

Inconvenience in level and height of platform in kitchen

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■ **ABSTRACT** : A kitchen is a place used for food, preparation, cooking and storage. A well-designed kitchen can improve or work habits, increase efficiency and minimize the effort required to prepare meals. The health problems, which appear due to the posture, are generally chronic in nature. In view of the inconvenient height of platforms in the ancient and modern type kitchen majority of study participants reported that the major body related problems (Backache, pain in arm, headache etc.) were related to the posture. Height of the work surface should be adapted to the height of the homemaker, formerly body height regarded as important in determining work heights. However, knowledge point out those factors seems to be more fundamental than body height for a comfortable working height. Among these is the length of the arm, the height of the elbow, the abdominal and bust extension, the fullness of the upper arm and vision. Staid and Bratton Says. The height of the elbow is the important landmark for determining the desirable height of work surface for household tasks, Because of the need to maintain a posture and arm positions that avoid static work and the fatigue arising from it for stand work, plan the height of work surface so that it is 3 below the height of the elbow or slightly more depending on the activity. The parts of a work center, which most commonly contribute to poor posture, includes height of working surfaces of work counters or tabletops, stovetops, oven, frequently used shelves and drawers at improper heights, types and heights of work stools and chairs.

■ **KEY WORDS** : Height of platform, Kitchen, Homemakers

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The concept of western type kitchen must have taken birth when British came to India 'Our educated people who visited Britisher's houses, probably for the first time understood the importance of having water facility and food stuffs etc. at hand, Importance of standing kitchen was felt. Women education became popular day by day. They also started working outside the home. Then it was very important to minimize homemakers' time and energy devoted to household activities. Researches and studies showed the importance of standing kitchen.

Recently the term 'kitchen' has also come to mean just the array of cabinets and appliances for work with food. Manufacturers have their particular brands of 'kitchens' consisting of cabinets, counters and appliances.

Kitchen is the main work centre of the homemaker. A wall arranged kitchen give homemaker a lift in the morning and not tired at night.

On the other hand, in western countries homemakers cook food in less time without the help of servants. The credit goes to proper planning of kitchen where cooking is done in a standing position that simplifies everything.

(Harmon, 1986) A well designed kitchen can improve work habits, efficiency, and minimize the effort required to prepare food.

The maximum work areas identify the distance that can be reached while maintaining a balanced position, the distance represents the side to side reach of both arms with finger tips bent so that item can be grasped. The normal work area represents the distance reached without extension of the upper arm, with only the forearm extended.

The study proceeded with the selection of 300 samples, out of which 150 were selected who are working in modern kitchen. Purposive sample technique was used to fulfill the objectives of the present study. Firstly, women selected form

nuclear and extended family working in modern kitchen.

RESEARCH METHODS

Data were collected by the interview schedule. This is a technique of fieldwork, which is used to watch the behaviour of an individual or individuals and record statements. After the data collection the observation was made. The data generated during the present study were processes using various statistical tests with the aid of spss 18.0 statistical software. The data characteristics (descriptive statistics), such as mean, standard deviation, statistics error, frequency, percentage, minimum and maximum, etc. were determined. The comparative assessment was done using ‘z’ test. The significance level was chosen to be 0.05 (or equivalently, 5%) by keeping in view the consequences of such an error and to make the significance level as possible in order to protect the hull hypothesis and to prevent, as far as possible, form inadvertently arriving at false conclusions.

RESEARCH FINDINGS AND DISCUSSION

Table 1 shows the data pertaining to cause of inconvenience due to level of platform used by the respondents. For both types of kitchen, *i.e.* modern and ancient, a significantly high number of respondents indicated that the major cause of inconvenience was that the platform was higher. Data indicated that 65.3 per cent (98) respondents using modern kitchen and 86.7 per cent (130) respondents using ancient kitchen responded that the height of platform

was convenient for use, whereas; 34.7 per cent (52) and 13.3 per cent (20) respondents using modern and ancient kitchen, respectively reported that the height of platform was inconvenient for their use (Fig. 1).

