

Extent of adoption of home science practices disseminated under Rural Awareness Work Experience (RAWE)

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■ **ABSTRACT** : Rural Awareness Work Experience (RAWE) was introduced in to the curriculum of B.Sc. Home Science (Hons.) by Indian Council of Agricultural Research (ICAR), New Delhi, in the year 2002. It aims at bringing improvement in quality of life of rural families. It had also been realized that formal system of education is restricted to classroom and laboratory situation. In real life situation learning through experience has become an integral part of the education. This informal education enables the students and teachers to actively participate in examining the subject matter and it's utility to solve problems of the rural women. The present study was planned to assess the extent of adoption of home science practices disseminated under Rural Awareness Work Experience (RAWE) programme of College of Home Science, Punjab Agricultural University (PAU), Ludhiana. Four villages *i.e.* *Rauwal, Sidhwan Kalan, Talwandi Khurd and Sarabha* of Ludhiana district were selected for the purpose of the study. A total of 120 rural women constituted the sample of the study. The findings of the study inferred that the extent of adoption of majority of respondents for Apparel and Textile Science (77.50%) and Family Resource Management (74.16%) was low. Consequently, it may be concluded that there is a large scope for betterment of adoption rate of home science practices by rural women.

■ **KEY WORDS**: RAWE, Extent of adoption, Rural women

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Rural awareness work experience programme (RAWE) is a comprehensive integrated component of B.Sc. Home Science curriculum. It is an important proficiency and confidence building programme. Its aim is to improve the quality of life of rural families and provide them firsthand experience in utilization of home science knowledge and transfer of simple and improved practices related to health and sanitation, food science and human nutrition, child and

family care, management of family resource and family clothing using extension methodologies. These home science practices helps in improving the nutritional status of rural families, drudgery reduction of rural women in their household activities, removing sex biasness in family and development of entrepreneurial skills among women. RAWE is a timely intervention for the all-round development of the farm families and a new experience for students and for rural families for a close-knit

interaction. This programme was introduced with the objective to develop and understand rural life and the different situations of villages with special reference to household activities (Mann and Sachan, 2017). It plays a vital role in providing exposure to the home science graduates and in depth information about the challenges and opportunities faced by the students as well as the farm women in villages. It provides a golden chance, which can orient and provide the required potential among the students of home science, make them aware about the rural community life and the prevailing situations, familiarize with the rural socio-economic circumstances. It refines the communication skills among the students by applying extension teaching methods in transfer of technologies. It brings confidence and competencies in students so that they can handle professional problems, make the students to understand the changed role of women in household work and allied fields and initiate awareness, understanding and skills among the rural families.

It has been many years since the RAWE programme has been implemented by PAU, Ludhiana, and during this programme students perform different activities and motivate rural women to adopt improved home science practices. So, the present study was planned with the objective to find the extent of adoption of home science practices disseminated to rural women by students during RAWE programme.

■ RESEARCH METHODS

The study was conducted in purposively selected Ludhiana district of Punjab state. As Rural Awareness Work Experience (RAWE) programme was carried out in Ludhiana district by College of Home Science, Punjab Agricultural University (PAU), Ludhiana. Four villages *i.e.* *Rauwal, Sidhwan Kalan, Talwandi Khurd and Sarabha* were selected for the purpose of the study where RAWE programme was conducted during the year 2013-14 to 2016-17.

A list of Families who were selected by the students under RAWE were identified from each village. Out of these families, thirty families were randomly selected. Further, from each of the family one rural woman who was exposed to home science practices during RAWE was selected as a respondent of the study. Thus, a total of 120 rural women constituted the sample of the study. Data was collected through self structured interview

schedule by the investigator.

■ RESEARCH FINDINGS AND DISCUSSION

The results obtained from the present investigation as well as relevant discussion have been summarized under following heads :

Adoption status of practices/activities imparted under apparel and textile science:

Clothing is an essential element of our life. It performs different social and cultural functions. Major four practices *i.e.* value addition to garments, care and storage of clothing, stain removal and preparation of cleaning agents were disseminated in each of the selected villages. Further each major practice is divided into four sub practices and adoption status of each is presented in Table 1.

