strength and power. Red brings self-confidence in women. Blue gives loyalty, purity, honor and truth. Pink refers to beauty, compassion, kindness and love. Purple is a sign of royal power and great wisdom. Orange brings confidence and charisma and white brings fertility. The beads are also used as trading currency. In the olden days, our ancestors used beads as a form of trading currency. Tons of beads of different shapes and sizes were exchanged for other commodities or items.

According to history, bead jewelry was used as money for the exchange of goods and services. During the time of Western Sudan Empire such as old Ghana, beads were brought to exchange goods such as slaves, salt and others (Ashiagbor, 2019). Kings and Chiefs in Ghana wear different kinds of beads on their wrists and necks as a symbol of authority and power. Beads worn by chiefs in Ghana are mostly made of gold and are therefore of important value. Members of the royal family, extended family, nuclear and other rich families also wear beads for identity. They wear these valuable jewels to show how wealthy, rich, powerful and great they are. This will also make the community to know the position they are in their families. Beads are made by different tribe in Ghana to be given as a gift during special occasions, like birthdays or weddings. Men sometimes wear necklaces that consist of many colours to indicate their social rank in the society. During occasions where dancers perform, they wear long strands of beads around their necks to accentuate their costumes. Beads are

used in everyday items such as baskets, baby carriers, fly-swatters and fishing nets. Many beaded necklaces are made with seed beads that have been dyed in various colours of blue or green to resemble the colour of water. One tribe is known for making beaded bracelets called cuffs that feature one million tiny glass seeds sewn together. These can take months to make depending on how intricate the pattern is, but some women consider these bracelets worth all of the time and effort put into themes. A final way that bead and beadwork have been used by Ghanaian tribes is during traditional ceremonies or rituals. An example is when warriors return home having just completed his initiations, bead will be given to him to serve as braveness during the war. When a young woman goes through her puberty rites before she is able to start having children, special beaded outfit is worn by the participant so they look more pretty and dramatic for all of the people watching her. Beads play a role in foreplay. During foreplay, the man spends time playing with the beads of his partner. This can help to bring the woman before sexual intercourse and it will help prolong sexual excitement. It also creates bond between couples. If foreplay can connect couples on deeper level, then beads will even help increase foreplay in sexual relationships, making couples get to connect with each other more (Ashiagbor, 2019). It is believed that beads have certain religious importance. In the traditional religion, the priest uses bead for prayers and incantation. Christians mostly the Catholic uses some form of decorated beads (rosary) for their prayers and the Muslims use the taskbar for divine purposes. Other musical instruments used in churches are made of beads.

Beads are used as a form of communication. They tell a lot about the wearer. They portray massages of wealth, occasion, emotion, and environment, type of people, festivals and culture of the people. Beads make men respect a woman's body. The wearing of waist beads make partners spend ample time touching their bodies, this will make the man respect and appreciate a woman's body. Beads make women appreciate their bodies. Jewels especially

waist beads brings self-awareness in women. It makes women feel proud of themselves. Beaded jewelry played an important role in funerary equipment assigned to the departed. Bodum beads from Ghana are the ancestors of present-day powdered glass making in Ghana. Old and valuable (imbued with magical and medicinal powers), they are passed on through families and used in funeral ceremonies. The Akan kings and others of Ghana also wear beads during state occasions. Beads are often part of royal treasury. The priesthood in Ghana use beads in rituals and they are left at shrines of offerings to the gods. It is forbidden to touch beads worn by the queens and the priestess of the royal family. Beads are used during the initiation rite of young women when performing puberty rite like the "bragoro" and the "dipo" rite.

2.3 A Brief Historical Review of Traditional Beaded Massaging Tool

The use of manual hand tools applied to human body to aid massage is an ancient practice. The ancient stave or strigil shaped - like was used as early as 3000 BC by the people of Mesopotamia and Egypt. The oldest massage tool yet to be found is a jade ritual blade from the Longshan culture of China, dating back to the Shang dynasty (Circa 1500-2000 BC). The stone marble or basalt would have believed to have been used hot or cold for placing on tired and sore muscles. The Chinese Jade knuckle, which was 1000 years old, was also used to rub the body (Jade, 1960). The Chinese used guava tree that grew in the Pacific islands and shape it into a device called a Laau lomi-lomi stick as well as a rounded lava rock called the lomi-ball which they used to massage the body. The Polynesians also utilized walking stick to support and balance themselves so that they can do a walking massage on their subjects.

As time went on, the strigil was used widely by the Greeks and Romans to remove oils dust and sweat from the human body. Among the Greeks (Cretian) culture, worry beads are used for relaxation (komboloi) (Blogger, 2000). In the 1780s, an English veteran of the American Revolutionary War named Admiral Henry of Rolvenda made manual massage tools for

treating his own muscular aches and pains. His goal was to maintain soft tissues. Individuals, institutions and hospitals by trained assistants (Foster, 1998) designed the Health Culture Line of massage tools for use in the home. They were used for the treatment of ailment like rheumatism.

In the late 19th century, a Germany roller called the Japanese apparatus was used. It consisted of a beaded ball held in the hand to allow free movement along the skin. A wooden beaded percussion was for the soles of the feet and back (Gellis, 2017). This tool has a roller consisting of beads which work out aches and pains. The device exerts constant pressure at specific pressure points of the body. The use of massaging tool, massotherapy with beaded balls to heal the body from pains. The body regains a lot of energy when massaging is done properly. A German doctor, called Bitina de Asclepiade was using massaging tool to treat diseases (Hippocrate, 370-460 BC). The massage beaded gun also started to make way in people's lives. The percussive massage beaded gun had had its origination back to the 1800s (Davis et al, 1999). During that time, different forms of percussive massagers were in the system. A great example is the Tapotement, generated back in the 1868, it's usually described as a fast, rhythmic tapping on a patient skin. This method can be seen in Swedish spas and athletic events which helps in athletic performance. In 1974, a portable percussive massager was developed which was used to relieve stress in chiropractic patients (Davis et al, 1999).

Again, it was well known that primitive doctors in Australia, Egypt and North and South America civilization used massaging tool, massotherapy with beaded balls was used. Before applying massaging force on some body parts, massaging oil is spilled in water and used to get rid of demonic spirits who brought chronic sickness to people. The diluted water is used to reduce pains at the back and thighs (Bertoja e Tokars, 2018).

