

Home Science: An education for better living

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Abstract: Home Science is an art as well as a science; it helps everyone to lead a happy and satisfying personal and social life and also to develop qualities of good citizenship. Home Science can take a prominent role in developing good individuality and a good sense of personality in a person. The modern concept of this subject is to bring up homes where peace, prosperity and progress prevail. Unlike other subjects, it is a practical science one applies in everyday life. As a practical subject it offers maximum opportunity to express one's ability to take up things and develop leadership qualities. Home science education develops qualities needed for responsible citizenship; it can be defined as education for better living. On the whole, the goals of this subject can be spell out as for prosperous living and achieving the highest happiness.

Keywords: foods & nutrition, textiles, home management, extension education.

Introduction: Home science is referred world over by different names. But, in terms of content nature and view point they are all similar. The names given to it are Domestic Art, Household Science, Household Art, Household Economy, Household Administration and Euthenics. In America it is termed as Home Economics, in Britain and India as Home Science. The science of the home is concerned with the maintenance and enhancement of human relationship through the development and judicious use of all available human and material resources to achieve a maximal satisfying life for all members of the family. One factor which has influenced the concept of home science is the awakening of women's issues (Nidhi Sharma, 2016). It can be derived as "application of scientific knowledge in a systematic manner towards improving the quality of home and family life. Traditionally, the field of home science involves five areas, namely

- Foods and Nutrition
- Human Development and Childhood studies
- Resource management and design applications
- Fabric apparel sciences
- Development communication and extension

All these areas have their specific content and focus that donate to the study of the individual and the family in Indian sociocultural context. Home Science equips the future citizens with relevant knowledge, competencies and prepares them to become efficient custodians of the nation's future (Lokita Gupta, 2016).

Foods and Nutrition: Good physical strength can be made possible by good eating. Both quality and quantity of food should be considered. Dietetics is the science of nourishing that deals with the adequacy of diets during normal life cycle and modifications required during diseased conditions (B. Srilakshmi, 2005). Knowledge of good nutrition and diet is essential for teachers, health professionals, administrators and students of health sciences. Purpose of studying foods and nutrition is given below

- Recognizing the interrelationship of food, nutrition and health
- Planning and preparing balanced meal as per nutritional requirement
- Planning and preparing therapeutic meals for the sick

Human Development and Childhood studies: There are four major spurs to studying children scientifically, the solution of some practical problem, an attempt to prove or disprove the traditional beliefs which have served as guidelines for rearing children, theories about different and testing evidence from scientific studies (Elizabeth B. Harlock, 2005), The main purpose of studying the development of children is to know and understand them better. The need and importance of studying principles of development is because,

- Knowing about developmental patterns for different age groups helps us to know what to expect from a child and when to expect.
- Knowing what to expect at a particular age group helps in knowing about the standards or norms.
- If parents and teachers are aware they can guide the children accordingly from one stage to another.

Resource management and design applications: Home management is a practical science. In this subject, managing shows some degree of competence. Thus a home in which goals are being attained with some degree of satisfaction may be considered a well-managed home. Management implies making the best use of available material and human resources. It consists of series of decision making up the process of using family resources to achieve family goals.

- Becoming a consumer conscious individual
- Wisely managing family income and expenditure
- Recognizing the need for saving money and making investments
- Adopting work simplification measures for overcoming fatigue and managing time and energy
- Recognizing the mutual relationship between space organization and aesthetics
- Optimally utilizing and conserving energy sources around you
- Developing eco-friendly consciousness
- Developing aptitude for work ethics and ethical standards in daily living

Fabric apparel sciences: Clothing plays an important role in social interactions. In interacting to another person and forming an impression, clothing plays a very significant role. Clothes affect the action of wearer. We do perceive people differently because of their clothing and grooming, but, this may vary with the viewer, his acquaintance with the subject and the situation in which he perceives the individual. Our primary needs are foods, clothing, shelter and energy. Textiles serve the clothing requirements of the individual, the home and the country.

In order to gain a better understanding of the place of textiles in our lives, we need to view the field in relation to India's total planning process and the objectives envisaged for the socio-economic development of our country. Over the past few decades, a new textiles world has emerged. New fibres, new fabrics and new finishes make new demands for understanding and evaluation. With the help of this subject we can achieve these objectives:

- Wisely selecting fabric for different end uses
- Getting acquainted with different textile finishes and using simple techniques for fabric enrichment
- Wisely selecting and maintaining clothing and textiles

Development communication and extension: It combines both adult education and informal education. It is concerned with educating adults, i.e. farmers or home-makers, not in the letters and alphabet, grammar or language but, in the techniques of raising better crops, better animals, better fruit trees, management practices followed at home in amore efficient way, taking care of the nutrition of the family, etc. The concept and philosophy, discipline and profession and theory and practices in the field of extension education have gone in to revolutionary changes in the last decade, almost all over the world (Dahama and Bhatnagar, 2009). Home science extension education was started in late 30's of 20's century with the following objectives:

- To bring about desirable change in the human behaviour, this includes change in knowledge, skill and attitudes.
- To make the people aware that kitchen gardening and small scale industries are a profitable professions.
- To create an environment for rural people so that they can show their talent, leadership and efficiency.
- To provide latest technical know-how to the farm wives with the fact and figures in the shortest time.
- To provide appropriate solution of their problems.
- To bring the scientist close to the farmers.

Trends in research in home science: Home Science includes various disciplines like resource management, human development and family studies, foods and nutrition, clothing and textiles and extension-education. Thus it reveals that though these branches are treated separately, they are inter-reliant studies of the different aspects of the same object, viz., and human being. Home science research is a systematic method of exploring, analysing and intellectualising the human behaviour in order to improve the quality of life. Its functions are varied. They are:

- Innovation of new facts and their interpretation.
- Diagnosis of problems and their analysis.
- Systemisation of knowledge.
- Prediction and control over social phenomena.
- Policy formulations for further development.
- Social welfare.

Now there is a vigorous methodological innovation, which was lacking in the past. Home science research is throwing up light on valuable background data from which the planner can make his own assessment of the prevailing situation. In the last two decades funds have been made available on an increasing scale to support social science/ home science research by University Grants Commission, Indian Agriculture Research Institute, Indian Council for Agricultural Research, State Government Bodies, and Voluntary organisations.

Importance of Home Science:

- Changes efficient scientific attitude towards work
- Simplifies avoidance of wastage
- Develops skills in students and house wife's
- Helps in training healthy citizens.
- Grow an eye for beautification

- Can deal with minor illness and emergencies with empathetic and appropriate action
- Knowledge of child development, nutrition, etc. helps them to impart this knowledge to less privileged ones.

Conclusion and Suggestions: Probably no profession calls for such varied talents as home science does. Today's home science education is not confined to strengthen of home and family life only, it is an education aimed at national building. It has a vital contribution to human development, better living and national well-being. The dietary habits of home science teenagers are better than non-home science teenagers (PallaviYadav, et al; 2017).

It offers numerous job opportunities, career options from teaching to working in research institutions are well known, but there are other areas one can work in too such as, laboratories that ensure food, safety and quantity, companies that conduct research on new food products, food auditing, food and nutrition consultants in hospitals, hotels, In boutique as a fashion designer, in school as a counsellor, wellness centres, corporates as well as agencies or entrepreneur are other option. Probably no profession calls for such varied talents as home science as Home Science does (ArtiSinha and RitiAggarwal, 2015). Home science is not just cooking or stitching but global perspectives and behaviour change. The limitless scope that it offers is hard to explain in one write up.

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