



An Observational Study to Assess Level of Practice on Kitchen Gardening Among Women in Rayapalem, Nellore.



Ms. K. Mounika,
M.Sc (N) Student
Narayana College of Nursing,
Chinthareddypalem, Nellore.

Abstract: Kitchen gardening is world wisdom, that we should eat our greens. That is the way to health, and if we grow our greens, we will have good health and happiness. Whenever take up any creative activities, these are bound to be happy. Kitchen gardening add so much spice to elders. It emphasis on the importance of garden produce for good diet, well before doctors started advising us about vitamins, minerals and fibers. These play an important role in health through the prevention of heart diseases, cancer and diabetes. **Objectives:** To assess the level of practice on kitchen gardening among women and to find out the association between the level of practice on kitchen gardening among women and socio demographic variables. **Materials and methods:** Quantitative approach was adopted to assess the level of practice on kitchen gardening among women in Rayapalem, Nellore. The sample for the present study was 100 women's. Non probability convenience sampling technique was adopted for this study. Observation Check list was used to assess the level of practice on kitchen gardening among women and it was analyzed by using descriptive and inferential statistics. **Result:** Shows that the level of practice on kitchen gardening among 100 women's, 86(86%) have good practice. There was a non-significant association with age, religion, education, occupation, place of residence and There was a significance association with marital status, diet, type of family and income at the level of $p=0.05$. **Conclusion:** The study concluded that majority of house hold women 86(86%) had good practice on kitchen gardening among women in Rayapalem, Nellore. **Keywords:** Practice, kitchen gardening, women.

Introduction:

Health is a precious possession and an assist the individual, family, community and even the nation's socioeconomic and cultural development. Health as such is not static. It is a dynamic state which exists on a continuum from optimum health to death. It gets influenced by various factors related to biology, lifestyle, environment and resources. People need to adopt and modify various factors to sustain a state of

equilibrium and there by promote, protect, regain and maintain their health.

A kitchen garden is where herbs and vegetables are grown around the households use. Since early times a small plot near the house has been used for growing a variety of vegetables as per the season. Local varieties such as Radish, Chilies, Beans, Pumpkins, brinjal, Onions, Potato are grown in the kitchen garden.



Benefits for the kitchen garden to grow healthy, fresh vegetables and herbs, to save the cost of buying vegetables and herbs. Waste resources such as sweepings, kitchen waste and dirty water can be recycled onto the garden. Waste land around the house can be made productive. It's very important to have healthy diet, to stay healthy. A healthy diet means a balanced mix of Rice, pulses, bread; vegetables are the very important part of a good diet as they contain various nutrients for many body functions. For growing energy and protection against disease. Vegetables are especially important for the younger, pregnant and nursing women.

All farmers know that without fertility of soil, crops won't grow. But fertility can be as limited as water. If there is not enough compost for the field crops, its cant be taken and used for the kitchen garden .so kitchen garden needs to be self-reliant for fertility. Sweeping pits, liquid manure, mulching, green manures, legumes and other sources.

Need and Significance for the study

National wealth and strength depend upon Nations health. Food is the foundation of good health. Ensure good nutrition for the children, good health for the future generation.

The world wide, in 1971 year after Mother earth news was published, 25 million households, 39% of the American families were raising some of their own vegetables. That number quickly raised by 1981, 38 million, 47% almost half of our Nation's households were gardening. Then, however the number started to drop by the year 1985, about 33 million households 37%.

As per Economic Times, 2010, the nation's wide Thiruvananthapuram thaliyal colony, 75 families have begun to grow vegetables, it also says about their organic kitchen garden begins at city homes. In West

Bengal one of the key vegetables producing state in the country. Builders are producing special roof garden vegetables at house wives are attending classes on horticulture. The United nations estimate that urbanization in India will increase from 31% to 41% by 2025. The national horticulture says that, importance of urban agriculture will increase year by as transportation cost keep increasing.

There is often no tradition of kitchen gardens, many people can't grow the vegetables they need for the good diet or they spend lots of money on vegetables. So, researchers have the in trust to do study on kitchen gardening, to raise the health status of the people through the cultivation of vegetables at home.

Problem statement: "An observational study to assess level of practice on kitchen gardening among women in Rayapalem, Nellore".

Objectives:

- To assess the level of practice on kitchen gardening among women.
- To find out the association between the level of practice on kitchen gardening among women and socio demographic variables.

OPERATIONAL DEFINITIONS:

Kitchen Garden: The method of cultivation of vegetables, fruits, herbs are grown for domestic use.

Women: Women who are residing in Rayapalem at Nellore.

Material and Methods:

Quantitative approach was adopted to assess the level of practice on kitchen gardening among women in Rayapalem, Nellore. An observational study was used for the study. 100 women were selected by using nonprobability convenience sampling technique. The study was conducted in Rayapalem. Rapport was established with self introduction and written consent was obtained from the participant, to participate in



the study. Data was collected by using observational check list on kitchen gardening among women.

Criteria for sample selection:

Inclusion Criteria: The women who are,

- Residing in Rayapalem at Nellore.
- Present at the time of data collection.

Exclusion criteria: The women who are not,

- Willing to participate in the study

Description of the tool:

Part - I: Socio demographic data such as age, religion, education, occupation, income, place of residence, type of family, marital status, diet.

Part - II: Consist of observational checklist with 25 items to determine the level of practice on kitchen gardening among women.

