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Impact Study on Knowledge of Rural Women about Preservation and Processing

Smita Bhatnagar^{1*}, Poonam Choudhary² and Dhriti Solanki²

¹S.M.S, (Home-Sc.), Chomu, India

²College of Home-Science Udaipur (Raj.), India

*Corresponding author

ABSTRACT

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The objective of the present study was to find out the knowledge of rural women about homestead technologies in Chittorgarh district. The study was conducted in *Bhadesar* and *Bassi* panchayat samities of Chittorgarh district of Rajasthan state. From each panchayat samiti, two villages where the homestead technologies have been promoted by the KVK since last five years were included in the study. The sample consisted of randomly selected 100 rural women, 25 from each village. Personal interview method was used for data collection. Mean per cent score were used for analysis of data. The knowledge of the respondents about Preservation and processing component revealed that majority of the respondents (66.94%) possessed good knowledge.

Introduction

A rural women hold on three fold responsibilities of home, farm and management of livestock. In home she devotes endless time in preparing food, washing clothes, procuring fuel from forest, bringing water, storing food grains, cleaning and maintaining house, looking after children and adults, participating in social and religious ceremonies and the list is never ending. Beside this, she does a lot of work in agriculture and animal husbandry. Adding to the plight of these, women use age old customary methods

for performing all these tasks which make their work more drudgery ridden, tedious and thorny.

Fruits and vegetables are important for the well-being of an individual. They not only provide essential vitamin and minerals but are also rich in roughage or dietary fibers. In our country, the diet of rural people is generally deficient and lack in body-building foods such as fruits and vegetables. This might be due to widespread illiteracy and unawareness of women about their functions and various food preservation and processing technologies.

Hence, knowledge of the rural women about preservation and processing of food material was assessed.

Materials and Methods

The study was conducted in Chittorgarh district of Rajasthan state. The district has 11 panchayat samities out of these, two panchayat samities namely *Bhadesar* and *Bassi* were selected purposively where the homestead technologies have been promoted by the KVK since last five years (2009-2013).

Total four villages from two selected panchayat samities were included in the study. Sample for the study consisted of 100 rural women, 25 from each village. Personal interview method was used to collect the data from the respondents. Mean percent score were used for analysis of the data.

Results and Discussion

Background information of the respondents

More than 40 per cent respondents belonged to the age group of 18-30 years and 38 per cent were from 31-45 years of age. Majority of the respondents (60%) were under upper caste category.

Regarding education, 29 per cent respondents were illiterate and 24 per cent were educated up to middle level. Only 15 per cent respondents were graduates. Farming was the main family occupation of 89 per cent respondents. All the respondents were involved in some subsidiary occupations like farm labor, business and service. Majority (63%) belonged to nuclear family. More than 40 per cent respondents had small size family consisting of up to 4 members. Majority of the respondents (62%) were small and marginal farmers. Majority of the respondents (75%) were residing in *pucca* houses.

Knowledge of the respondents about Preservation and processing

Knowledge of the respondents about drudgery reduction. Critical examination of the knowledge score highlights that the respondents possessed average knowledge about Preservation and processing component (66.94MPS). An in depth enquiry into knowledge of the respondents in different components was made to find out specific deficiencies in knowledge so that necessary efforts can be made to increase the knowledge of the rural women about homestead technologies.

Preservation and processing

Data presented in Table 1.1 reveal that majority of the respondents knew about nutrients found in soybean i.e. protein (67%), calorie (81%) and fat (61%). Likewise, almost all the rural women (94-100%) were aware about the soya products viz. soya milk, flour, curd and *badi / papad*. Regarding method of preparing soya products, it was recorded that majority of the respondents (77-85%) knew about soya milk and soya flour however, none of them was aware of method of preparing soya curd. Processing of soybean before consumption by boiling and soaking was known to 42 and 7 per cent respondents, respectively.

