

KNOWLEDGE AND ADOPTION OF KITCHEN GARDENING BY URBAN WOMEN

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ABSTRACT

One of the easiest ways of ensuring access to adequate macro and micro nutrients is to produce and consume different kinds of vegetables and fruits from its own garden. Terrace garden is becoming common factor in today's environment. Now days, land scalping on terrace and rooftops for urban horticulture has more involved due to excessive exploitation of urban land and highly pesticides contaminated fruits and vegetables. Besides terrace/kitchen garden cultivated fruits and vegetables can supply preferential fresh, toxic free, produce with minimum expenditure there by it encourages urban growers to produce healthy vegetables round the year. Looking to the popularity of Kitchen garden in urban areas, the present study was planned with an objective to study the awareness and extent of adoption of media preparation, sowing of different vegetables in different season and pest and disease management aspects of kitchen gardening. From the trained group of KVK, Surat, 100 urban kitchen garden owners were selected randomly. The data was collected by personal interview through structured schedule. The decided aspects for getting their awareness were critically enumerated while developing structure schedule. The simple statistical tools were used to analyze the data. Results revealed that the majority had medium level knowledge about kitchen gardening (70 per cent) and 09 per cent of the respondents had high level of knowledge about kitchen gardening, while in case of adoption majority had medium level of adoption rate about kitchen gardening (55 per cent) and only 20 per cent of urban women had high level of adoption rate about kitchen gardening.

Keywords : kitchen gardening, urban women, awareness, adoption

INTRODUCTION

Kitchen Garden is now an important aspect of urban areas. This improves the physical, mental and spiritual health. A kitchen garden ensures an inexpensive, regular and handy supply of fresh vegetables which are basic to nutrition. The green vegetables contain vitamins and minerals which protect us against diseases. People can grow their own vegetables organically and it will be without any contamination. Kitchen Garden should solve the problem of nutrition that is a big issue in the world. People can grow 100% organic vegetables that have high nutritional and health quality and people get a regular and convenient supply of healthy vegetables. Today most of the people became health conscious and they have a demand for organic vegetables; therefore this is the easiest way to meet fresh and organic vegetables by doing kitchen gardening. Majority of the families having kitchen garden of different sizes. There are many social benefits that have emerged from kitchen gardening practices; better health and nutrition, increased income, employment, food security within the household, and community social life. Households

and small communities take advantage of vacant land and contribute not only to their household food needs but also the needs of their resident city.

Continuously increasing food prices of basic kitchen items, fruits and vegetables the poor and fixed income groups are suffering from the decreasing real incomes and purchasing power. The marginal increase in the income of the poor people to enable them to gain access to food and improve their nutrition is the need of the present time. In cities and urban areas where there is shortage of land for farming and over-population, areas of land around the house that tend to be useless, overgrown by weeds and turned to refuse dump could be an means of ensuring household food security and nutrition if properly harnessed. With increasing civilization and western education, kitchen gardens are being incorporated into modern houses for easy and quick access to fresh food produce and products. Therefore the study was conducted to know the awareness and adoption of kitchen gardening by urban women.

OBJECTIVE

To study on knowledge and adoption of kitchen gardening by urban women

METHODOLOGY

This study is to identify the urban women knowledge and adoption towards kitchen garden where people grow their own vegetables in their roof top or terrace or backyard in Surat city. The study was conducted in Surat city. In all, 100 urban women were selected randomly from the trained group by KVK, Surat. The data was collected by personal interview through structured schedule. The decided aspects for getting their awareness and extent of adoption were critically enumerate while developing structure schedule. The simple statistical tools percentage, frequency, mean, standard deviation and coefficient of correlation were used to analyze the data.

RESULTS AND DISCUSSION

Profile of the respondents

The Table 1 shows the data collected about the profile characteristics of the urban women. It is clear from the data in the table 1 that more than fifty eight per cent (58 per cent) of the respondents were in the middle age group. The respondents found in old and young age group were 25 per cent and 17 per cent, respectively, while in case of education, majority of the respondents (77 per cent) were found to have graduation and above level of education. The respondents from diploma and higher secondary level of education were 08 and 12 per cent, respectively. Very few respondents (3.00 per cent) were found having secondary level of education. In urban area majority (77 per cent) of the respondents belonged to the nuclear family followed by 23 percent who belonged to joint family. It becomes clear from the data in table 1 that 47 per cent of the respondents were found to have business & others of occupation. The respondents from government job and homemakers were 26 and 21 per cent, respectively. Only 6 per cent of the respondents were found having agriculture. In case of the annual income of the respondents 52 per cent respondents earn ₹ 2,00,000/- to ₹ 5,00,000/- annually followed by 35 percentage earn above ₹ 5,00,000/- and only 13 per cent of the respondents had the annual income of up to ₹ 2,00,000/-. It is clear from Table 1 that in case of source of information, respondents got information from KVK scientist i. e.27 per cent and in case of mass contact respondents used Internet (49 per cent) and whatsapp (42 per cent) for information followed other groups. It is evident from table 1