Scoring key: Scoring system was developed by each '1' mark for correct answer and wrong answer is give as '0', total score is 25.

Scoring interpretations:

Grade	Score
Good	25-18
Average	18-13
Poor	12-1

Data Collection Procedure:

Formal permission was obtained from medical officer at Rayapalem. Data collection was collected from 20-3-2017 to 24-3-2017. 100 women were selected by using non-probability convenience sampling technique. Written consent was obtained from the subjects by assuring confidentiality. With minimum of 6 subjects per day from 9am -12pm. Observation Check list was used to assess the level of practice on kitchen gardening among women. It was taken 30 minutes to complete the checklist from each subjects. The data is analyzed in terms of objective of the study by using descriptive and inferential statistics

Results and Discussion

Table-1: Frequency and percentage distribution of level of practice on kitchen gardening among women: (N=100)

Level of practice	Fre(f)	Per (%)
Good	86	86
Average	14	14
Total	100	100

Table 1: Refers to level of practice on kitchen gardening among women, 86(86%) have good practice and 14(14%) have average practice on kitchen gardening.

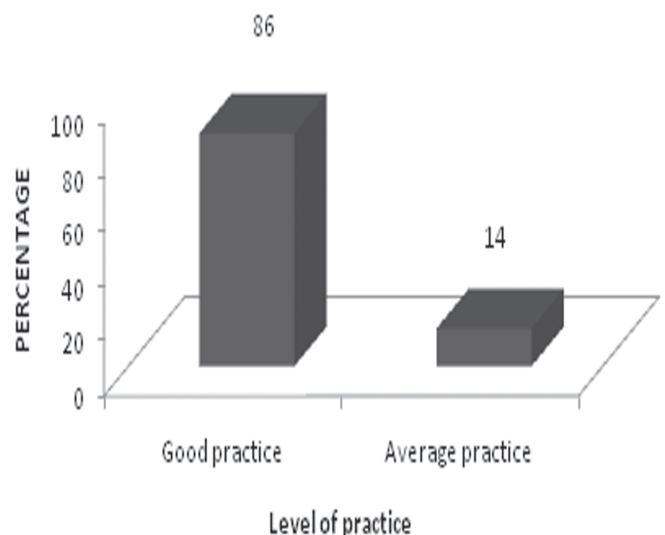


Fig-1:Percentage distribution of level of practice on kitchen gardening.

Table 2: Mean and standard deviation of level of practice on kitchen gardening among women. (N=100)

Criteria	Mean	SD
Level of Practice on kitchen gardening	18.16	1.73

Table-2: Refers to mean score of level of practice on kitchen gardening among women is 18.16 and standard deviation was 1.73.



Table-3: Association between the level of practice on kitchen gardening among women with selected demographic variables. (N=100)

Table.No-3: Shows that here is a non-significant association with age, religion, education, occupation, place of residence and significant association with marital status, diet, type of family and income.

Demographic Variables	Good Practice		Average Practice		Chi-Square
	f	%	f	%	
Age					C=5.69
a) 20-25 years	12	12	3	3	Df=3
b) 26-30 years	26	26	2	2	T=7.82
c) 31-35 years	24	24	5	5	P<0.05
d) 36-50 years	24	24	4	4	NS
Religion					C=6.63
a) Hindu	75	75	12	12	Df=2
b) Muslim	1	1	1	1	T=5.99
c) Christian	10	10	1	1	P<0.05; NS
Education					C=7.34
a) Primary Education	10	10	3	3	Df=4
b) Secondary Education	27	27	1	1	T=9.49
c) Higher Education	29	29	4	4	P<0.05
d) Graduate	16	16	6	6	NS
e) Post Graduate	4	4	-	-	
Occupation					C=5.002
a) Unemployer	39	39	8	8	Df=4
b) Coolie	4	4	-	-	T=9.49
c) Private Employer	37	37	5	5	P<0.05
d) Govt. Employer	4	4	-	-	NS
e) Business	2	2	1	-	
Income					C=0.715
a) Rs.1500	3	3	-	-	Df=1
b) Rs.1501-2000	-	-	-	-	T=3.84
c) Rs.2001-3000	-	-	-	-	P<0.05
d) Rs.3001-4000	-	-	-	-	S*
e) Rs.>5000	83	83	14	14	
Place of residence					C=0.137
a) Urban	82	82	13	13	Df=1; T=3.84
b) Rural	4	4	1	1	P<0.05; NS
Marital status					C=12.97
a) Married	74	74	12	12	Df=1; T=10.83
b) Unmarried	12	12	2	2	p>0.001
c) Widow	-	-	-	-	S***
Type of family					C=17.20
a) Nuclear family	63	63	10	10	Df=2
b) Joint family	12	12	2	2	T=13.82; P>0.0
c) Extended family	11	11	2	2	01
					S***
Diet					C=13.34
a) Vegetarian	12	12	4	4	Df=1; T=10.83
b) Non vegetarian	74	74	10	10	p>0.001; S***



Discussion: The result of the study shows that the level of practice on kitchen gardening among women, 86 (86%) have good practice and 14(14%) have average practice on kitchen gardening. Mean value of kitchen gardening among women mean is 18.16 and standard deviation is 1.73. There is a non-significant association with age, religion, education, occupation, place of residence and there is a significance association with marital status, diet, type of family and income at P=0.05.

Conclusion:

The study concluded that most of the household women 86(86%) had good practice on kitchen gardening in Rayapalem, Nellore.

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