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Impact of K.V.K.'s trainings for nutritional kitchen garden on behaviour of rural women

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Abstract

A balanced food has been always high on human agenda. However, due to poor economic condition, rural women are unable to purchase fruits & vegetables from market for their daily dietary need. This is resulted in poor health and imbalance nutritional status of farmers, farm women and children. Kitchen gardening can play an imperative role for rural families to recover diversified vegetables in their daily diet as well as to combat malnutrition prevailing among rural families. In this reference, K.V.K., Raebareli has given trainings and demonstrations to rural women on Nutritional kitchen garden. After trainings and demonstration, impact of these trainings programs and demonstrations on behavior of rural women was assessed in terms of their knowledge regarding various aspects of kitchen gardening, attitude towards kitchen gardening and skill of developing and managing kitchen garden. Total 120 rural women, 60 trained rural women and 60 untrained rural women of district Raebareli were selected purposively for the study. Data were collected through personal interview method. Results suggest positive impact of K.V.K.'s. trainings related to nutritional kitchen gardening on knowledge, skill and attitudes of farm women as well as vegetables intake in their daily diet. Thus on the basis of findings of the study it can be concluded that KVK had significant impact in improving health status of rural families through changing their behavior by imparting trainings on nutritional kitchen garden.

Keywords: Balance food, nutritional status, trainings, farm women, kitchen garden

Introduction

Training is a planned communication process caused development to bringing desirable changes in behaviour. Training of farmers has been considered as a critical input for accelerating agriculture production and transfer of technical know-how from the core of the process of agricultural development. To make training of farmers more effective and easier Indian Council of Agriculture Research establishes Krishi Vigyan Kendra in 1974 at Pondicherry. The main purpose of KVK has been imparting training, technology evaluation, impact assessments, and demonstration of technology at farmer's field. It is important to the impact of training programs imparted by these KVKs on adoption behaviour of respondents. Knowledge may be defined as those behaviour and test situations, which emphasize upon memorization the remembering, either by recognition or recall of ideas. One of the main tasks of Krishi Vigyan Kendra is to provide and improve the level of knowledge of the trainees about the improved farm practices, because knowledge is cognitive component of individual's mind and plays an important role in covert as well as overt behavior. Therefore the individuals with a greater technical knowledge of improved practices would lead to a high adoption possibly because knowledge is not inert. Once knowledge is acquired and retained, it undergoes and produces changes in the thinking process and of mental alchemy (Gupta and Verma, 2013) [2]. The impact of KVK training has also promoted the farming community to do their jobs much quickly and easier and that they were highly motivated and energized as well as satisfied with the acquaintance of new skill, knowledge and attitudes Jaiswal *et al.* (2019) [3].

With increasing contribution of women in agriculture such as by it is time that such legislations and institutional reform in agriculture are addressed. Government role along with different institutions like State Agriculture Universities and NGOs are found crucial to develop women capabilities and skills through its training programme and other initiatives (Singh., *et al.* 2020) [6]. The rural farm women have multifarious roles which demand more time and effort. Gender equality in matters of economic social and political significance is a fundamental right guaranteed by our constitution.

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Importance of nutritional food is known to human community for time immemorial. A balanced food has been always high on human agenda.

