

Research Paper :

## Knowledge and attitude of rural women about lemon products

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Accepted : September, 2009

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### ABSTRACT

The study was conducted in two blocks of Hisar district namely, Hisar-I and Hansi-II and by selecting two villages from each of the selected block at random. A sample of 200 respondents *i.e.* 50 from each village was drawn at random to assess existing knowledge and attitude. At pre-exposure stage, respondents obtained maximum scores (19.5%) in ingredients and 21.6% in steps in sweet lemon pickle but at post-exposure stage, respondents obtained maximum scores (86.2%) in ingredients used in lemon squash and 93.0 per cent in steps taken in lemon pickle in oil and lemon rind pickle. Maximum knowledge gain in ingredients was observed in lemon squash (84.2%). About steps, maximum knowledge gain was observed in lemon squash (88.3%). At pre-exposure stage, majority of respondents (55.0%) had neutral attitude while at post-exposure stage, 63.0 per cent of respondents acquired favourable attitude towards lemon products.

**Key words :** Lemon, Processing, Knowledge, Attitude.

Citrus fruits have a prominent place among popular and exclusively grown tropical and sub-tropical fruits. In citrus fruits mainly- lemon or lime, grape, orange etc. are included. Lemon originated in Asian countries such as India and Malaysia. The scientific name for lemon is *Citrus limonum*. In India, it is also known as nimbu, Bara nimbu, naranga etc. The fruit is juicy with few seeds and is very aromatic. Every part of the lemon is used in sweets or cooking delicious dishes. Lemons are good for oral diseases, throat disorders, fevers, beauty aid, stomach problems, cough reliever etc. They can be used for jellies, jam, lemon curd etc. IT works as a natural cleanser and nourishes skin and hair by providing vitamin C.

Haryana can certainly take advantage of its geographical situation, being in the vicinity of capital of India, which has very large market for consumption of fruits, vegetables and also processed products. The processing and storage of all foods is vital for the continuous supply of foods during seasons and off-seasons. One very important consideration that differentiates the agricultural process from most other industrial processes is their seasonal nature. The main reasons for processing foods are - to produce value-added products, to provide variation in diet.

Low cost food processing technologies can offer excellent opportunities for farm women in production of processed food. But the general attributes of farm women like illiteracy and ignorance can act as a barrier in dissemination of scientific information. This limitation can be avoided by imparting skill based training which can be helpful in transmission of knowledge and skill on need

based areas to farm women. Lemons can be stored and transported to long distance, as they do not damage easily. They can be stored at room temperature for weeks and for months under refrigeration. By preservation and proper storage of food, it can be saved for future use at the time of scarcity, natural drought, etc. In India citrus is processed into a number of products: acid lime - pickles, squash, cordials, sweet orange - juice, squash, marmalade, mandarin - juice, marmalade and squash. So, the study was conducted with the objective to assess pre and post exposure knowledge and attitude of farm women regarding lemon products.

### METHODOLOGY

The study was conducted in Hisar district of Haryana state. For present study, two blocks of Hisar district namely Hisar-I and Hansi-I were selected randomly and by selecting two villages from each of the selected block at random. Thus, Ladwa and Mirka villages from Hisar-I, Dhanderi and Sultanpur from Hansi-II block were selected. A sample of 200 respondents *i.e.* 50 from each village was drawn at random to assess existing knowledge and attitude. 100 respondents were drawn from four villages for exposure. Intervention programme was designed for selected four lemon based preserved products for 100 rural women. The intervention programme consisted of demonstration on selected lemon based preserved products which were lemon pickles in oil, sweet lemon pickle, lemon squash and lemon rind pickle in present instance. Demonstration was accompanied by distribution of relevant literature in form