However, massaging with massaging beaded articles on the body has not been accepted by the Christians in those era. (The era was from 5th decades to 15th decades).This was because the Christians saw the act as evil. Using massaging tools became unacceptable from the ancient years to this new generation (Braun, 2007). The Catholic Church in Europe did not accept the using of massaging tool as a healing device. They had a sinful misconception on the use of massaging device (Ramos, 2017). In middle ages and emergence of rubbing, massaging beaded tool came into an existence and was reused by people in Germany. From 1776 to 1839, Henrik Ling Pehr introduced the use of exercise. Massaging tool was used to perform exercise. He created the technique of the use of Swedish massaging beaded ball .Massaging ball was familiar to countries like Russia and Europe (Becker, 2008).

The Baoding balls or health balls originated from China. A large quantity of baoding balls are produced in Baoding. Baoding is a city that is found in China. Baoding balls are tools for exercising palms, relaxation, and stress management. Ming empire produced small, sized metal balls which were kept in boxes that are rectangular. This was from 1368 to1644 AD (Becker, 2008). A talented craftsman who made weapons made two metal balls. The metal used was iron. He used yin/yang method to create the balls. The first ball produced by the craftsman had a dragon symbol and second had symbol of Phoenix (Fritz, 2002).

Recently, people in China were attracted by the healing effect that the balls were providing to their bodies. Royal families were the only families in China who were using the balls. All over the world, people became aware of the usage of the iron balls. At first, iron balls were used to boost conditions physically and to train temperament (reduce anxiety and anger). They are tools to relax body muscles and joints and for protection in practice of martial art.

Presently, massaging tools are made of different materials including metals, steel, rubber, wood, pearl, glass and gemstone but remain light to carry and use.

2.4 Benefits of Beaded Massaging Articles

Beaded Massaging objects or articles include, beaded massaging balls, car seat and steer cover beaded massage, acupressure bead massager, facial bead massage rollers, massaging beaded ring, hand beaded massager, cerebral palsy beaded massage article, feet beaded massager, head bead massage, beaded shoes and doormats, massage pillows with micro beads, clay bead heat pack neck wrap massage pad etc.

Beaded ball massage article (ball massage) is made of rubber, plastic and stainless-steel material which is durable, anti-rust and wear resistant. It can be held in the hand and has four rolling beads. It is a portable object and can be used at anywhere. This ball is made in smaller sizes and attached to children's clothes for decorative purpose and as a play for children. It is made in larger and different shapes and sizes, applied to soft tissue of the body and exerts pressure under three main effects; mechanical, physiological and psychological. The use of this beaded ball help to reduce breast engorgement (pain, swollen) and increase breast secretion in nursing mothers. The bead massager is held in the two hands. The balls are used to massage the nipple and at times used to massage the chest toward the nipple, which help to relieve pain, and swollen of the breast (Jen-Jiuan, 1989). Brassieres are filled with beads that provide a massaging effect for the breast.

Using bead massage tool relaxes soft tissues and decrease muscle tension and stimulates serotonin and histamine that has an action of vasodilator, increasing in blood and lymph. Using massaging beaded object on people's body can exerts pressure, which will boost the porosity of the membrane of cell and leads to good nutritional cells, transport oxygen and dehydrate the body (Clay, 1985). Physically and mentally, massaging object like the ball bead massage object provide muscle and mental relaxation, causing a sound sleep for adults and children. Using bead massage objects on the body stimulate the release of hormones like

endorphin and serotonin that provides relaxing effect and also good for deep slumber (Lanaro et al, 2017).

In addition, the use of massage bead object on the body stimulates the release of stress and people who experience massaging have reduction cortisol in their blood stream. This leads to increase in slumber and decreased in anxiety and stress. Stress is not bad. Stress can act as a positive motivator that might help push people to perform better and aid more in their personal and professional lives (Wilson, 1980).

However, too much stress can negatively affect mental and physical health. Stress on people also result to dangerous illness. Beaded balls are used to stretch the muscles and compress the muscles. Beaded articles that exert severe force on the tissues if the body softens the skin and prevents stretch marks generating on the skin.

Direct effect that massage provides to the body to soften the body is as a result of using external mechanisms (Cassar, 20001). Massage with beaded massaging objects slowly on the body helps muscles to be flexible. It stimulates tendon, reduces muscle tension and result in muscle relaxation. Skeletal muscle relaxation and sliding exercise performed with massaging bead balls exerts some force to improve fluids around joints and to make joints move freely. Application of beaded massage object on the body helps excretory organs function effectively when there is intestinal constipation. The object helps to break fatty tissue when used on the body, making it easier for the body to eliminate through exercise, boost the gel absorption into the body and keep the hands mess-free.

The use of beaded massage object like beaded wood massage article and mass therapy with balls provide enough pressure on the body which helps the immune systems to respond effectively (Almieda, 1988). Athletes spend a lot of time training their body to be able to endure intense strain on the body. The use of massage bead objects help to reduce muscle

soreness. Sore muscle can slow athletes down when running or doing vigoro's activities and this can bring bout discomfort. The use of massage bead objects is a great to work through that soreness so that there is relief and normality in performing specific activities. Massage beads objects are used to relieve sore muscles quickly and effectively. The use of bead massage objects eliminates tension and tightness in the body. Tension and tightness in the body can also cause discomfort to performance and also the motivation to practice, workout and stay active. Bead massage object like the balls, wood beaded massager and beaded stick massager work deep into the knots of the body to remove tension, relieve tightness and create more space in the body.

It increases flexibility in the body. Tight tendons, ligaments and fascia all contribute to a lack of flexibility. Flexibility is a key to people like athletes and living an active lifestyle because it helps to prevent injury and increase performance. Massage beaded objects help to breakdown this tightness for you to gain flexibility. When there is tight muscles, soreness and low flexibility, the body is tense and relaxation becomes difficult. Beaded massage objects are exerted on the body used to break all these chain in the body to make the body relaxed (Epitomie, 1994.)