However, due to poor economic condition, rural women are unable to purchase fruits & vegetables from market for their daily dietary need. This is resulted in poor health and imbalance nutritional status of farmers, rural women and children. The diets of around 2 billion people remain deficient in minerals and vitamins (FAO 2012) [1]. Together with hunger, malnutrition is a key constraint to human health in developing countries. Improving nutrition requires the adoption of balanced diets consisting of a diverse range of food products as no single food item contains all the necessary nutrients required for a healthy life. Fruits, vegetables, and pulses are key dietary components rich in micronutrients and plant proteins. Unfortunately, the consumption of fruits and vegetables in developing countries generally falls short of the recommended amount of 400 g/day (WHO/FAO 2003, Keatinge *et al.* 2011) [8, 5]. Kitchen gardening can play an imperative role for rural families to recover diversified vegetables in their daily diet as well as to combat malnutrition prevailing among rural families. Tarwotjo *et al.* (1982) found that consumption of dark-green leafy vegetables (available in kitchen gardens) was correlated with a lower incidence of corneal disease in Indonesia (Tarwotjo *et al.*, 1982) [7]. In another study it is reported that Food based nutrition interventions, including kitchen gardens and nutrition education, offer a potentially sustainable approach to reducing multiple nutritional deficiencies (Jones *et al.*, 2005) [4]. In this reference, K.V.K., Raebareli has given trainings and demonstrations to rural women on Nutritional kitchen garden. After trainings and demonstration, impact of these trainings programs and demonstrations on behavior of rural women were assessed in terms of their knowledge regarding various aspects of kitchen gardening, skill of developing and managing kitchen garden and attitude towards kitchen gardening.

Objective of the study

To assess impact of KVK's trainings and demonstrations on knowledge, Skill and attitude of rural women.

Materials and Methods

Total 120 rural women, 60 trained rural women and 60 untrained rural women of district Raebareli from four villages

namely Kodarjahanpur, Atarthariya, Purehashapurawa and Kuchariya. 15 trained and 15 untrained rural women from each village were selected purposively for the study. Pre and post knowledge data of trainees were collected with the help of personal interview method. Data on their basic profile was collected which included the information regarding their caste, education, income, etc. The villages were guided and advised about planning a kitchen garden in scientific and organic way so that all the seasonal vegetables could be grown fresh and available round the year. It has also been ensured that the family should be of 4-6 members. Individual household backyard area was taken for the establishment of nutrition kitchen garden. The study was conducted in the Kharif, Rabi and Zaid seasons. Krishi Vigyan Kendra has provided seed and seedling of improved varieties to the selected households under Front Line Demonstration program according to season. The data obtained was finally statistically analyzed using frequency and percentage for its significance.

Results and Discussion

Table (1) depicts about knowledge improvement of rural women after KVK's training on kitchen garden Rural women has been provided knowledge regarding different aspects of kitchen gardening like land preparation, improved varieties, appropriate sowing time of various vegetables and their seed rate etc. Knowledge of untrained rural women regarding land preparation, Improved varieties, Appropriate sowing time of various vegetables and their seed rates and nutrient management through organic and inorganic input before KVK' training were 33.33 percent, 20 percent, 50.00 percent and 33.33 percent respectively which has been increased by 95.00 percent, 70.00 percent, 88.33 percent and 80.00 percent respectively after KVK's training. Further, Knowledge of untrained rural women regarding critical stages of irrigation, intercultural operations, use of organic plant protection measures and postharvest management and value addition were 20.00 percent, 56.67 percent 20.00 percent and 50.00 percent respectively which has been increased by 85.00 percent, 93.33 percent 96.66 percent and 95.00 percent respectively after KVK's training.

Thus on the basis of above findings, it can be said that KVK's training had positive impact on knowledge level of rural women regarding various aspects of kitchen gardening.

Table 1: Impact of KVK's Training on Knowledge level of rural women regarding Kitchen garden

S. No.	Particulars	Knowledge Improvement of Rural Women			
		Trained		Untrained	
		n	%	n	%
1.	Land preparation	57	95.00	20	33.33
2.	Improved varieties	42	70.00	12	20.00
3.	Appropriate sowing time of various vegetables and their seed rates	53	88.33	30	50.00
4.	Nutrient management through organic and inorganic input	48	80.00	20	33.33
5.	Critical stages of irrigation	51	85.00	12	20.00
6.	Intercultural operations	56	93.33	34	56.67
7.	Use of organic plant protection measures	57	96.66	12	20.00
8.	Postharvest management and value addition	58	95.00	30	50.00

