

A STUDY ON ATTITUDE ASSESSMENT OF WOMEN TOWARDS KITCHEN GARDENING

Hemlata Saini¹, N. B. Chauhan² and J. B Patel³

1 Assistant Professor, Dept. of Agricultural Extension and Communication, BACA, AAU, Anand-388110

2 Red. , Professor & Head, Dept. of Agril. Ext. and Communication, BACA, AAU, Anand - 388110

3 Professor & Head, Dept. of Agricultural Extension and Communication, BACA, AAU, Anand-388110

Email: hlatahem@gmail.com

ABSTRACT

Food security is one of the leading issues of many nations globally. The magnitude of malnutrition necessitates the need for nutrition education. Kitchen gardening can play a significant role in improving food security for rural households as well as middle-class urban households in developing countries like India. The study was conducted in the Anand district of middle Gujarat. A total of 100 respondents were selected for the study. The ex-post facto research design was adopted. For measuring the attitude of women towards kitchen gardening, the scale developed by the department of agricultural extension and communication were used. Data were collected through personal interviews using the pre-tested structured interview schedule. The results of the study stated that about half (51.00 per cent) of the respondents had positive to highly positive overall attitude towards kitchen gardening.

Keywords: attitude, kitchen gardening, women

INTRODUCTION

A kitchen garden has numerous definitions. It is a more common French term; these gardens are meant to supply the household with some vegetables, fruits or herbs. When hearing the term “kitchen garden” it is easy to visualize a shelf full of little flowerpots containing a few herbs. This can include vegetables, fruits, berries, herbs and flowers. Kitchen gardens can be grown in the empty space available at the backyard of the house or a group of women can come together, identify a commonplace or land and grow desired vegetables, fruits, cereals etc., that can benefit the women and community as a whole (Bhimani *et al.*, 2020 & Soni *et al.*, 2020). Households and small communities take advantage of vacant land and contribute not only to their household food needs but also the needs of their resident city. This activity can also save our money and time and environment-friendly hobby for the whole family (Cheema, 2011). In low-income housing areas, kitchen gardens have proved a symbol of place, identity and sense of belonging for local low-cost flat residents (Ghazali, 2013).

Many social benefits have emerged from kitchen gardening practices, better health and nutrition, increased income, employment, food security within the household, and enhancement in community social life (Saran *et al.*, 2020). Apart from having a good amount of production of vegetables at the national level, the per capita availability in the diet is quite low in our country. The daily requirement of vegetables is around 300 gms as per ICMR but the availability

is very low. Food consumption mainly depends on production and distribution, determines the health and nutrition of the population (Gita, 2020). Many of the rural families used to grow vegetables in their backyards for their household consumption. But still, they lack in adequate consumption of vitamins and minerals because of the unorganized cultivation of vegetables. Keeping in view the importance of vegetables in daily diets and its low availability, the study has been conducted on the following objective:

OBJECTIVE

To measure the attitude of the women towards Kitchen gardening

METHODOLOGY

The study was conducted in Anand district of middle Gujarat. The Anand district comprises eight talukas out of which two talukas viz. Borsad and Anand were selected on the basis of higher area under vegetables. Subsequently, five villages from each selected taluka were randomly selected i.e. Anand, Navli, Vasad, Lambvel and Gamidi from Anand taluka and Ransol, Samarakha, Tarnol, Bedva and Ajarpura from Borsad Taluka. Using random sampling technique, equal numbers of respondents i.e., ten from each village were selected. A total of 100 respondents were selected for the study. The ex-post facto research design was adopted. For measuring the attitude towards kitchen gardening, the scale developed by Saini & Chauhan, (2017) were used. Data were collected through personal interviews using the pre-tested

structured interview schedule to bring out both qualitative and quantitative data.

RESULTS AND DISCUSSION

Attitude of women towards kitchen gardening:

Table 1: Distribution of respondents according to their overall attitude towards kitchen gardening
(n=100)

| Sr. No. | Category | Frequency | Per cent |
|---------|--------------------------------------|-----------|----------|
| 1 | Highly Negative (up to 19 score) | 11 | 11.00 |
| 2 | Negative (20 to 28 score) | 17 | 17.00 |
| 3 | Neutral (29 to 37 score) | 21 | 21.00 |
| 4 | Positive (38 to 46 score) | 35 | 35.00 |
| 5 | Highly Positive (More than 46 score) | 16 | 16.00 |

The result seen in Table 1 indicates that about half (51.00 per cent) of the respondents had positive to highly positive overall attitude towards kitchen gardening, while 21.00 per cent per cent of them were with a neutral

attitude, 17.00 per cent with negative and 11.00 per cent per cent of them with highly negative overall attitude towards kitchen gardening. The result discloses that majority of the respondents had positive to highly positive feelings towards kitchen gardening as an important area of nutritious feed for the family. The results are in line with the study results of Akter *et al.*, (2014) and Pooja and Geeta, (2021).