Beaded seat cover and steering covers are made of wood, plastics and glass. They are used to cover car seat and steers. It provides air circulation between the driver and the car seat and also massages buttocks, palms and back when drivers are driving to long distances. Beaded car seat covers prevent discolouration on white dress when drivers sit on to drive. It also prevents sweaty backs and makes driving more comfortable when driving. Water bead soak helps to relieve pain, aching and a warm feeling on the feet. The beaded car seat massage comes in varieties. They are Zento Deals Natural Wood Bead massage, Zone tech bead massage, Excel life bead massage, Kennisi natural wood beaded massage etc.

Facial massaging rollers. There is a facial massage roller and the facial massage bed. The bed is made is made of foam, wood, metal and beads. Patients sleep on the bed for massage to be done. The facial massaging rollers are used to massage the face to reduce wrinkles on the face. This is done by moving the beaded massager through the face. It helps to reduce excess fat that might cause wrinkles. The use of face beaded rollers eliminates puffiness in the face. Puffiness is caused by fluid collecting in some areas in the face. By massaging, the fluid is dispersed. Facial massage helps people to feel good. This tool comes in different forms. Examples are the Guasha facial massage, beauty massage machine for tightening skin, manual face massage roller. It has two balls and the measured angle is 70 degrees. It is made of safe and high quality material and has no side effect (Amazon, 1996). It is easy to use and can be use without any further steps. It can be used with a moisturizing mask, which effectively absorbs the nutrients in the moisturizing mask. When used with lotion, it can greatly improve moisture and firmness. When used with a cream, it transfers the nutrient in the cream to the underside of the skin.

The beaded elastic health care shoes are manufactured to massage the feet and ankles to aid comfortability when walking. They are also provided inside and the soles of shoes to reduce friction that will cause a fall, leading to fracture. This health care shoe consist of upper and soles, the inner sole(faces) have a plurality of grooves at each acupuncture points at the plantar a thenar, the grooves contain jettison devices inside (Fitzgerald, 1942). The top of each jettison consists of massage beads. This protrude the inner faces of the soles. Flexible insoles are provided at the inner faces of the soles, the flexible insoles are pressed above the massage bead. The size of massage bead at the top of each jettison device is uneven, the massage bead which are positioned at the arch, the forefoot palm and the heel are larger. It massages the soles of the feet comfortably. The handheld roller bead massage is for the legs and back of the body. This roller is used to massage people who have cerebral palsy. They

have a lot of small beads. The small beads provide free rolling effect and it is also smooth when using it. It helps to strengthen people's nerves and bones making their bodies stable for movement. The wood back massage bead massages the back when there is back ache. It has rounded massage beads without burrs, embedded on a stick without dropping the beads. It is a multifunctional massager, which can massage the neck, back, joints, shoulders etc. It is also a labour saving device. Using beaded massagers help to transport the necessary nutrients to the skin, which helps to promote skin plumpness (Villins, 1987). Beaded bracelet helps to massage the wrist making it flexible for movement and touch. The necklace beaded massage is used to massage the neck which makes one to jerk the head freely. This also prevents stiffness of the neck.

The use of hot stone to massage helps to reduce symptoms of autoimmune diseases like fibromyalgia. Fibromyalgia is a condition that causes widespread, chronic pain. According to 2002 study, people who have fibromyalgia received a 30 minutes sleep longer and had fewer trigger point than people with condition who received relaxation therapy (Pain and Symptom Management, 2002). The acupressure mat helps to reduce headache and this is done by standing on the mat with both feet evenly placed. Roller massage object helps to prevent over training. The use of roller massage on the body gives relaxing result on the muscles and provides good nervous system .Over training leading to muscle building is reduced when massaging article is used. When the beaded object is exerted on the body, the sweat that comes out from the body excretes certain fluids (nitrogen, phosphorus and Sulphur) necessary for tissue repair. It also provides quick recovery when there is pain on the body. Excess products such as lactic and carbon acid developed in muscles help prevent toxidity.

The cellulite wood therapy tool is made of fine quality wood that will never scratch the skin. The handles are firm for easy grip. The wooden nature of the tool makes it difficult to break. The tool has 12 rotatable beads that make it suitable for any part of the body. The object can

smooth muscle and can be used for body shaping. The smoothness relaxes the body which aids in better sleep. The use of massage beaded objects has proved to be an increasingly important object for treating depression in women and pregnant women (Coelho and Coll, 2008). The Japanese six legs essential massage bead ball is worn at the calf to prevent tiredness of the calf. It can also be used at the ankle as well as the feet. The hoop with magnetic massage bead is circular in shape. It is worn and rotated around the waist to massage the waist as well as the hips. It is used to reduce calories, improve posture and for weight loss. It has high- strength plastic core covered with soft foam, comfortable and easy to clean. It comes in various colours like white, pink, yellow, black and blue. The massage bead mats are foot mats and carpets that are made of beads and are used to massage the feet and toes. The massage pillow with micro beads padding is a pillow that is used to massage the head as well as the neck to feel comfortable and free when moving the neck. This pillow comes in various shapes like rectangular, square, circular, oval and in many colours like blue, yellow, brown, pink etc. The clay bead heat pack neck wrap is a fashion accessory that is used to wrap the neck and used as a massage article to support and massage the neck when a person has sprains and stiffness of neck.

2.4.1 Beaded Massage: Orientation, Indication and Contraindication

Before using the massaging beaded tool on a person, Therapist has to make an assessment on the client. Assessment provides valid information on client and it makes the therapist make decisions on the client. Required tool for massaging is selected. During the assessment, when a person shows common contraindication, he should be informed to see a different professional therapist and would pass through massaging when the person has a recorded prescription from professional therapist. Important information on assessment records consist of client's name, age, phone number, date of birth, career and marital status), related sickness on client like cancer, migraine, epilepsy, heart failure, cancer, cystitis, allergies, insomnia,

depression, etc.It is necessary to know if the person is expectant mother and lactating mothers. There may be other information on the assessment form and they include exercise, balanced nutrition, intake of alcoholic drinks, tobacco and use of allergies. The main contraindication are thrombosis or vascular damage, febrile, infection, gangrene, disease of kidney, heart disease, headache, blood pressure and other diseases.

Virtual contraindication are fracture, burns and wounds (Versagi, 1985.) Some virtual contraindication are cancer, mental disorder, and pregnancy. If a client shows the above contraindications, the therapist chooses a specific tool that the client will need.