Table (2) explained impact of K.V.K.'s training on skill improvement of rural women regarding kitchen garden practices. Table shows that land preparation was always practiced by majority of trained rural women (95.00%),

sometimes practiced by only 10 percent trained rural women and never practiced by only 3.33 percent trained rural women. On the other hand, land preparation was never practiced by majority of untrained rural women (76.67%), sometime

practiced by 16.67 percent rural women and always practiced by only 6.67 percent rural women. Further, improved varieties of vegetables were always used by majority of trained rural women, sometimes by only 13.00 percent and never by 3.33 percent trained rural women. On the other hand all the untrained rural women were found never using improved varieties of vegetables. Moreover, maximum 96.67 percent of trained rural women were always found using appropriate sowing time of various vegetables and their seed rates except remaining 3.33 percent rural women found never using appropriate sowing time of various vegetables and their seed rates. While majority of untrained rural women i.e. 80.00 percent rural women were found never using appropriate sowing time of various vegetables and their seed rates except 16.67 percent were found sometimes and 3.33 percent rural women were found always using appropriate sowing time of various vegetables and their seed rates. Furthermore, maximum 96.67 percent of trained rural women were always found using nutrient management through organic and inorganic input except 20.00 percent rural women found sometimes using nutrient management through organic and inorganic input. On the other hand, nutrient management through organic and inorganic input was never practiced by majority of untrained rural women (83.00%), sometime practiced by remaining 16.67 percent untrained rural women. Except that, maximum 96.67 percent of trained rural women were always found using critical stages of irrigation except remaining 3.33 percent rural women found sometimes with appropriate sowing time of various vegetables and their seed

rates. While majority of rural women i.e. 76.67 percent untrained rural women were never found using critical stages of irrigation except 20.00 percent were found sometimes and only 6.67 percent untrained rural women were found always using critical stages of irrigation. In spite of that cent percent of trained rural women (100.0%) were always found using intercultural operations. While majority of untrained rural women i.e. 40.00 percent untrained rural women were never found using intercultural operations except 26.67 percent were found sometimes and only 16.67 percent untrained rural women were found always using intercultural operations. Organic plant protection measures were always used by maximum 95.00 percent trained rural women, sometimes by 10.00 percent trained rural women and never by remaining 3.33 percent trained rural women. On the other hand, Organic plant protection measures were never used by maximum 46.67 percent untrained rural women, sometimes by 16.67 percent farm women and never by remaining 3.33 percent untrained rural women. Furthermore, maximum 80.00 percent of trained rural women were always found using postharvest management and value addition except 16.67 percent trained rural women found sometimes postharvest management and value addition. On the other hand, postharvest management and value addition was never practiced by majority of untrained rural women (75%), sometime practiced by remaining 25.00 percent untrained rural women.

Thus on the basis of above findings, it can be said that KVK's training had positive impact on skill improvement of rural women regarding various aspects of kitchen gardening.

Table 2: Impact of KVK' Training on Skill Improvement regarding Kitchen garden of rural women

S. No.	Particulars	Skill Improvement of Rural Women (N=120)					
		Trained rural women (n=60)			Untrained rural women(n=60)		
		Always	Some times	Never	Always	Sometimes	Never
1.	Land preparation	52 (95.00)	6 (10.00)	2 (3.33)	4 (6.67)	10 (16.67)	46 (76.67)
2.	Improved varieties	50 (83.33)	8 (13.00)	2 (3.33)	-	-	60 (100)
3.	Appropriate sowing time of various vegetables and their seed rates	58 (96.67)	2 (3.33)	-	2 (3.33)	10 (16.67)	48 (80.00)
4.	Nutrient management through organic and inorganic input	48 (80.00)	12 (20.00)	-	-	10 (16.67)	50 (83.00)
5.	Critical stages of irrigation	58 (96.67)	2 (3.33)	-	4 (6.67)	12 (20.00)	46 (76.67)
6.	Intercultural operations	60 (100)	-	-	10 (16.67)	16 (26.67)	24 (40.00)
7.	Use of organic plant protection measures	52 (95.00)	6 (10.00)	2 (3.33)	2 (3.33)	10 (16.67)	28 (46.67)
8.	Postharvest management and value addition	48 (80.00)	10 (16.67)	2 (3.33)	-	15 (25.00)	45 (75.00)

