
Title : Awareness Regarding Healthy Cooking Practices and Personal Hygiene amongst Working and Non Working Women of Dantiwada Taluka, Gujarat

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Introduction:

Women play a versatile role both at home and in their professional life. Working women not only play crucial role in economy generation but also have the ability to carry the burden of their family, by keeping them healthy by giving nutritious food through cooking at household level. The health and well being of a family totally depends upon the education, occupation and awareness of the women. Therefore, the present study was conducted to understand personal hygiene and promotion of healthy cooking practices amongst working and non working women in Dantiwada Taluka of Banaskantha, Gujarat.

Methodology:

The present study was carried out in villages of Dantiwada taluka of Banaskantha district of Gujarat. Six (6) villages were randomly selected. Two groups were purposively selected i.e. working and non- working women. Out of each village 10 working and non working respondents were selected randomly. Total sixty (60) respondents were selected for the study. Survey and questionnaire methods were used for the study purpose. Variables considered for the study were: Age, religion, Socio-economic status, Literacy rate, type of family and house, occupation, personal hygiene, healthy cooking practices and kitchen waste removal practice followed by women. Data were analyzed by Microsoft Excel and statistic (Rangaswamy, 2010).

Result:

A comparison study was done between the working and non working group of women. It was seen that working women are more concerned and having a good personal hygiene and cooking practices than the non- working women group. They were using those cooking methods which help in conserving the nutrients in cooked food. But some of non working women were also having good cooking practices as they possess high education level and they were aware of the healthy habits due to media exposure.

Conclusion:

The study concludes that, women with high education and balanced socio economic condition were more aware about the hygiene practices of themselves as well as the family members. They were using advanced and right cooking methods for preparing food. As the women are exposed to outer world so, they are gaining more knowledge about the nutrition and healthy habits.

Reference:

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