Common problems of the body are stress, constipation, migraine, trauma, injuries (sprain and bruises), muscle pains and tensions, myalgias, edema, stretch marks, lipodystrophy, paniculopathy, insomnia and anxiety.

2.4.2 Bead Massage Object: Techniques for Using Them

The basic rules for using beaded massaging tool on a client is to make the client have confidence in the therapist in the massaging process. The client should be comfortable. Therapist must make client aware of the massaging tool that is to be used on him or her. Massaging tool should be used at parts of the body that the person feels pains. Beaded massaging tool should not be pressed or massaged directly to the spine (Ellsworth, 2000). The person to be massaged can lie on a mat or on the floor. If the person is on the floor, the surface should be smooth and comfortable. When the massage is done on a mat, lay towels, blankets or other types of soft materials on the surface to increase the comfort of the person. A peaceful environment can be created for the massage by including a soft music, scented candles flowers or herbs to make the massage more memorable. The person to whom the massage tool is used on can decide the type of clothing to wear.

Beaded massaging object or tool like the beaded ball should be used at the specific directions, pressure, speed, pace and duration depending on the aims to be achieved The pressure that is applied on the area of massaging should be slowly and reduce pain. For pressure to be adjusted, clients should informed the therapist. Higher pressure is applied to obese people than lean, children and elderly people when using the beaded massage object. Pressure exerted on obese people is between 30 to 40 mmHg. Speeding and slowing differs according to the pains that the client is feeling. Relaxing and other activities should not be slowly. It should also be consistent

Faster usage of the tool is required when therapist wants blood to circulate over the body. Moving the tool slowly on the body gives the body a relaxing result and moving the tool faster gives the body a stimulated effect. When applying beaded massaging object at one portion of the body, it last for about 5 to 20 minutes. If the aim is to massage with care to relieve swollen, it last for about 30 to 40 minutes. For all parts of body to be relaxed, it takes 45 to 90 minutes to complete the process.

Note that, timing depends much on the objective that would be acquired. The size and weight of the body should be considered because little time is spent on small figured person than fat or obese person. For children and elderly people, the duration for using the massage beaded object must be low because sensitivity of the reflex arch is faster to achieve. The person can let the therapist know if something hurts or feels good when the tool is being used by a therapist on a person The technique that therapist uses to apply the beaded massage object on client is of four phases. Sliding massage object on the client's body is the first phase that starts and ends. This provides the required circulatory flow, the fiber muscle direction or sense of peristalsis. Phase two is fixing compression and dragging. This is mostly done when a therapist is using the beaded massage ball. The region being compressed is kept by the object from 10 to 15 seconds. Maintain the time throughout. Massage object is then

compressed against the body and dragged into a circular motion. Kneading the article on the body is the third. this is done with severe.

The therapist or a person to massage a client or him/herself kneads softer tissues with massaging object. This is done with comfortable motion, and not uncomfortable motion. Fourth phase include frictional motion and this activity is done on little portions with the massage bead object. This phase is a kind of slipping deeply, with higher and quicker motion.. This phase aim at heating the regions and are done with the massage bead object on the body surface. The use of massage bead is difficult when it comes to the neck because you need someone who knows what they are doing to get the right pressure. It is good to be on the floor and have the object placed underneath one side of the neck. This will help relieve any pressure there. If there is massage at the back, it is good to sit up and lean forward a bit so that they can place the object underneath one side of the spine. A lot of people need pressure when using the massage object because their body is heavy which means there will be more tension. If the object is been used at the legs, it is good to lie down on a yoga mat or something similar and place one leg over the top of the object. If there are knots at your leg, more pressure is applied to the area. For people with high levels of pain at their feet, using a massage object at the bottom is the best. The massage bead object is good for people who have arthritis. The person should sit down and lean forward slightly so that so that they can place the object at the shoulder blades. Pressure is exerted if there is high level of pain and discomfort. The mistakes people do when using the massage object is rolling the object back and forth too quickly or not applying pressure to release any knot in the muscle. These objects are to be used slowly on the person depending on the pain.

2.5 Care for the Beaded Massage Articles

Individuals as well as therapist should take safety measures when using the bead massage articles. These makes the article last for a longer period of time and also make it safe for

people to use. All beaded balls should be packed in their boxes after usage. Massage bead articles should not be dropped on the floor. Therapist as well as people who use the article should select the right massage article for the massage. If therapist are mobile, that is, moving from one place to another, lighter articles should be chosen for easy transportation. Electrical bead articles should be removed from sockets and packed in their boxes after usage. Knots should be oiled to prevent rust and tightness of the objects. Beaded massage bra and shoes should be cleaned and dried before storing them. Instruction leaflets should be followed when using the objects.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

This chapter aims at the research design, method tools and equipment used in the collection of data.

3.2 Research Design

Research design is the overall strategy that the researcher choose to integrate different components of the study in a coherent and logical way thereby ensuring the researcher to effectively address the research problem (Kirshenblatt-Timblett, 2006). It constitutes the blue print for the collection, measurement and analysis of data.

The researcher employed practiced based research for this work. Practice based research is used where in order to explore the research question, the researcher needs to make things as part of the process. The research is exploratory and embedded in a creative practice (Gauntiett, 2007). Practice – based research uses a more focused approach to the processes performed to create articles. The methods used in this work created combination to create a model of creative process in beads. Practice – based research is a form of research, creativity practiced by art practitioners who involve in creative, innovative and aesthetic work which includes artists (Cohort, 2016).

In researcher's practice – based, designs were created using beadwork. For the purpose of this study, the practice – based consisted of five key stages: explore, develop, refine, resolve and present. At each stage of the practice – based process, the researcher used creative and critical thinking to document on the practice – based process with all the tools and materials used.

3.2.1 Population

Population is the entire group that the researcher wants to draw conclusions about (Bhandari, 2000). The population chosen for this research was 100 and consist of Athletes, drivers, workers who work at Tet bead industry and physiotherapist precisely at Ahafo Region in Hwidiem District and Tet glass beads industry at Accra in Ghana. The athletes were 25, drivers 20, physiotherapist 25 and workers 30. The researcher visited football playing grounds and randomly selected athletes. Drivers were also selected from five (5) different long stations in the Ahafo Region, Physiotherapist were selected from four centers and workers at Tet beads industry were also randomly selected to constitute the population.