With regard to knowledge of the rural women about preservation of fruits and vegetables, Table 1.2 reveals that majority of the respondents (77-89%) had knowledge about various products that can be prepared by fruits and vegetables like jam, jelly, squash, sauce, *chutney*, pickle and *murabba*. Regarding importance of preservation, 75 per cent respondents knew that it ensures off season availability of fruits and vegetables and 21 per cent respondents knew that it adds variety to meal.

Table.1 Knowledge of the respondents about processing of soybean

n = 100

| S. No. | Aspect | f / % |
|--------|---------------------------------------|-------|
| 1. | Nutrients found in soybean | |
| | a) Protein | 67 |
| | b) Calorie | 81 |
| | c) Fat | 61 |
| 2. | Soya products | |
| | a) Soya milk | 100 |
| | b) Soya flour | 100 |
| | c) Soya curd | 94 |
| | d) Soya badi / papad | 94 |
| 3. | Methods of preparing soya products | |
| | a) Soya milk | 77 |
| | b) Soya flour | 85 |
| | c) Soya curd | 0 |
| 4. | Processing soybean before consumption | |
| | a) By soaking | 7 |
| | b) By soiling | 42 |

Table.2 Knowledge of the respondents about preservation of fruits and vegetables

n=100

| S. No. | Aspect | f / % |
|--------|--|-------|
| 1. | Importance of preservation of fruits & vegetables food stuff | |
| | a) Off season availability | 75 |
| | b) Adds variety to meal | 21 |
| | c) Make meal attractive | 0 |
| 2. | Preserved product from fruits and vegetables | |
| | a) Jam | 82 |
| | b) Jelly | 84 |
| | c) Squash | 77 |
| | d) Sauce | 74 |
| | e) <i>Chutney</i> | 83 |
| | f) Pickle | 89 |
| | g) <i>Murabba</i> | 84 |
| 3. | Method of preparing following preserved product | |
| | a) Mango pickle | 100 |
| | b) Squash | 42 |
| | c) <i>Anola Murabba</i> | 69 |
| 4. | Chemicals used for preservation of fruits and vegetable | |
| | a) Sodium benzoate | 75 |
| | b) Potassium meta bi sulphite | 36 |
| 5. | Natural preservatives used in preservation of fruits and vegetable | |
| | a) Oil | 100 |
| | b) Salt | 100 |
| | c) Sugar | 72 |
| | d) Vinegar | 29 |
| 6. | Consideration during storage of preserved products | |
| | a) Use of sterilized jars, | 68 |
| | b) Store in cool and dry place | 89 |
| | c) Use of air tight container | 92 |

Cent percent respondents had knowledge about method of preparing mango pickle, 69 per cent respondents knew about anola *murabba* and more than 40 per cent respondents knew about method of preparing squash.

Mandowara (2005) also observed that the majority of the respondents (53%) had average knowledge about fruit and vegetable preservation technologies, nearly 12 per cent had good knowledge and 35 per cent respondents had poor knowledge. Regarding importance of preservation, 57 per cent respondents could tell about availability of the product round the year, prevent spoilage of foods (36%), save money (20%) and adds variety in diet (16%). Nearly 43 per cent respondents knew about various methods of preservation viz. pickling, *chutny*, *murabba* etc. A majority of the respondents (70%) knew about use of salt and oil as natural preservatives while, 26 per cent knew about chemical preservatives.

With respect to use of chemical preservatives, 70 per cent respondents had knowledge about

sodium benzoate whereas, only 36 per cent respondents knew about potassium meta bi sulphite. Cent percent respondents had knowledge about salt and oil as a natural preservative in fruits and vegetables likewise, more than 70 per cent respondents had knowledge about sugar and 29 per cent knew about use of vinegar as a natural preservative in fruits and vegetables. Majority of the respondents had knowledge about points to be considered during storage of preserved products i.e. use of sterilized jars and airtight container and storage in cool and dry place.

Based on the findings it could be concluded that the respondents had good knowledge about Preservation and processing.

References

- Mandowara, D. 2005. Adoption of fruit and vegetable preservation technologies by rural women in selected villages in Udaipur district. M.Sc. Thesis submitted to Maharana Pratap University of Agriculture and Technology, Udaipur, Rajasthan.

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