Value addition to garments:

Value addition can be defined as enhancing the appearance and value of the garments. India has long been known for decorating garments using block painting, fabric painting, tie and dye, embroidery etc. Home Science students also disseminated these techniques/practices to rural women during RAWE programme.

Care and storage practices of clothing:

Proper care and storage of clothes reduces the time and money involved in up keeping and prolong the life of garments. Adoption status of practices related to care and storage of clothes is presented in Table 1. Regarding washing of woollens and storage of clothes majority of the respondents (31.66%) partially adopted these practices. However, in case of knowledge about detergent and labels large percentage of respondents (95.83%) and (91.66%), respectively fell under non adoption category. The findings are similar with the results reported by Sumathi and Budhar (2005), Paloti and Nagnur (2017) who reported that adoption status of practices such as knowledge of labels and detergents was low.

Stain removal:

Stains on garment are a most common problem in maintenance of garments. Methods to remove these stains from garments were diffused by RAWE students to rural women. However, majority of the respondents

Table 1 : Adoption status of practices/activities imparted under apparel and textile science						(n=120)
Practices	Fully adopted		Partially adopted		Discontinued f (%)	Not adopted f (%)
	Before RAWE f (%)	After RAWE f (%)	Before RAWE f (%)	After RAWE f (%)		
Value addition to garments						
Block painting	-	13(10.83)	5(4.16)	-	-	102 (85.00)
Fabric painting	-	20(16.66)	-	22(18.33)	10 (8.33)	68 (56.67)
Tie and Dye	-	10 (8.33)	4(3.33)	-	-	106(88.33)
Embroidery on garments	-	8 (6.66)	7(5.83)	23(19.16)	2(1.66)	80 (66.66)
Care and storage practices of clothing						
Washing of woollens	15(12.5)	25(20.83)	7(5.83)	38(31.66)	-	35(29.16)
Storage of clothes	3(2.50)	4(3.33)	5(4.16)	40(33.33)	-	68 (56.66)
Knowledge about detergent	2(1.66)	3(2.50)	-	-	-	115 (95.83)
Knowledge about labels	-	4 (3.33)	-	6(5.00)	-	110 (91.66)
Stain removal						
Tea, coffee	4(3.33)	31(25.83)	10(8.33)	37(30.83)	-	38 (31.66)
Blood	-	-	-	-	-	120(100.00)
Paint	-	4(3.33)	-	-	-	116 (96.67)
Oil, Grease	-	15(12.50)	-	-	-	105 (87.50)
Preparation of cleaning agents						
Preparation of washing soap	-	-	-	-	-	120(100.00)
Preparation of phenyl	-	-	-	-	-	120(100.00)
Preparation of washing powder	-	54(45.00)	-	-	-	66(55.00)
Preparation of multipurpose cleaner	-	70(58.33)	-	-	-	50(41.66)

had not adopted stain removal methods of blood (100%), paint (96.67%) and oil and grease (87.50%). Only tea and coffee stain removal method was fully (25.83%) and partially (30.83%) adopted by the respondents, few of the respondents had adopted oil and grease (12.50%) and paint (3.33%) stain removal procedure. Findings are in line with those of Sankangoudar and Patil (2016).

Preparation of cleaning agents:

Different cleaning agents are used for cleaning different items. RAWE students also disseminated methods of preparation of different types of cleaning agents at household level. Cent per cent of the respondents had not adopted the practice of preparation of washing soap and phenyl at household level. However, majority of the respondents adopted preparation of washing powder (45.00%) and multipurpose cleaner (58.33%). The similar results were also found by Malabasari and Hiremath (2016). It can be attributed to the fact that methodology for preparation of soap at home is a difficult task and raw material required for preparation of phenyl and washing powder was not easily available.