that majority (58 per cent) of the respondents had membership in one organization followed by 28 per cent respondents had not participation any organization and 14 per cent of the respondents had membership in more than one organization.

Table 1: Distribution of tribal women according to their characteristics (n=100)

Sr. No.	Characteristics	Number	Percent
1	Age		
a	Young (Below 30 years)	17	17.00
b	Middle aged (30-50 years)	58	58.00
c	Old (above 50 years)	25	25.00
2	Education		
a	Secondary education	03	03.00
b	Diploma education	08	08.00
c	Higher secondary education	12	12.00
d	Graduation and above	77	77.00
3	Family type		
a	Joint	23	23.00
b	Nuclear	77	77.00
4	Occupation		
a	Agriculture	06	06.00
b	Homemakers	21	21.00
c	Government job	26	26.00
d	Business and others	47	47.00
5	Annual Income		
a	Up to ₹ 2,00,000/-	13	13.00
b	₹ 2,00,000/- to 5,00,000/-	52	52.00
c	Above ₹ 5,00,000/-	35	35.00
6	Source of Information		
(A)	Personal cosmopolite		
a	Family members	07	07.00
b	Neighbors	08	08.00
c	Friends/relatives	23	23.00
d	KVK-Scientists	27	27.00
(B)	Mass contact		
a	News paper	17	17.00
b	Television	03	03.00
c	Magazine	15	15.00
d	Internet	49	49.00
e	WhatsApp	42	42.00
7	Social Participation		
a	One organization	58	58.00
b	More than one organization	14	14.00
c	Not participation	28	28.00

Knowledge regarding kitchen gardening

Knowledge is considered as vision of an explanation in any aspect of the situation regarding Kitchen gardening. It is act or state of understanding; clear perception of fact or truth, that helps an individual to foresee the consequence he may have to face in future. It makes individuals to become rational and conscious about related field.

Table 2: Knowledge of the respondents regarding kitchen gardening (n=100)

Sr. No.	Category	No.	Percent	Mean	SD
1	Low level	21	21.00	18.93	1.66
2	Medium level	70	70.00		
3	High level	09	09 .00		

Knowledge of the respondents regarding kitchen gardening on the basis of observed knowledge scores, the respondents were classified into three categories namely, “low level knowledge”, “medium level Knowledge” and “high level knowledge”. The distribution of the respondents according to their knowledge on kitchen gardening is given in Table 2. Data presented in Table 2 reveals that 70 per cent of the respondents possessed medium level of knowledge followed by 21 percent had low level of knowledge and 09 percent high knowledge level regarding kitchen gardening. From this table can conclude that nearly three-fourth respondents had medium level of knowledge regarding kitchen gardening due to their participation in training programme organized by KVK, Surat. This finding is in line with the findings of Singh *et al* (2018).

Adoption of kitchen gardening

In present study adoption referred to the acceptance and practices some of the recommended practices of kitchen gardening by the respondents. Adoption of the respondents regarding kitchen gardening on the basis of observed adoption scores, the respondents were classified into three categories namely, “low level adoption”, “medium level adoption” and “high level adoption”. The distribution of the respondents according to their adoption of kitchen gardening is given in Table 3.

Table 3: Adoption rate of the respondents regarding kitchen gardening: (n=100)

Sr. No.	Category	No.	Percent	Mean	SD
1	Low level	25	25.00	16.41	1.68
2	Medium level	55	55.00		
3	High level	20	20.00		

The data revealed from Table 3 that majority of the respondents had medium level of adoption about kitchen gardening (55 per cent) followed by low level and high level i. e 25 per cent and 20 per cent, respectively. From the result it can be concluded that nearly half of the respondents had medium level of adoption of scientific knowledge about kitchen gardening due to KVK’s training efforts. It can be said that more training programme should be organized at KVK on regular basis for more adoption of scientific technologies. This finding is similar with the findings of Kaur (2016).

