

## Role of a women in nutritional gardening

■ P.L. SRIVASTAVA, SHAILENDRA SINGH, M.K. PANDEY AND DINESH PANDEY

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See end of the paper for  
authors' affiliations

Correspondence to :

**P.L. SRIVASTAVA**  
Krishi Vigyan Kendra  
(N.D.U.A. & T.), Masodha,  
FAIZABAD (U.P.) INDIA  
Email: dr.premlata99@gmail.  
com

■ **ABSTRACT** : A survey was conducted in the month of December 2011 at village Shivdaspur Dabha Semar (Rampal Pandit ka purva), Toniya (Chaudhary ka purva) and Mohatisinpur, District Faizabad, Uttar Pradesh. Survey data collected included the information related to socio-economic status with awareness, interest and role of women in nutrition gardening. On the basis of survey result, it was found that only thirteen per cent woman showed their participation for the nutrition gardening, although awareness was sixty five per cent. Less involvement was due to custom, tradition, social barrier, urbanization and modernization.

■ **KEY WORDS** : Awareness, Participation, Custom, Tradition, Social barrier, Urbanization

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Nutrition garden is called kitchen garden or Rasoi watika or Grih watika. Generally the front or backyard field is used for this purpose. In the cities, the basket, bucket or earthen pot is kept on the roof and used as nutrition garden. The importance of nutrition garden is well known. It provides fresh vegetables, fruits and flowers. It is economical and nutrient saving. Less chemical fertilizer and insecticide is used. It is popular in India from a long time. Women and children have also played a good role in this, but due to urbanization and modernization of the village, this is in decreasing order, gradually.

Some time custom, tradition and culture also become the social barrier for such type of activities. Therefore, the study was conducted to know the role participation, attitude and interest of women towards the nutrition gardening, so that extension activities should be organized to improve and use the scientific methods in nutritional gardening.

### ■ RESEARCH METHODS

A survey was conducted in three village Shivdaspur, Dabhasemar, (Ram lal pandit ka purva), Toniya (Chaudhary ka purva) and Mohatisinpur in the month of December 2011. The subjects of the study comprised of one hundred women. The data were collected through personal interview schedule developed by the researchers. The data collected included

the information related to socio-economic status, awareness, interest and role of women in nutrition gardening. The collected data were processed, tabulated and presented in the form of table after giving appropriate statistical treatments.

### ■ RESEARCH FINDINGS AND DISCUSSION

It is clear from Table 1 that majority of the women were in the age group of thirty seven to forty five years old. With regard to education. Forty four per cent women were illiterate. Almost the families (95 %) were nuclear. Most of the family (77 %) had one earning member. Income was in the range of below thirty thousand to ninety thousand per annum and majority of the families earned below thirty thousand to sixty thousand.

With respect to awareness, interest and participation for the nutrition gardening, women above forty five years showed 100 per cent awareness and interest to the nutrition gardening and their participation was 33 per cent. This was limited only to sowing of seeds, plants and harvesting of fruits and vegetables due to lack of physical fitness. Education showed positive impact on the awareness but such thing was not observed with respect to interest and participation. Awareness, interest and participation were much in the female belonging to joint family. This may be due to the money saving attitude to purchase the vegetable for the large family. With