The result shown in Table 2 indicates that kitchen gardening positively or highly positively felt or considered as ‘a kitchen gardening helps in saving money (93.00 per cent)’, Its promotes greenery near residential areas (80.00 per cent), Kitchen gardening provides the opportunity to get fresh vegetables in all the seasons (77.00 per cent), Kitchen garden helps in promoting family fitness (59.00 per cent), Kitchen garden provides an opportunity to make a positive environmental impact (52.00 per cent), constructive approach to convert leisure time into productive one (48.00 per cent) and ideal medium to give the experience of nature to children (44.00 per cent). However, 48.00 per cent respondents think that kitchen gardening is hypocrisy than reality, Kitchen gardening promotes inter-personal conflict among family members (46.00 per cent), limited scopes of kitchen gardening (32.00 per cent), kitchen gardening is a tedious job (25.00 per cent). The findings are similar to the findings of Pooja and Geeta (2021).

Table 2: Statement wise attitude of women towards kitchen gardening (n=100)

| Sr. No. | Statements | SA | A | UD | DA | SDA |
|---------|--|----------------|----------------|----------------|----------------|----------------|
| 1 | Kitchen garden provides an opportunity to make a positive environmental impact. (+) | 32 (32.00%) | 20 (20.00%) | 17 (17.00%) | 16 (16.00%) | 15 (15.00%) |
| 2 | I visualize limited scopes of kitchen gardening. (-) | 16 (16.00%) | 16 (16.00%) | 36 (36.00%) | 24 (24.00%) | 8 (8.00%) |
| 3 | Kitchen gardening provides opportunity to get fresh vegetables in all the seasons. (+) | 36 (36.00%) | 41 (41.00%) | 10 (10.00%) | 8 (8.00%) | 5 (5.00%) |
| 4 | I think kitchen gardening is tedious job. (-) | 07 (7.00%) | 18 (18.00%) | 25 (25.00%) | 37 (37.00%) | 13 (13.00%) |
| 5 | I think kitchen gardening helps in saving money. (+) | 36 (36.00%) | 57 (57.00%) | 05 (5.00%) | 02 (2.00%) | 00 (0.00%) |
| 6 | Kitchen gardening is hypocrisy than reality. (-) | 28 (28.00%) | 20 (20.00%) | 12 (12.00%) | 24 (24.00%) | 16 (16.00%) |
| 7 | Kitchen gardening is an ideal medium to give experience of nature to children. (+) | 16 (16.00%) | 28 (28.00%) | 16 (16.00%) | 16 (16.00%) | 24 (24.00%) |
| 8 | Kitchen gardening promotes inter-personal conflict among family members. (-) | 13 (13.00%) | 33 (33.00%) | 17 (17.00%) | 09 (9.00%) | 28 (28.00%) |
| | Kitchen garden helps in promoting family fitness. (+) | 27 (27.00%) | 32 (32.00%) | 37 (37.00%) | 03 (3.00%) | 01 (1.00%) |
| | Kitchen garden promotes greenery near residential areas. (+) | 15 (15.00%) | 65 (65.00%) | 13 (13.00%) | 03 (3.00%) | 04 (4.00%) |
| | Kitchen gardening is constructive approach to convert leisure time in to productive one. (+) | 28 (28.00%) | 20 (20.00%) | 08 (8.00%) | 24 (24.00%) | 20 (20.00%) |

CONCLUSION

Nutrition is considered critical for women. Nutrition is input into development especially economic development and its neglect would adversely impact health, cognitive development. From the above findings, it can be concluded that most of the women had a favourable attitude towards kitchen gardening. It also indicates that efforts are needed to maintain the attitude status of women towards kitchen gardening. Hence, kitchen gardening along with nutrition intervention will improve the nutritional security in rural livelihoods, but the approach is normally slow and results are achieved over a long period of time.

CONFLICT OF INTEREST

The authors of the paper declare no conflict of interest

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