3.2.2 Sample Technique and Sample Size

Sampling is a technique of selecting a subset of a population to make a statistical inference from them and estimate the characteristics of the whole population. Sampling is an essential part of a research project. Sampling can break or make the authenticity of any research that is being embarked on. The sampling method chosen for this research is the non-probability sampling method and it involves a collection of feedback based on the researcher. This method is useful for this research because of cost and time constraint for conducting the research (Black, 2010).

Qualitative research is best for this dissertation because it helps in direct comparison of results. That is, qualitative research is done in different settings, times and with different groups of respondents. Results are done statistically. Information on large samples can be collected and analyzed using dependable and steady procedure on qualitative data analysis.

Purposive sampling technique was used to select the respondents. Purposive sampling technique refers to a group of non-probability sampling technique in which units are selected because they have characteristics that the researcher needs in the sample (Saunders, 2012).

Sample size

Sample size is the part of population chosen for a survey or experiment (Barlett, 2001).

Table 3.1: Below Represent the Profile of the Sample Size from the Population

Respondents	Usage of bead article	Percentage (%)
Athletes who use beaded massage article	21	42
Drivers who use the beaded massage article	14	28
Workers working at Tet beaded industry	10	20
Physiotherapists	5	10
Total	**50**	**100**

From the table 3.1, a sample of 50 respondents which represent (100%) were chosen for the study. 21 of the respondents which represent (42%) were athletes who use the beaded massage article. A sample of 14(28%) were drivers and were using beaded massage article. The 10(20%) workers of the respondents who work at the fashion industry for a longer period, also use beaded articles. 5(10%) were therapists who use the article to massage people.

From the 50 sampled respondents, 45(90%) were males and 5(10%) females.

Table 3.2: Below Shows a Profile of the Gender and Age of the Respondents

Characteristics	Responses	Percentage (%)
Gender		
Male	45	90
Female	5	10
Total	50	100
Age		
20-30	5	10
31-39	15	30
40-50	10	20
51-60	10	20
60 and above	10	20
Total	**50**	**100**

In table 3.2, more males 45 (90%) participated in the study than females 5 (10%) which point to the facts that more males are interested in the usage of beaded massagers than females. The result also points that majority of the respondents were in the age bracket of 31 to 39 years. In

addition, the rest of the respondents were in the ages of 40 to 50, 51 to 60, 60 and above and the least ages were 20 to 30 years.

3.3 Research Instrument

The main instruments used for the collection of this data were interview questions, observation and experimentation of the respondents. Interview questions allow the researcher to gather information directly from a source based on the study's requirement. It can also reach a large number of target population. It helps to obtain reliable results quickly. Observation and experimentation help the researcher to observe and arrive at a conclusion. Observation is the act of studying a group of people for a period of time to gather information and experimentation is to examine an object or a group of people for some time.

The information gathered is in relation to the objectives of this work. A visit to physiotherapy centers like St. Elizabeth Hospital Physiotherapy center at Hwidiem Hospital in the Ahafo Region and the Tet beads industry at Accra were made in order to gather information.

Last, the product patronization and production of the article will be researched, to know the customersations toward the use of bead massagers to meet their physical needs.

There were 10 interview questions and 100 interview questionnaire items distributed to the respondents out of which 50 of the questionnaire items were answered by the respondents. All the interview questions were done face-to-face and lasted between 30 to 60 minutes.

In addition, how bead massage object is used to massage people in Ghanaian society was carefully examined. It should also be noted that the researcher has long been using beads as a massaging tool in an attempt to study peoples' reactions as well as comments towards the type of beads that are used as a massaging tool or object. This will play a major role in choosing the target group and the type of interview questionnaire and experiment used for this research work.

3.4 Methods, Tools and Equipment

3.4.1 The Method used for the Production of the Massage Beaded Articles

The method used for the production of massage bead articles is beadwork.

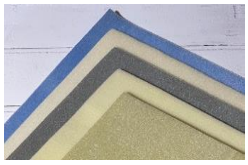
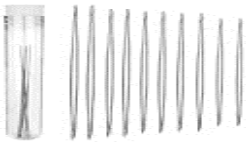
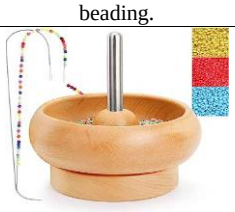
Different beadworks were used in Ancient Greece, Turkey and the Roman Empire where beadworks were used to decorate items used for religious ceremonies. In the 14th century, Murano glass beads became popular in Italy and along with pearls to design the clothing of the wealthy during the Renaissance (Green, 2018). After sometime, beadwork became popular in England where purses, jewelry boxes, small pictures and baskets were liberally decorated with beads, pearls and gilt thread.

Around Asia countries like Pakistan, Nepal, Afghanistan, Tibet and India also have a good history of beads. India began to export beads as early as 2000BC (Zorina, 2018). Beadworks began to spread to other countries like East and Southeast Asia. In Japan, bead was used to decorate weapons and clothing. Beadworks were done in Phillipines and were used to symbolize social status and economic status. Beadworks were practiced in America which were used to ornament thigh boots, capes and tunics.

In Africa, an artist from the Solomon Islands working in the nineteenth century designed the pendant or head ornament (kapkap) from Tridacna shell, turtle shell and fiber, completing it by a small bluish-green glass bead, likely of a Venesian manufacture (Green, 2018). Turtle and marine shell had long had a value in the region, coloured glass beads were beautiful and desirable and were used as doormats to massage the feet of kings. South Africans and the Kongo people of Central Africa believed that beads were produced in the ancestral world and they were using it as a healing mechanism. Beadwork became as an important expression of political authority. In present day Nigeria, coral and red beads entering the kingdom were deemed to be private property of the kings or “oba” who has the right to distribute them to

other people. The “oba” alone was allowed to wear robe, shoes and a crown made of beadwork. The intention was to make the shoes massage the foot and the crown to massage the scalp of the “oba”. The status of other people at court were in a beautiful garment made of beadwork. In the Grassfields region of Cameroon, the powerful rulers of competing state became major patrons of the art and beadwork. Each chief known as the “fon”, commissioned a beautiful palace designed with a regalia for themselves and members of their courts. A major element from the Fon Njouteu’s treasury in the chiefdom of Bansoa, is the throne of Njouteu which shows a king and his elders standing at the back of a circular seat supported by a leopard. The wooden sculpture was covered with a fine layer of locally woven raffia fabric and a master in beadwork. Because beads, such as seed beads had an identical form, similar bead working techniques were employed across cultures and continents (Burnin, 2009).

