

A comparative study on the energy expenditure using traditional and modern kitchen tools

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ABSTRACT

The present study was conducted to know the effect of modern and traditional tools on energy expenditure of women and to recommend the energy efficient tools on the basis of subjective responses. For this purpose, ten shops from two markets of Ludhiana city were selected randomly to know the availability of tools in the market. For calculating energy expenditure, ten tools were also standardized. The experiments were performed on 15 female subjects of 25 – 35 years of age having permissible range of physiological parameters viz., heart rate, blood pressure, height, weight. Subjective responses were also taken while using the traditional and modern kitchen tools. Results showed that modern kitchen tools were found to be more efficient in reducing energy to considerable extent in almost all activities. Maximum number of respondents showed positive attitude for the use of modern kitchen tools as they felt that these tools are less hazardous, reduce physical efforts and body pain and are also convenient to use. Therefore, these modern tools are recommended over traditional methods or tools so that to minimize the strain of homemakers and also to make them free for other profitable and useful jobs.

KEY WORDS : Energy expenditure, Physiological parameters, Subjective responses, Traditional/modern tools

Shobha, Kaur, H., Sidhu, M. and Bakhshi, R. (2010). A comparative study on the energy expenditure while using traditional and modern kitchen tools, *Adv. Res. J. Soc. Sci.*, 1 (2) : 126-129.

INTRODUCTION

With all the modern facilities and accessories available for the kitchen, a homemaker needs no longer consider preparing family meals an unwelcome chore. The cooking area is now not a poky old place full of soot and smoke. A modern kitchen tool now-a-days is heart of a home and therefore, the homemakers should not ignore essentials of having and maintaining such kitchens (Romola, 2002).

In recent times, the number of working women has increased considerably in urban areas. Constant interruptions and unexpected demands on her time and energy disturb the pattern of her work and she may end up, tense and tired. A number of kitchen gadgets and tools are available these days to make meal preparation activity a real pleasure. On the other hand, traditional methods used by housewives in the past led to physical and physiological stress. But today's women are lucky enough as technological advancement has brought many latest tools in the market which are helpful in decreasing worker's efforts. Therefore, the present study was undertaken with the following objectives to ascertain the effect of modern

and traditional kitchen tool on energy expenditure of respondents and to recommend the energy efficient tools on the basis of subjective responses.

METHODOLOGY

The present study was conducted in two phases i.e. survey and lab. experiments. For knowing availability of kitchen tools in the market, a market survey was conducted in main two markets in Ludhiana city. Five shops each were randomly selected from these two selected markets making total number of shops ten. Ten tools which were most commonly sold in the market were selected for experiment. The most routinely performed and highly preferred activities by respondents done with these selected ten modern tools were selected for the laboratory experiments and the quantum of work had been standardized by taking the help from the faculty members of Food and Nutrition Department, College of Home Science, PAU, Ludhiana and as presented in Table 1.

In total, 15 respondents were selected for experiment. The general profile of the respondents is

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