Data of Table 1 also showed that according to 20.7% (31) respondents using modern kitchen and 8.7 per cent (13) respondents using ancient kitchen, more height of platform was the cause of inconvenience, whereas; according to 14 per cent (21) and 4.7 per cent (7) respondents using modern and ancient kitchen, respectively, the lower height of kitchen was the cause of inconvenience (Fig. 2).

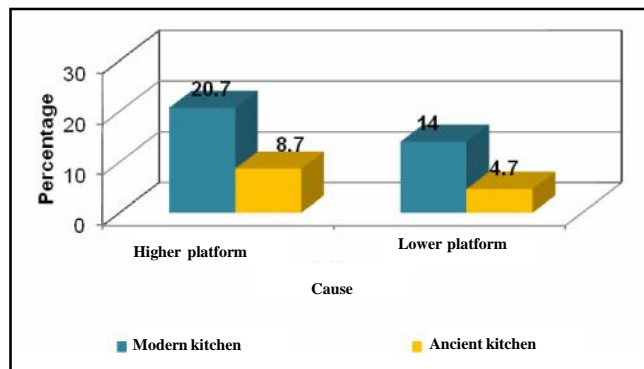


Fig. 2 : Cause of inconvenience

The height and level imbalance of platform results in to poor posture include changes in position of the joints, ligaments and muscles and in the location of the organs of the body. Faulty circulation results mainly from the cramping and crowding of the chest that prevents both the heart lungs from acting as freely as they should, lowers, and reduces the mobility of the diaphragm. A drooping posture permits relaxation of the abdominal muscles, allowing a further sagging of the organs. As the abdominal organs wag, they press upon the pelvic organs and interfere with their functions, leading to many disagreeable symptoms. It thought that the thoracic, abdominal and pelvic organs suffer from faulty nerve supply because of lack of tone of the muscles on the back. This shift in position affects the organs so extensively that they could not expect to function properly.

Sometimes youth may carry poor posture without any apparent derangement, but by the middle life the strain on muscle

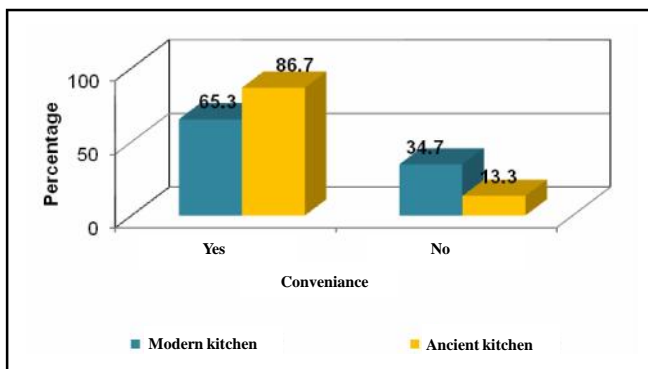


Fig. 1: Convenience due to height of kitchen

Table 1: Inconvenience in level and height of platform in modern kitchen											
cause of inconvenience	Level / convenience	Modern kitchen				Ancient kitchen				Total	%
		NF	JF	Total	%	NF	JF	Total	%		
Height of platform	Yes	52	46	98	65.3	62	68	130	86.7	228	76
	No	23	29	52	34.7	13	7	20	13.3	72	24
	Total	75	75	150	100	75	75	150	100	300	100
Level of platform	Higher	14	17	31	20.7	8	5	13	8.7	44	61.1
	Lower	9	12	21	14	5	2	7	4.7	28	38.9
	Total	23	29	52	34.7	13	7	20	13.4	72	100

and joints begins to tell and body functions may begin to fail. One of the earliest symptoms resulting from poor posture is a sense of fatigue out of all proportion to the work done.

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