Hence, it can be inferred that majority of the

respondents had adopted stain removal and preparation of cleaning agents practices as they felt that these practices are time consuming and raw material was not easily available for adoption of these practices. However, it can also be concluded that the respondent who had adopted any of these practices, were satisfied with these practices as none of the practice was discontinued by the respondents after previously adopting it excepts the practices of fabric painting and embroidery on garments.

Adoption status of practices/activities imparted under family resource management:

In every sphere of human life, management and organization go side by side. Family resources management helps to utilise various household resources such as skills, time, household appliances, money, human capital etc. to improve overall quality of life. Practices disseminated under Family resource management discipline and their adoption status is discussed in Table 2.

Energy saving techniques:

Using energy saving techniques not only reduces energy bills, but it also cuts down carbon emissions, which

is better for our planet and future generations. Rural women were familiarized with different energy saving techniques by the students. The data incorporated in Table 2 reveals that 19.16 and 33.33 percentage of the respondents partially adopted LED equipments and energy star appliances, respectively. It is interesting to note that majority of the respondents had not adopted the practice of switching off the main plug when not in use (90.00%). Findings are in contrary with the results reported by Khandelwal *et al.* (2010).

Art and craft making:

Decorating home through handmade art and craft articles play a major role in determining the mood of the people residing in that home. A good looking house also helps to get rid of anxiety and stress. Various art and craft making articles were demonstrated by the students during RAWE programme.

The perusal of data presented in Table 2 depicts that majority of the respondents had not adopted artificial flower making (90.00%), painting on earthen pots (84.16%), candle making (77.50%) and articles from newspaper/old fabrics (58.33%) practices. Around 10

per cent of respondents partially adopted candle making (11.66%), articles from newspaper/old fabrics (10.83%) and artificial flower making (10.00%) practices. Five per cent of the respondents discontinued the practice of candle making and painting on earthen pots after previously adopting it.

Drudgery reduction:

Drudgery can be defined as physical and mental strain, agony and hardship experienced by the women. Number of drudgery reduction practices were communicated to the rural women.

It can be noticed from the data in Table 2 that 21.66 per cent of the respondents partially adopted use of drudgery reducing tools and majority (83.33%) of the respondents had not adopted this practice. Regarding arrangement of kitchen 6.66, 14.16 and 70.83 per cent of the respondents had fully adopted, partially adopted and not adopted this practice, respectively. Labelling of containers in kitchen also reduces drudgery but only 4.16 per cent and 6.66 per cent of the respondents fully adopted and partially adopted this practice. Whereas, in case of right body posture while working nearly 10 per

Practices	Adoption status of practices/activities imparted under family resource management				(n=120)	
	Fully adopted		Partially adopted		Discontinued f (%)	Not adopted f (%)
	Before RAWE f (%)	After RAWE f (%)	Before RAWE f (%)	After RAWE f (%)		
Energy saving techniques						
Use of LED equipments	-	5(4.16)	12(10.00)	23(19.16)	-	80(66.66)
Use of solar equipments	-	-	-	4 (3.33)	-	116(96.67)
Use of energy star appliances	8(6.66)	20(16.66)	12(10.00)	40(33.33)	-	40(33.33)
Switching off the main plug when not in use	-	4(3.33)	-	8(6.66)	-	108(90.00)
Art and craft making						
Artificial flower making	-	-	-	12 (10.00)	-	108(90.00)
Candle making	-	6 (5.00)	14(11.66)	-	6(5.00)	94(78.33)
Painting on earthen pots	9 (7.50)	-	4(3.33)	-	6(5.00)	101(84.166)
Articles from newspaper/old fabrics	-	4(3.33)	-	47(39.16)	-	69(57.50)
Drudgery reduction						
Use of drudgery reducing tools	-	13(10.83)	4(3.33)	26(21.66)	-	77(64.16)
Arrangement of the kitchen	6(5.00)	12(6.66)	-	17(14.16)	-	85(70.83)
Labeling of containers in kitchen	-	5(4.16)	-	8(6.66)	-	107(89.16)
Right body posture while working	3(2.50)	11(9.16)	7(5.83)	12(10.00)	-	87(72.50)
Consumer Education						
Knowledge about consumer rights	-	-	-	-	-	120(100.00)
Knowledge about adulteration	-	6 (5.00)	4(3.33)	19(15.83)	-	91(75.83)
Knowledge about standard signs	-	-	-	-	-	120(100.00)
Knowledge about fraudulent practices	-	-	15(12.50)	27 (22.5)	-	78(65.00)

