

The ergonomic perspective of the homemakers in using kitchens

■ SAJIDA SULTANA AND CHITRA PRAKASH

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See end of the paper for authors' affiliations

Correspondence to :

SAJIDA SULTANA
Department of Home Science,
Justice Basheer Ahmed Sayeed
College For Women,
CHENNAI (T. N.) INDIA
Email: rafiq.sajida@yahoo.in

■ **ABSTRACT** : Ergonomic plays a vital role in designing a kitchen area free from fatigue, reduction of unnecessary movements and excessive expenditure of human energy and time. The perception of giving importance to the kitchen at the time of building a home is changing drastically. The main aim of the study was to analyse the usage of ergonomically designed kitchens among the home makers in Chennai. Ex post facto research design was used for this study. A sample of 1000 homemakers from Chennai city were randomly selected for survey with 500 using ordinary and 500 using modular kitchens. Questionnaire was used to collect the information from the home makers and the data were collected, tabulated and analysed statistically. Statistically significant association was observed between the ergonomic benefits in the kitchen and the characteristics of the home makers like education, employment status and the type of kitchen used at p <0.01 level of significance, because as the level of education increased the homemakers adopting to the use of modular kitchens also increased due to more knowledge and awareness on the use of ergonomically designed kitchens.

■ **KEY WORDS**: Ergonomic perspective, Homemakers, Kitchen

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