

ROLE OF HOME SCIENCE EDUCATION IN RURAL WOMEN'S EMPOWERMENT

Anamika*
Garima Tyagi**

Abstract

As India is the country of villages and its 80% population (approximately) is still belongs to rural areas, it is almost impossible to develop India without the development of that areas. We believe that serving the villages is the serving of nation & women are the backbone of any village culture so that we have preceded our research work for Rural Women Empowerment through Home Science Education. The focus is made upon their knowledge & skill empowerment in various house hold practices. We have begun with the nutrition component & the clothing & textile component of home science. The main objectives of our research study were to study the effect of Home Science education on the empowerment of rural women & to develop a training programme for them. Under the Quasi Experimental design of research methodology, on the basis education, income & nature of work, Group A or controlled group (34 Women) & the group B or experimental group or Self Help Group (36 women), were selected as sample. Results of t-test revealed the positive effect of home science education on the empowerment of rural women. To conclude it can be acknowledged that the empowerment process through educational interventions, Transfer of technologies, the feasibility trials and the out-reach programmes will contribute to significant gain in knowledge, adoption of women friendly technologies for improving work efficiency, acceptance of technology for economic gain and improving various parameters of quality of life are the reflections of women's empowerment. Her enlightenment will change the face of rural India.

Introduction

As India is the country of villages and its 80% population (approximately) is still belongs to rural areas, it is almost impossible to develop India without the development of that areas. In fact, there is a true opportunity of work in villages. They greatly needed our attention & sincere efforts. We believe that serving the villages is the serving of nation & women are the backbone of any village culture. An important component of empowerment in Third World Countries comprises rural women who play multiple crucial roles in all spheres of development activities.

This Research work is based on the All India Coordinated Research Project (AICRP) on Home Science aims at developing resource base of rural women for empowering them to become subsistence-generating units for sustaining development and improving quality of life. At the initial stage of this project, the prescriptive approach was used which dealt with exploring information for providing a package of instruction regarding what rural women should do to endure health security, food security, economic security and livelihood security. Gradually the project thrust shifted towards integrated and participatory approaches for working with rural women in their own context. For this, the nutrition component laid emphasis on nutritional security for human health in agrarian ecosystem. The component focused attention on documenting uncommon foods for its wider acceptability by determining nutritional quality of identified food sources, development of recipes and nutrition guide. The nutrition guide is user -friendly

* Lecturer (Education), NAGPG College, Amroha, UP

** HOD (Home Science), NAGPG College, Amroha, UP

computer software for knowledge empowerment of nutrition educators and its subsequent transfer at grass root level. The nutrition component has also strived to identify micro-nutrient deficiencies with the aim to suggest diet modifications and establish nutrition gardens as approaches to health and nutrition security.

The Human Development component which initially focused attention on data generation for developing growth norms of rural children is now empowering rural mothers for optimal development of children through interventions on scientific child care practices. The establishments of farm creche for comprehensive child care facilities in supplementary feeding and development of child through creative play materials. The training of creche workers through training materials on child care practices empowers them to be efficient caretakers. The clothing and textile component since its inception has focused attention on economic feasibility of use of locally available agro and animal based fibers and exploration of indigenous dyes textile product preparation. A large wealth of natural dyes has been explored for use on wool and silk and the interventions have been conducted to empower rural women and weavers with knowledge and skill.

The woman is the backbone of any rural workforce but in villages her hard work has mostly been unpaid. She does the most tedious and back-breaking tasks in agriculture, animal husbandry and homes in villages. The research efforts at the ICAR institutes have been tried to relieve her of the drudgery by providing time and labour saving tools. Vocational trainings are also being conducted, to impart skills to undertake different avocations. In extension activities the woman is now the centre point and activities are being planned keeping her in view. Her enlightenment will change the face of rural India.

Several programmes started at the National

Centre for Women in Agriculture and Krishi Vigyan Kendras, are the right steps in this direction.

Keeping these thought in mind, we have preceded our research work for Rural Women Empowerment through Home Science Education. The focus is made upon their knowledge & skill empowerment in various house hold practices. We have begun with the nutrition component & the clothing & textile component of home science.

Objectives

- To study the effect of Home Science education on the empowerment of rural women in Dhana Nangla village.
- To develop a training programme in Home Science for the empowerment of rural women.

Hypothesis

- There is no significant effect of Home Science education on the empowerment of rural women.

Methodology

Quasi Experimental design of research methodology was applied to present research work. The all women of Dhana Nangla village were considered as the population for present study. On the basis of their education, income & nature of work, only 70 women were selected as sample of the research & assigned in to 2 groups randomly. Group A or controlled group (included 34 Women) was not received any training in home science while the group B or experimental group (included 36 women) was trained properly by the trainer's group. The group B was also named as Self Help Group (SHG) because the women in this group were trained for helping themselves.

