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Research Paper

Role of a women in nutritional gardening

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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 Shivdapur, Dabhasemar, (Ram lal pandit ka purva), Tonia (Chaudhary ka purwa) 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. Almostl 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

Table 1 : Awareness, interest and participation of women in nutrition gardening with respect to socio-economic status

Socio economical characteristics	Number of women	Awareness		Interest		Participation	
		Number	Per cent	Number	Per cent	Number	Per cent
Age							
19-27	17	07	41	02	12	01	6.0
28-36	28	20	71	03	11	01	0.00
37-45	52	35	67	20	38	10	19.0
> 45	3	3	100	3	100	01	33.0
Educational status							
Illiterate	44	26	59	8	18	05	11.00
Primary	31	19	61	11	35	03	10.00
Middle	10	07	70	03	30	03	30.00
High school	06	05	83	02	33	01	17.00
Intermediate	07	06	86	02	29	01	14.00
Graduation	02	02	100	02	100	-	-
Post Graduation	-						
Religion							
Hindu	95	63	66.0	27	28		
Muslim	05	02	40.0	01	20		
Christian	-						
Other religion	-						
Type of family							
Nuclear	95	62	65	25	26	11	11.58
Joint	05	03	60	03	60	02	40
Occupation of the master of the family							
Govt. services	07	4	57	03	43	01	14
Business	03	1	33	0	0	0	0
Non-Govt. service	10	3	30	01	10	0	0
Farming	46	36	78	22	48	10	22
Labour	34	21	62	02	06	02	6
Number of carning members in the family							
One	77	55	71	20	26	08	10
Two	13	05	39	5	38	03	23
More than two	10	05	50	3	30	02	20
Family income (Rs./ Annum)							
Below- 30000/-	30	-	-	-	-	-	-
30000-60000	50						
60000-90000	15						
90000- and above	5						

regard to the occupation of the master of the family, awareness, interest and participation were maximum in the farming family. Non-participation in nutrition gardening in all the groups was due to tradition, custom, culture, urbanization and modernization.

It is evident from Table 2 that the role of women in ploughing plant and seed treatments was nil. This is due to hard labour involvement in ploughing but in plant and seed treatments due to the lack of knowledge and awareness. This is in line of agreement with that reported by Srivastava and Singh in their study (2011). Non-participation in various agricultural activities due to drudgery faced in operations by farm women has also been reported by Singh *et al.* (2005) in their study from Madhya Pradesh. The role women in raising vegetable nursery was 10 per cent but in transplanting they showed hundred per cent involvement. Gogoi and Bhowmick (2003) also reported that in all vegetable crops, the major operations carried out by women was sowing and transplanting. With respect to irrigation, they used bucket and mug for the purpose not pipe. In fertilizer application,

Table 2 : Involvement of women in different activities

Pre-sowing and sowing operations		
1.	Ploughing	nil
2.	Land preparation	10
3.	Application of manure and fertilizers	100
4.	Seed treatment	nil
5.	Sowing of seed	100
6.	Plant treatment	nil
7.	Raising vegetable nursery	10
8.	Transplanting of vegetable nursery	100
9.	Preparation of compost and farm manure	10
Inter culture operations		
1.	Irrigation	
2.	Hoeing and weeding	10
3.	Fertilizer application	77
4.	Pesticides and weedicide application	10
5.	Scanning of birds, rodents and animals	54
Harvesting and post harvesting operation		
1.	Collection of harvested product	51
2.	Reaping the fruits and vegetable	54
3.	Storage of seeds	69
4.	Vegetable processing	40
5.	Fruit processing	10

they have shown their involvement 77 per cent. They used ash, cowdung for this purpose also. In fruit and vegetables processing, they have shown a good role. They were seen steamily involved in the preparation of murabba and papaya jam. Similar case had been shown with vegetable processing. They were involved in the preparation of pickles, chatani and drying of vegetables in the traditional manner. But they showed the scientific knowledge of vegetable drying. They were involved in the storage of vegetable seeds without proper scientific knowledge (Pandey 2004).

Conclusion:

A good percentage of women (65 %) showed the awareness for the nutrition garden, but only 28 per cent showed their interest and the participation was only 13 per cent.

Awareness and interest was 100 per cent in the women above 45 years old. Impact of education was positive on the awareness but such thing was not observed with respect to interest and participation. The study suggests that strategies should be planned to increase the participation of women in kitchen gardening. Youngsters should be encouraged for this work.

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