Beadwork is the art or craft of attaching beads to one another by stringing them onto a thread or thin wire with a sewing or beading needle or sewing them on the cloth. Beads are produced with materials such as plastics, stones rubber etc. Beadwork is divided into types like loom and off-loom weaving, stringing, bead embroidery, bead crochet, bead knitting and bead tatting (Scott, 2000). Beads are used to embellish clothes, wall hangings, doormats, massage articles etc. Beadwork is practiced by experts to create different patterns. The beadwork used for this project article is bead stringing. Tools and materials for beadwork are;

Tools / Materials		
Bead Reamer: It is used to adjust bead holes in stone, glass ceramic and pearl beads	**Bead Spinner:** It is a tool that make you string a lot of beads quickly.	**Thread:** For bindiug the beads together.
		
Pliers: They are used to open loops to rescue needle from too-filled-threads.	**Thread Burner:** It has a narrow tip that heat up and allows you to cut the thread and also eliminate the little tails of thread that scissors leave behind.	**Backing:** It can be made of suede, wool fabric, interfacing or felt. You need to fuse the work on a backing.
Glue and Glue Gun: It is applied to knots to make it secure.	**Beads:** For beading the mat.	**Scissors/Cutters:** It is used to cut extra thread when beading.
		
Needles: The needles for making beaded work.	**Plastic cup:** It is used to hold the required amount of beads for beading	**Bead Spinner:** It is a tool that make you to string a lot of beads quickly

Source: (Jassey, 2000)

CHAPTER FOUR

RESULTS AND DISCUSSION

4.1 Introduction

This chapter deals with the analyses and presentation of the results of the study as well as the discussions of the findings. The analyses is organized into three parts. The first part is about the results of respondents, the second part deals with the analyses of the main data related to the research questions and the last part deals with discussions.

4.2 Objective One

Table 4.3: The Importance of Using Beaded Articles for Massage

Questions	Yes	No	Not Sure	Percentage (%)
Is there an establishment of the importance of using beaded articles for massage?	30 (60)%	15(30%)	5(10%)	100
Do people use beads as a massaging tool?	5(10%)	40(80%)	5(10%)	100
Do people prefer massage beads than any other massagers in the market?	45 (90%)	3(6%)	2 (4%)	100
Do you like buying beaded massagers in its present designs?	15 (30%)	30(60%)	5(10%)	100
Do you use massage beads than any other massagers?	15(30%)	30(60%)	5(10%)	100
Should massage beads have different designs?	35(70%)	5(10%)	10(20%)	100
Should massage beads be used at many physiotherapist centers?	49(98%)	1(2%)	0 (0%)	100
Should massage beads be polished before selling to people?	45(90%)	1(2%)	4(8%)	100
Should people know the benefits of massage beads before using them?	40 (80%)	9 (18%)	1 (2%)	100
Should bead sellers continue to sell massage beads at the market?	45 (90%)	1(2%)	4 (8%)	100

The table above shows the importance of using beaded articles for massage. Respondents were asked whether there is an importance of using beaded articles for massage, 30(60%) said yes, 15(30%) said no and 5(10%) said they were not sure.

Respondents were asked whether people use beads to massage. 5(10%) said yes, 40(80%) said no and 5(10%) said they were not sure. Respondents were asked whether people prefer

massage beads than any other massage tools in the market. 45(90%) said yes, 3(6%) said no and 2(4%) said they were not sure. Respondents were asked whether they like buying massage beads than any other massagers. 15(30%) said yes, 30(60%) said no and 5(10%) said they were not? Respondents were asked whether they use massage beads than any other massagers. 15(30) said yes, 30(60) said no and 5(10) said they were not sure. Should massage beads have different designs? 30(60%) said yes, 15(30%) said no and 5(10%) said they were not sure. The least result of people using beads and people who prefer beads in its present design support the fact that there has been an establishment of the importance of using beaded articles for massage.

Respondents were asked whether massage beads should be used at many physiotherapist centers. 35(70%) said yes, 5(10%) said no and 10(20%) said they were not sure. Respondents were asked whether massage beads should be polished before selling to people. 49(98%) said yes 1(2%) said no and none said they were not sure. Respondents who said people should know the benefits of beads had 40(80%) said yes, 9(18%) said no and 1(2%) said they were not sure. Respondents who said bead sellers should continue to sell massage beads at the market had 45(90%) said yes, 1(2%) saying no and 4(8%) said they were not sure.

From the analyses above, respondents like using beads but due to the belief that witchcraft could be transferred from one person to another through the gift of beads, people are no more using beads thereby using it to massage the body. Others also realized the notion that, the cultural practices attached to the users of beads have always been branded as satanic through their reading of Christian literature (Boateng, 2000). They have come across such believes make them imbibed the notions that the uses of beads are evil by using it to massage the body. Some people also do not know the usefulness of beads and others also follow foreign culture which has led to the drift in massage beads usage.

4.3 Objective Two

The Production of Beaded Article for Massage

Beaded Articles for massage have become increasingly popular in recent years. These products can be used for a variety of purposes, including for relaxation, stress relief and pain relief. Beaded articles are made of a variety of materials including wood, plastic and glass. This research provides a comprehensive overview of the production process of beaded articles for massage.

Production process

The production process for beaded articles for massage can vary depending on the specific product being made. However, there are some common tools and materials that are used in the production process. These include;

Step1; Design

The first step in the production process is to design the product. This involves deciding on the type of beads to be used, the length of the string or cord and the type of clasp to be used.

Step 2; Bead selection

Once the bead has been finalized, the next step is to select the beads to be used. The bead should be of high quality and should be consistent in size and shape.

Step 3: Stringing

After the beads have been selected, the next step is to thread them onto the string or cord. This can be done manually or using a machine.

Step 4: Knotting

Once all the beads have been threaded onto the string or cord, the next step is to knot the ends together. This will ensure that the beads stay in place and do not fall off.