The training programme was continued from 1st January to 1st February. During this short period of training, we have trained them in basic nutrition practices, health & hygiene along with various techniques of preservation, garment stitching, weaving, tie

& dye, embroidery & printings. We have scheduled our training from 2 pm to 5 pm in camps organized by 5 regular female members of Sewa Bharti. Before & after the implementation of training programme, a questionnaire was administered to both of group. There were 2 parts in questionnaire; one is related to their age, nature of work, income, satisfaction & the second part is consist of questions related to general awareness, nutrition & textile component of home science. The scoring was done for the responses received from both of the group. The mean and SD of raw scores of both groups were calculated after tabulating the data with the help of frequency distribution table. To see the significance of difference between two means, t-test was applied as parametric statistics.

General profile of sample

The distribution of subjects in both of the group, on the basis of age, income & nature of work, is clear from the above table. Data analysis shows that the majority of the sample belongs to 25-30 age groups, middle income group & mainly performs house hold activities. On the other hand some women play multidimensional role in house hold & farming activities.

t-test result (before training)

As the calculated 't' value 0.46 with df 68 is smaller than the table value of 't' as shown above, the null hypothesis is accepted at both the level of significance & it may be said that there is no significant difference between group A & group B before the implementation of training programme in home science.

SUMMARY OF DATA ANALYSIS & INTERPRETATION OF RESULT

Groups	No. of subjects in group	Age wise distribution		Income wise distribution			Nature of work	
		25-30	30-35	HIG	MIG	LIG	House hold	House hold & farming
Group A	34	30	04	Nil	30	04	22	12
Group B	36	32	04	Nil	32	04	20	16

SUMMARY OF STATISTICAL ANALYSIS

Groups	N	Mean	Standard Deviation	Calculated 't'-value	Table value of 't' for d. f.=68
Controlled group A	34	14.8	9.04	0.46	2.00 (at .05 level of significance)
Experimental group B	36	15.8	8.98		2.65 (at .01 level of significance)

Groups	N	Mean	Standard Deviation	Calculated 't'-value	Table value of 't' for d. f.=68
Controlled group A	34	14.8	9.04	3.45	2.00 (at .05 level of significance)
Experimental group B	36	22.4	9.58		2.65 (at .01 level of significance)

t-test result (after training)

It is clear from above table that the calculated value of t-score is enough larger to table value of t-score at both level of significance i.e. .05 level & .01 level of significance. Hence the null hypothesis is rejected and it may be concluded that there is a significant difference between two means. It may be concluded, that there is a significant effect of home science education on the empowerment of rural women as the mean of group B is more than group A.

Conclusion

It is evident from the results of our study that in the village the rural women have been mobilized to form SHG & opportunities have been provided to undertake income generated activities and enhance knowledge on various aspects of family life. Emphasis has been also laid on increasing decision making capabilities, improving skill and thereby, the research is contributing towards women in economic, cognitive and decision making spheres.

The empowerment process through educational interventions, Transfer of technologies, the feasibility trials and the out-reach programmes will contribute to significant gain in knowledge, adoption of women friendly technologies for improving work efficiency, acceptance of technology for economic gain and improving various parameters of quality of life are the reflections of women's empowerment.

Empirical evidences have revealed that women have moved from beneficiaries to active partners in shaping empowerment. The information strategies used by different components under AICRP on Home Science have encouraged women to play key role in micro - level planning, designing community infrastructure for information dissemination and mobilization of community resources - both human and material to gain benefits from the project.

To conclude it can be acknowledged that the research is leading towards empowering rural women through home science education by broadening the trust of research.

References

- 1 Chandra, S. K. (1991): Development of Women Entrepreneurship in India, a Study of Public Policies and Programmes, Mittal Publications, New Delhi.
- 2 Dalal, Praveen. Use of ICT for Women Empowerment in India. 30 Aug. 08 <http://cyberlawindia.blogspot.com>
- 3 DARE/ICAR Annual Report, 2003-2004.women in agriculture. Pg.173-181.
- 4 Dhillon, P.K. and Malhotra, D (1993): Motives and Characteristics of successful women entrepreneurs. In Women Entrepreneurs, problems and prospects (Edited by P. K. Dhillon) Blaze Publishers and Distributors, New Delhi.
- 5 Hisrich, R. d. and Brush, C. G. (1986): The Women Entrepreneur, Starting Financing and Managing a Successful New Business, Lexington Books, Toronto.
- 6 Jayanthi, c. (2003): "Women Entrepreneurs in the New Wave Economic Development Programme", Yojana, vol. 47, Aug. 2003.
- 7 Johnson, S. and Storey, D. (1993): Women in Business, Perspectives on Women Entrepreneurs (Edited by S. Allen and C. Truman), Routledge, U.S.A.
- 8 Malik, Shiva & Rao, Kaur, Taranjit. Profile of Women Entrepreneurs-a case study of Chandigarh. Jan-June, 2008. Political Economy Journal of India
- 9 Mehra, Rekha. Women, Empowerment & Economic Development.
- 10 National policy for the empowerment of women,2001
- 11 Priyadarshi, Nayak, Ashok. Women Empowerment-Myth or Reality. 8 Jan. 2008. EzineArticles.com
- 12 Shaik N. Meera and D. U. M. Rao, (2003): "IT for empowerment of Women" Yojana, February 2003.
- 13 Sundin, E and Holmqluist, C. (1991): The growth of women entrepreneurship: push or pull factors? In Recent Research in Entrepreneurship (Edited by LG, Davis and A. a. Gibb), Gower Publishing Company, England.