

# Ergonomic evaluation of rural and urban kitchen design of Muzaffarpur district in Bihar

■ Nikhat parveen and Shishir Kala

Received: 04.09.2018; Revised: 05.04.2019; Accepted: 15.04.2019

■ **ABSTRACT :** Ergonomic designed kitchen has become the need of almost all the women keeping into consideration their multifarious activities. Ergonomics contributes to designing and evaluation of task, products, environment and system in order to make them compatible with the needs, abilities and limitations of homemakers. Besides most of the women are not aware of ergonomic design of kitchen. Keeping these rational in mind the study was conducted in Muzaffarpur district of Bihar State. The main purpose of this research is to evaluate the various kitchen design in both rural and urban areas for work effectiveness. Various parameters viz., physiological, cardio-vascular, energy expenditure and perceived exertion were taken for ergonomic evaluation of kitchen design. The study analysed the working counter i.e. counter height, counter width, counter depth and kitchen size. The analysis of results indicated that a majority of respondents (40%) had their kitchen size 10 x 12 feet to 12 x 14 feet in rural areas, while in urban area maximum respondents (50%) possessed their kitchen size below 6x8 feet which is smaller than the standard size (8 x 10 feet) of the kitchen. In case of rural areas a large majority of respondents (90%) had their open shelves for their storage provisions which needs improvement in kitchen design, while in urban area respondents (66.70%) had cupboards for storage of items in their kitchen. In rural area maximum respondents (80%) had their cooking counter height between 15- 45 cm and in urban area only half of the respondents had their cooking counter height 15-45 cm. In rural area's majority of respondents (40%) had their cooking counter width between 15-25 cm, whereas in urban area maximum respondents (43.30%) had their cooking counter width 85-125 cm.

■ **KEY WORDS:** Ergonomics, Work effectiveness, Kitchen size, Storage, Cooking counter

■ **HOW TO CITE THIS PAPER :** Parveen, Nikhat and Kala, Shishir (2019). Ergonomic evaluation of rural and urban kitchen design of Muzaffarpur district in Bihar. *Asian J. Home Sci.*, 14 (1) : 28-31, DOI: 10.15740/HAS/AJHS/14.1/28-31. Copyright@ 2019: Hind Agri-Horticultural Society.

See end of the paper for authors' affiliations →

**Nikhat parveen**

Department of Family Resource  
Management, C.C.S., Rajendra  
Prasad Central Agricultural  
University Pusa, Samastipur  
(Bihar) India  
Email : nikhatp61@gmail.com