Step 5: Finishing

The final step in the production process is to add the clasp to the ends of the string or cord. This will allow the user to easily fasten and unfasten the beaded article for massage.

Quality control

Quality control is an important part of the production process for beaded article for massage. It is important to ensure that the beads are of high quality and consistent in size and shape. The string and cord should also be of high quality and should be strong enough to withstand regular use. The finished product should be appealing and free from defect.

Plate 1: Measurement of Beads Thread, Beads Selection, Stringing and Knotting of Massage Bead articles

Plate 2: Gluing Process of the Mat

Plate 3: Beading Process of the Massage Bead Stick

Plate 4: Finished Articles of Massage Stick and Mat

Plate 5: Process Involved in Making the Beaded Massage Slippers

Plate 6: Final work

Purpose

The beaded article (mat) is used to massage the feet from numbness, swollen and pain. It can also serve as a mat on car seat to massage the buttocks. It can also be served as a lying mat to massage the back from pain and other spinal disease Gellis, (2017). The beaded stick is for the ankles, hand and some body parts and the beaded massaging slippers is worn on the feet and soles of the feet.

In conclusion, the production of beaded articles for massage involves several steps including design, bead selection, stringing, knotting and finishing. Quality control is one of the important part of the production process to ensure that the finished product is of high quality and visually appealing. By following these steps, producers can produce beaded article for massage that are effective, durable and visually appealing.

4.4 Objective Three

The evaluation of beaded articles to ascertain its usage.

The beaded articles for massage were evaluated on the respondents through observation and experimentation.

Observation is the act of watching somebody or something closely in order to gather information about the person. This involves attention and perception. Experimentation is the act of testing ideas in order to get the final results of something. This experimentation was not done at the laboratory but was done by using the senses to observe the substrate for a period of time.

After 3 weeks, of using the beaded massage slippers, majority of the drivers testified that their feet have gotten so much better as it used to be with few of the drivers pain being the same. It also improved their posture and therefore, the beaded massage slippers should be used by people who have pains at their feet, toes and ankles.

After 2 weeks of using the beaded massage stick and mat on the athletes, majority of the athletes' muscles were relieved of pain with few of them having a little pain in their bodies. This testified that the massage bead articles are good and should be produced for use.

The workers at Tet Bead Company had their bodies relieved within a week after using the massage bead stick. It was identified by the researcher that; the article is good for the body and maintain good posture.

Majority of the therapists who used the beaded massage slippers, stick and mat on respondents shown that, the articles help to relieve clients' pains and also the articles are easy to use on clients and also the articles aided in good relaxation.

In conclusion, the beaded massage article is good for the body especially improving blood circulation and reducing pain in the body and therefore, there should be the production of massage bead articles.

4.4 Discussions on Findings

The massage bead articles are articles that have an ultimate solution to alleviate back pains and discomfort on the body. They are designed to provide stress-free all-day comfort at work and at your homes. It is perfect and a practical gift for drivers, workers, physiotherapist and footballers who work to release energy and exerts pains on the body.

The results on the importance of beaded massage articles indicated that most of the athletes do not know that the beaded massage article can massage the body to reduce pain, anxiety and depression which is the most important of using the beaded massage article and this has become difficult for them to use the article. Also, majority will prefer the beaded massage article than any other massager in the market but because the designs are poor, they find it difficult to use the article. The respondents gave out their views that further education on the article should be provided and the articles should be produced in different designs, that is, smaller sizes and in larger quantities so that when they do not go to the gym centers they can use the article at their various homes and other convenient places of abode.

The drivers pointed out that they know less of the importance of using the beaded article but after the experimentation, their bodies were relieved of pains and they became aware that the massage beaded article is important. They also gave out their responses that, the article is not in the market and therefore they find it difficult to have access to them. Even a few people who have access to the article have a challenge with the designs and this makes it difficult for them to use the article. This shows that, the article should be designed in such a way that people can use them and also, there should be enough education that the massage articles promote good slumber, manages pain and effective immune functioning. The drivers who drive to long distance areas face intensive body pains and numbness of the feet and therefore the article should be in the market so that everybody can have access to them and use them to meet their health needs. The massage bead article can be made and attached to car seats and

steers so that it can massage the palms and buttocks of drivers. Through the findings, it became aware that the shape of the massage bead article should be made portable so that people can place them on their car seats and steers to massage the body at any time.

The response from workers who work at Tet Bead Company showed that the beaded article is not adequate in the market and they will continue to produce the article in larger quantity and also create different designs like different colours, shapes and motifs on the article to attract buyers and users who use the article. They also went further that, they use the article to massage their body after the hard days' work and because other people do not know the usefulness of the article, they will make it known to the unknown.

From physiotherapists, the production of the article is less and this has made it difficult for the article to be used at their gym centers. People do not know the importance of the article and therefore, they find it difficult to use the article on their clients and also prescribe the article to people and other clients.

From the view of physiotherapists, the production of the article should be increased either at the market, gym centers or physiotherapy for people to use. This is because when the article is being used on people, it releases serotonin and endorphin hormones that allows relaxation and responsible for deep sleep. The bead article exerts pressure on the body and this support what (Cassar, 20001) said that bead massage article produce pressure on soft tissues which reduce swollen and numbness. The pressure also helps to increase breast milk in the breast for babies to feed on it. Mass education should be provided for people to be aware of the bead massage article and also use them when the need arises. The evaluation of the article to ascertain its usage is also necessary. This will help people to be aware of the article and use it effectively without causing harm to the body. The article can also be used when performing before exercise is done to increase tension in muscle (Cochrane et al, 2010). Models who

need good posture to wear their clothing should be advised to use the article to keep the body in good condition. This support what (Elaine, 1999) said that modeling massage on soft tissue of the body shapes the curves and help in reduction of fat on some parts of the body.

A critical evaluation of the bead article through experimentation and observation shown that majority of the respondents were relieved of chronic pains and anxiety and they further gave out their responses that the massage article should be produced for people who are facing body pains problems and also be aware and use it effectively to curb their problems.