Table4 : The relationship between dependents and independent variables (n=100)

Sr. No.	Variables	Knowledge (correlation ‘r’ value)	Adoption (correlation ‘r’ value)
X ₁	Age	-0.170	-0.155
X ₂	Education	0.199*	0.283**
X ₃	Occupation	-0.080	-0.096
X ₄	Income	0.009	0.097
X ₅	Family Type	0.120	0.006
X ₆	Source of Information	0.574**	0.624**
X ₇	Social Participation	0.097	-0.021

* Correlation is significant at the 0.05 level (2 tailed)

** Correlation is significant at the 0.01 level (2 tailed)

NS Non-significant

The analysis of data showed the relationship between dependent and independent variables in Table 4. The data revealed that the source of information is positive and highly significant correlated with the knowledge about kitchen gardening. Education showed positive significant correlation with the knowledge about kitchen gardening. Income, family type and social participation were non-significant relation with knowledge. Age and occupation found negatively significant relation with knowledge In case of the relationship between profile characteristics with adoption was also shown in Table 4. The data indicated that education and source of information were positive and highly significant correlated

with the adoption about kitchen gardening. Income and family type had no relationship with adoption of urban women. Age, occupation and social participation were found to be negative and non-significant relationship with adoption.

Constraints faced by the urban women

Table 5: Constraints faced by respondents in adoption kitchen gardening (n=100)

Sr. No.	Constraints	Percent	Rank
1	Pest and diseases problems in kitchen garden	88.00	I
2	Lack of scientific knowledge about kitchen garden	59.00	III
3	Unavailability of quality planting materials of HYVs seeds of vegetables	73.00	II
4	Shading of big building on kitchen garden area	51.00	IV
5	Lack of interest among urban women	47.00	V
6	Small quantity of bio-pesticides available	41.00	VI

The result found in Table 5 that majority of the respondents (88 per cent) had lack of knowledge about pest and diseases problems in kitchen garden followed by unavailability of quality planting materials of HYVs seeds of vegetables and lack of scientific knowledge about kitchen garden i. e. 73 per cent and 59 per cent, respectively. This finding is supported by the findings of Chauhan (2012), Poshiya and Trivedi (2019), Sethy *et al* (2010) and Singh *et al* (2018).

Suggestions made by the urban women

Table 6: Suggestions from the respondents to solve the problem in adoption of kitchen gardening

(n=100)

Sr. No.	Suggestions	Percent	Rank
1	Frequent visits of experts should be made for advise for kitchen garden management	83.00	I
2	Increase training for scientific and efficient management of kitchen garden	78.00	II
3	Provide of quality HYVs seeds of vegetables	71.00	III
4	Indigenous knowledge about pest and disease control should be disseminated	54.00	IV

Among the suggestions offered by urban women that majority (83per cent) of the respondents had desired to increase frequent visits of experts should be made for advice for kitchen garden management followed by increase training for scientific and efficient management of kitchen garden and provide of quality HYVs seeds of vegetables i. e. 78 per cent and 71 per cent, respectively. This finding is similar with the findings of Kaur (2016).

CONCLUSION

On the basis of findings and their interpretation it was found that majority (70 percent) of the respondents had medium knowledge on kitchen gardening. Thus, it may be concluded that there is to increase the knowledge of the urban women on kitchen gardening. The study also revealed that adoption of kitchen gardening of the respondent had the highest contribution to their knowledge on kitchen gardening. Therefore, it may be concluded that individuals having more adoption of kitchen garden had more knowledge on kitchen gardening. The respondents had acceptance of some or full of the recommended practices of kitchen gardening. From the result it can be concluded that nearly three-fourth of the respondents had medium level of knowledge about kitchen garden but nearly half of the respondents had adopted kitchen gardening technology.

The data indicated that education and source of information showed positive and highly significantly correlation with the knowledge about kitchen gardening and the data indicated that source of information showed positive and highly significant correlation with the adoption about kitchen gardening. Education showed significant positive correlation with the adoption about kitchen gardening. Thus, it may be concluded that more educated and more source of information, urban women had more knowledge and more adoption regarding kitchen gardening. From the results it can be concluded that more and more training should be arranged. Training received is helpful to increase knowledge, skill and attitude of urban women in positive manner. Individuals having more training exposure had more knowledge and adoption on kitchen gardening.

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