cent of the respondents partially (9.16 %) and fully adopted (10.60%) this practice.

Consumer education:

Consumer education is the process of gaining knowledge and skill needed in managing family resources and taking action to influence the factor that affect consumer decisions.

The findings of Table 2 depicts that none of the respondent had awareness about consumer rights and standard signs used for products like ISI, FPO, Hallmark etc. Majority of the respondents had not adopted knowledge regarding adulteration (75.83%) and knowledge about fraudulent practices (65.00). Only few of the respondents had partially adopted (22.5%) to check fraudulent practices during purchasing products from the market. However, some of the respondents (12.50%) were partially adopting few of the fraudulent practices before RAWE programme.

Hence, it can be concluded that respondents were not adopting solar equipments, knowledge about consumer rights and standard signs, Labelling of containers in kitchen besides being aware about benefits of these practices.

Extent of adoption of practices/activities disseminated under RAWE programme:

The results of extent of adoption of home science practices disseminated under different disciplines during RAWE is depicted in Fig. 1 and 2. It can be inferred from Fig. 1 that the extent of adoption of majority of respondents for Apparel and Textile Science (77.50%) was low. A close perusal of Fig. 1 elicits that, none of the respondent belonged to high level of adoption of Apparel and textile science practices and 22.5 per cent of the respondents had medium level of adoption. The data projected in the Fig. 2 indicates that 25.83 per cent

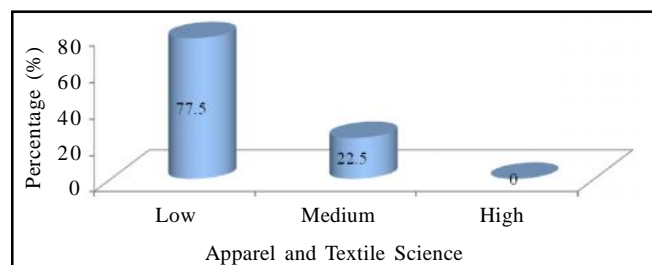


Fig. 1 : Distribution of the respondents according to extent of adoption of Apparel and Textile Science practices

of the respondents had medium level of adoption and none of the respondent was found in high level of adoption and majority of the respondent was found in low (74.16) level of adoption in Family resource management practices. The results are contrary to the findings of Nazir *et al.* (2012).

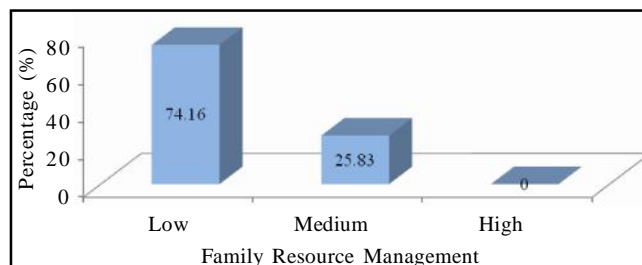


Fig. 2 : Distribution of the respondents according to extent of adoption of Family Resource Management practices

Conclusion:

Adoption status of home science practices by rural women was found to be low. So, there is a large scope for betterment of adoption rate of home science practices by rural women. Efforts should be made that majority of the technologies disseminated should be adopted by the rural women. Negligible number of respondents adopted practices such as consumer rights, therapeutic diet plan, adoption of solar equipments and awareness/counselling regarding various issues. Therefore, students and teachers under RAWE programme should create awareness regarding importance of these practices to rural women.

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