After the results based on the objectives, there has been a change in the production of massage bead articles. This is because the colour, texture and shape of massage beads have become poor which has made it difficult for people to purchase. According to the respondents, colour, texture and shape should be improved to attract people to buy and use the massage beads. The designs of massage beads was also considered during the evaluation of massage bead article to ascertain its usage. Massage beads come in bulky form which makes it difficult for people to use when they are at homes and their various working sectors. If the massage beads are in smaller sizes, people especially athletes, workers, physiotherapists and drivers can use them when they move from one place to another. Many of the massage bead article also use electricity which makes it difficult for people who cannot connect the gadget to electricity to use them.

Ignorance on the part of people in the society towards the use of massage beads has also caused a total drift in the production and usage of the beaded massage articles. That is, most people today do not know that beads are used as a weight awareness, for healing the body from pain, anxiety, depression, ache and stress. It is therefore, seen as any ordinary thing that do not have much value and so they see no reason why they should buy and use the massage bead articles. Even among those who use massage bead articles, a lot of people do not even

know why they use it. Others use massage bead article because they have seen their parents, grandparents, athletes and other physiotherapist using them without knowing what is associated with the use of massage bead to the body.

The influx of foreign culture in the country and its effects on our economy has also become a major factor in the usage of beads. People have adopted western culture to the decline in the use of massage beaded article. Bead makers only make beads for decorative purposes like earrings, bangles, anklets, and the rest without using them as a massaging tool. If beads are used for massagers and mostly used in the therapeutic centers, people can purchase and use them. Religious believes, superstitions and supernatural believes in the past has deter people from using massage beads as in agreement with (Bertoja e Tokars, 2018). Massage Beads should be made and exported to other countries to boost up the economy. Massage beads should be designed for people like celebrities in the sporting sector so that they can use them to attract other people for them to use the beads rather than adopting foreign or western culture. Massage beads should also be used to cover sofas in living rooms and cars so that when people sit on them, the bead can massage them.

The people who tried to abolish the use of beads now have most of the natives using it. Something that was labelled satanic" as in agreement with (Ramos, 2017), is now mostly seen being used by natives of the very people that condemn it. Thus, the originators of beads will be narrow minded to desert the use of beads and for the production of massage bead article (Abrafi, 1999). Respondents said special motifs should be given to massage beads and this will attract people to buy the beads and use them to massage the body to relieve the body from pain. During the evaluation of beaded massage article to ascertain its usage, the beaded massage article has made people who are suffering from mild stroke and other bodily

diseases, become aware that the article can relieved them from excessive pains and help the immune system respond effectively as in agreement with (Almieda, 1988).

This study has made people especially models and designers to become aware that beads are not for only decoration of articles but beads can be used to shape and maintain the body posture as in agreement with (Tapan, 2004). The implication of this study is that, people who are suffering from mild stroke have used the article to massage the body to relive the body from numbness and frigidity. This study was limited to interview questions and because a lot of people are ignorant in the use of the article for massage, the gathering of information was difficult and the time used to gather the information was also limited that, the researcher has to combine normal work with the research.

After the experiment and observation, the results in this research has shown that, the use of the massage bead on the body is a very useful article to use during exercise. The article helps to strengthen muscles, joints and nerves after excessive exercise and accidents like fracture and back aches. This research on the production of massage bead article also helped to maintain the body posture which is the important thing in fashion. Good posture provides good exposure when fashion articles are put on the body.

This research on the production of beaded article for massage has helped many people when it comes to health issues in providing good well-being of the individual as well as maintaining sound mind and long life in living. People were not using the massage article because they were not aware and they now use the massage bead articles to curb health issues.

In conclusion the massage beaded articles are good for healing pains and anxiety, therefore, there should be a production of beaded massage article.

CHAPTER FIVE

SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATION

5.1 Introduction

This chapter involves summary, conclusion and recommendation to the study. Primary objective of the study was production of beaded articles for massage. The type of research design employed was descriptive research design. Population for the study was athletes, drivers and office workers and physiotherapist. A sample of 50 respondents were chosen for the study. Experimentation, Observation and Interview Questions were the research instruments that were employed in the data and were investigated using the descriptive statistics such as the percentage.

5.2 Summary

Varieties of massage beaded articles are used in the lives of humanbeings. The varieties are from one person to the other, depending on the massaging articles used. Modalities of massaging articles are massaging bead containing bead balls, car seat massage, massage roller, massaging bead door knob, massage bead sticks and the like. This study was conducted and aimed to the production of beaded articles for massage. The massage helps to relieve pains, stress and numbness from the body. It is good for athletes, drivers, physiotherapist and other people who face the challenge of body pains and other disease that involve massaging.

5.2 Conclusions

Based on the overall study, the impact of massage beads on the health of Ghanaians has been quite commendable in terms of economic, health and socio-cultural activities of people who use the articles. People have been aware of the importance and will continue to use the

massage beaded article to minimize body pains, depression and anxiety that is making their bodies uncomfortable for living. The massage bead articles have also become more important in people's lives that, beaders will boost up the production of the article to increase its usage.

5.3 Recommendations

On the bases of the study of the production of beaded articles for massage and conclusions drawn, the recommendations of the study are as follows:

There should be a collaboration of massage bead producers, gym instructors and physiotherapist in Ghana. This will help people who have challenges with fracture, body pains, body enhancement and other health issues that need to be massaged become aware of the massage bead tools and use them effectively to meet their body and health needs. Massage bead producers or makers should improve upon the massage bead in the market in order to beat competitors from outside the country.

Also, the massage beaded articles should be made into smaller and medium sizes to make it easy and comfortable for massage bead users to use them. Other kinds of material like plastics can be used to change the appearance of massage beads which will attract users. The import of foreign massage beads should be minimized so that local massage beads will be bought often. Massage beads should be redesigned so that instructors and other people who want to use the product can use them. There should be education on social media platforms on the importance of the massage bead article so that people who are ignorant in using the device can be aware of the effective use of the device in healing body pains.

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APPENDIX

INTERVIEW GUIDE

Questions	Yes	No	Not Sure	Percentage (%)
Is there an establishment of the importance of using beaded articles for massage?				
Do people use beads as a massaging tool?				
Do people prefer massage beads than any other massagers in the market?				
Do you like buying beaded massagers in its present designs?				
Do you use massage beads than any other massagers?				
Should massage beads have different designs?				
Should massage beads be used at many physiotherapist centers?				
Should massage beads be polished before selling to people?				
Should people know the benefits of massage beads before using them?				
Should bead sellers continue to sell massage beads at the market?				