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Dr. Jayashree S
Associate Professor, College of
Agriculture, Shivamogga,
Karnataka, India

Maruthesha AM
Assistant Professor, Agricultural
and Horticultural Research
Station, Kathalgere, Karnataka,
India

Bhagirathi L
Professor, College of Forestry,
Ponnampet, Karnataka, India

Basavarajappa Bhogi
Assistant Professor, Zonal
Agricultural and Horticultural
Research Station, Navile,
Shivamogga, Karnataka, India

Corresponding Author
Dr. Jayashree S
Associate Professor, College of
Agriculture, Shivamogga,
Karnataka, India

Role of women in nutrition gardening

Dr. Jayashree S, Maruthesha AM, Bhagirathi L and Basavarajappa Bhogi

Abstract

The survey was conducted in three villages of Shivamogga taluk viz., Abbalagere, Kommanalu and Sugur. Hundred women were selected to know the role of women in gardening and also to elicit information on awareness, interest and participation of women in nutritional gardening. Higher percentage of women in the age group of 31-40 years had awareness, interest and also participated in nutritional gardening. Awareness, interest and participation were more in the female belonging to nuclear family. No women involved in ploughing, seed treatment, plant treatment, fertilizer application and pesticides and weedicides application. 100 per cent of women showed interest in sowing of seed, raising vegetable nursery and also in collecting harvested product. Around 80 per cent of women applied manures and fertilizers, involved in preparing compost and farm manure and also in reaping fruits and vegetables. Around 54 per cent women involved in watering the plants, 50 per cent in storage of seeds, 24 per cent in land preparation, 22 per cent in hoeing and weeding. It is interesting to note 25 per cent of women involved in fruit and vegetable processing.

Keywords: nutrition garden, interest, awareness, participation

Introduction

Cultivation of crops by gardening in a systematic manner in small pieces of land available in households is known as nutrition garden. The nutrition garden ensures access to healthy diet with adequate micro and macro nutrients at door step. Nutrition garden is primarily intended for continuous supply of fresh fruits/vegetables for family use. Nutrition garden /kitchen garden is a technology which enables us to grow bacteria free vegetables at home providing a good use of empty tins, old utensils and clay flowerpots. This activity not only save time and money but also can provide a healthy, useful and environment friendly hobby for whole family (Cheema. K.J, 2011). The study was conducted to know the role, participation, attitude and interest of women towards nutrition gardening and use scientific approaches in nutrition gardening.

Materials and Methods

A survey was conducted in three villages of Shivamogga taluk viz., Abbalagere, Kommanalu and Sugur. Respondents comprised of 100 women from three villages. The data were collected through structured questionnaire personally. The collected data was tabulated and analysed systematically using suitable statistical analysis.

Results and Discussion

Awareness, Interest and participation of women in nutritional gardening with respect to socio economic status is presented in table 1.

It is clear from the table that majority of the women belonged to age group of 19-30 years followed by 31-40 years, 41-50 years and >50 year age group. Around 55 per cent of women were illiterate followed by women who had only primary school education (32%), high school education (10%) and only three per cent of women were degree holders. Majority of women (85 %) belonged to nuclear family and 15 per cent of women belonged to joint family. It is interesting to note 32 per cent of women head of the family were in government service. However, 64 per cent of women belonged to farming community and two per cent were labourers.

With regard to awareness, interest and participation for nutritional gardening, a higher percentage of women in the age group of 31-40 years had awareness, interest and also participated in nutritional gardening. It is evident that a higher per cent of women who had primary school education had awareness, interest and also participated in nutritional gardening

gardening higher per cent of nuclear family women had awareness, interest and participated in nutrition gardening. Education had a positive impact on nutrition gardening. Awareness, interest and participation were more in the female

belonging to nuclear family. Non participation in nutrition gardening may be due to urbanization and modernization. Involvement of women in nutrition gardening is depicted in table 2.