Table (3) reveals about attitude of rural women regarding KVK's training on kitchen garden. Majority of trained rural women (93.33%) were found having favorable attitude regarding "kitchen garden can help in availability of vegetables thought out the year" contrary to majority of untrained rural women (83.33%) having unfavorable attitude. Attitude regarding "kitchen garden can help in availability of various kind food in their daily diet" was found favorable among cent percent of trained rural women (100%) and unfavorable among majority of untrained rural women (75.00%). Further, Attitude "Kitchen garden can help in improving health status of family" was found favorable among majority of trained rural women (83.33%) and

unfavorable among majority of untrained rural women (50.00%). Furthermore, attitude regarding "Kitchen garden is helpful in waste food management" was favorable among majority of trained rural women (80.00%) and unfavorable among majority of untrained rural women (83.33%). Moreover, attitude regarding "Kitchen garden is helpful in waste water management" was favorable among majority of trained rural women (80.00%) and unfavorable among majority of untrained rural women (83.33%). Further, attitude "Kitchen garden is helpful in improving economic status of rural women" was found favorable among majority of trained rural women (41.61%) and unfavorable among majority of untrained rural women (50.00%). Furthermore, attitude

“Kitchen garden is helpful in women empowerment” was found favorable among majority of trained rural women (41.61%) and unfavorable among majority of untrained rural women (75.00). Moreover, attitude “Kitchen garden is helpful in social upliftment of rural families” was found favorable

among majority of trained rural women(41.61%) and unfavorable among majority of untrained rural women (75.00) Thus on the basis of above findings, it can be said that KVK’s training had positive impact on attitude of rural women regarding various aspects of kitchen gardening.

Table 3: Impact of KVK’ Trainings on attitude of Rural Women regarding Kitchen garden

S. No.	Particulars	Attitude of Rural Women (N=120)			
		Trained rural women (n=60)		Untrained rural women(n=60)	
		Favorable (%)	Unfavorable (%)	Favorable (%)	Unfavorable (%)
1.	Kitchen garden can help in availability of vegetables thought out the year	56 (93.33)	4 (6.67)	10 (16.67)	50 (83.33)
2.	Kitchen garden can help in availability of various kind food in their daily diet	50 (83.33)	10 (16.67)	15 (25.00)	45 (75.00)
3.	Kitchen garden can help in improving health status of family	60 (100)	-	20 (33.33)	30 (50.00)
4.	Kitchen garden is helpful in waste food management	48 (80.00)	12 (20)	10 (16.67)	50 (83.33)
5.	Kitchen garden is helpful in waste water management	48 (80.00)	12 (20)	10 (16.67)	50 (83.33)
6.	Kitchen garden is helpful in improving economic status of rural women	55 (41.67)	5 (8.33)	20 (33.33)	30 (50.00)
7.	Kitchen garden is helpful in women empowerment	55 (41.67)	5 (8.33)	15 (25.00)	45 (75.00)
8.	Kitchen garden is helpful in social upliftment of rural families	55 (41.67)	5 (8.33)	15 (25.00)	45 (75.00)

Conclusion

Nutrition is considered critical for women. Nutrition is an input into development especially economic development and its neglect would adversely affect health, and cognition. Kitchen garden established at household ensures the daily supply of fresh vegetables in the diets and have helped to improve the food and nutritional security of women as well as their family members... KVK’s trainings are highly effecting in improving knowledge, skill and attitude of rural women regarding importance and various aspect of kitchen garden thus it can be concluded that KVK play key role in improving health status of farm families

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