Table 1: Awareness, interest and participation of women in nutritional gardening with respect to socio economic status.

Sl. No	Socio economic characteristics	No of women	Awareness		Interest		Participation	
			No	%	No	%	No	%
A.	Age(Years)							
	19-30	56	40	71.43	35	62.50	30	53.60
	31-40	22	20	90.91	15	68.18	12	54.54
	41-50	12	09	75	08	66.67	04	33.33
	>50	10	02	20	02	20	01	10
B.	Educational status							
	Illiterate	55	35	63.64	32	58.18	21	38.18
	Primary school education	32	26	81.25	20	62.50	18	56.25
	High school education	10	08	80	07	70	07	70
	Degree	03	02	66.67	01	33.33	01	33.33
	Post draduation	-	-	-	-	-	-	-
C.	Religion							
	Hindu	85	64	75.29	55	64.71	43	50.59
	Muslim	15	07	46.67	05	33.33	04	26.67
	Christian	-	-	-	-	-	-	-
	Other religion	-	-	-	-	-	-	-
D.	Type of Family							
	Nuclear	85	64	75.29	55	64.71	42	49.41
	Joint	15	07	46.67	05	33.33	05	33.33
E.	Occupation of the head of The family							
	Govt service	32	32	100	30	93.75	18	56.25
	Business	02	01	50	01	50	-	-
	Farming	34	38	59.38	29	45.31	29	45.31
	Labour	02	-	-	-	-	-	-

Table 2: Involvement of women in different activities

Different operations	% in volvement
Presowing and sowing operations	
1. Ploughing	Nil
2. Land preparation	24
3. Application of manures and fertilizers	80
4. Seed treatment	-
5. Sowing of seed	100
6. Plant treatment	-
7. Raising vegetable nursery	100
8. Transplanting of vegetable nursery	100
9. Preparation of compost and farm yard manure	80
Inter culture operations	
1. Irrigation	54
2. Hoeing and weeding	22
3. Fertilizer application	Nil
4. Pesticides and weedicides application	Nil
5. Scanning of birds, rodents and animals	35
Harvesting and post harvest operations	
1. Collection of harvested product	100
2. Reaping the fruit and vegetable	80
3. Storage of seeds	50
4. vegetable processing	25
5. Fruit processing	25

It is noticed that no women involved in ploughing, seed treatment, plant treatment, fertilizer application and pesticides and weedicides application. This may be due to drudgery involved in performing the tasks. However, 100 per cent of women showed interest in sowing of seed, raising vegetable nursery and also in collecting harvested product. Around 80 per cent of women applied manures and fertilizers, involved in preparing compost and farm manure and also in reaping

fruits and vegetables. Around 54 per cent women involved in watering the plants, 50 per cent in storage of seeds, 24 per cent in land preparation, 22 per cent in hoeing and weeding. It is interesting to note 25 per cent of women involved in fruit and vegetable processing. Srivastava and Singh (2011) ^[4], in their study also indicated that women did not involve in ploughing as hard labor is involved. Non participation of women in agricultural activities due to drudgery has also been reported by Singh *et al.* (2005) ^[3]. Gogoi and Bhowmick (2003) ^[1] also reported that in all vegetable crops major operations carried by women were sowing and transplanting. Pandey (2004) ^[2] has said women were involved in storage of vegetable seeds without scientific knowledge.

Conclusion

Awareness, interest and participation were more in the female belonging to nuclear family. Non participation in nutrition gardening may be due to urbanization and modernization. 25 per cent of women involved in fruit and vegetable processing. 100 per cent of women showed interest in sowing of seed, raising vegetable nursery and also in collecting harvested product. Around 80 per cent of women applied manures and fertilizers, involved in preparing compost and farm manure and also in reaping fruits and vegetables. Around 54 per cent women involved in watering the plants, 50 per cent in storage of seeds, 24 per cent in land preparation, 22 per cent in hoeing and weeding.

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