

SOCIO-ECONOMIC STATUS AND ADOPTION RATE OF KITCHEN GARDENING AMONG TRIBAL WOMEN

B. L. Dhayal¹ and B. M. Mehta²

1 Scientist (Agricultural Extension Education), Krishi Vigyan Kendra, Vadodara, Gujarat-391125

2 Senior Scientist & Head, Krishi Vigyan Kendra, Vadodara, Gujarat-391125

E-mail: dhayalextn@gmail.com

ABSTRACT

Kitchen gardens have helped to improve the food and nutritional security of tribal women as well as their family members. The kitchen garden has acted as a trap to this natural resource for the benefit of mankind in tribal area. From the study we concluded that majority of the tribal women had medium adoption rate about kitchen gardening (54.17 per cent) followed by low adoption rate and high adoption rate i. e 20.83 per cent and 25 per cent, respectively. From the result it can be concluded that nearly half of the tribal women had medium adoption rate of kitchen gardening. We can suggest the kitchen gardening in the tribal region is an important for increasing the income, improving the intake of fresh fruit & vegetables and health's. It helps in raise the standard of living of the tribes. The main point of building up a kitchen garden is to safeguard formal beliefs and social character of joint families. Potential benefits such as income and enhanced rural employment through additional or off season production, enhanced food security, increased availability of food and better nutrition through food diversity. To popularize the kitchen gardening among the farming community in rural areas, KVK Vadodara conducted large number of training programmes for the farmers to educate them about the importance of kitchen gardening and distribution of vegetable seeds and seedling to farm women. After getting training many farmers established kitchen garden and started growing vegetables for their domestic requirement.

Keywords: adoption rate, tribal women, kitchen gardening

INTRODUCTION

Kitchen gardening is an important component for household food security contributes to household income and savings and improves the health and nutritional well-being of the family. Kitchen Gardening is commonly a family activity including women, men, children and elderly persons. Farmwomen are the backbone of Indian agriculture. Growing food has been an interminable saga of her life. It is a well recognized fact that more than 60 % of agricultural operations have been traditionally handled by women. Even cultural anthropological literature suggests that agriculture is invention of women. Rural woman are extensively involved in agricultural activities. The nature and extent of their involvement differs with the variations in agro-production systems. The mode of female participation in agricultural production varies with the land-owning status of farm household. Their roles range from managers to landless labourers. Women are doing almost all the agricultural work starting from sowing of seeds to harvesting and processing the agricultural produce. Kitchen Garden is one of the world's most ancient agricultural practices. Planting and maintaining

a kitchen garden brings families together and kids naturally gravitate to gardening.

A kitchen garden is cost saving activity that can be enjoyed as a hobby. It acts as a source of relaxation during high stress period and reduction in illness and stress. Further, it is important to stay healthy to minimize health care expenses (Saran et al., 2020). Eating fresh vegetables and fruits in sufficient quantity will boost one's immune system which helps to stay healthy. Kitchen garden gives dual benefits of providing food and healthy life. Therefore, kitchen garden is like a doctor/ clinic/ medicine cabin wrapped in to one, expanding fresh vegetable intake, supplementing the diet with vegetables containing rich nutrient which increases immunity, cures illness and improves the quality of life. One way to offer a great potential for improving household food security and elevating micronutrient deficiencies is to grow vegetables in own kitchen garden at home and eat fresh vegetables and fruits. This will enhance food security by direct access to a diversity of fresh vegetables at fingertips.

OBJECTIVES

(1) To find out relationship between knowledge profile of

tribal women and their knowledge regarding kitchen gardening

- (2) To assess the adoption rate of kitchen gardening among tribal women

METHODOLOGY

The present study was conducted in Chhotaudepur district of Gujarat State. This is located in the eastern part of the State of Gujarat. The boundary of Chhotaudepur district touches to Vadodara, Panchmahal, Dahod, Narmada and State of Madhya Pradesh and Maharashtra. The Chhotaudepur district is an important tribal pocket in the Gujarat state. Chhotaudepur district consist 6 taluka, out of these two taluka *Sankheda and Bodeli* was selected purposively. From Sankheda taluka two and from Bodeli taluka four villages were selected purposively for the study. Among each village 20 tribal farm women were selected randomly. Hence, total sample size was 120 tribal women. The data were collected through personal interview. The interview schedule was prepared by keeping the objectives of the study in mind. The necessary care was taken to collect the un- biased and correct data. The data were collected, tabulated and analyzed to find out the findings and drawing the conclusion. The statistical tools like frequency, percentage and rank were employed to analyze the data.

RESULTS AND DISCUSSION

Relationship between profile of tribal women and their knowledge regarding kitchen gardening

Table 1 shows that the 60.83 per cent tribal women is under in middle age group followed by 29.17 and 10.00 percent was in young and old age group respectively. In education 40.83 per cent was secondary level education, 35.83, 14.17, 8.33 and 0.83 was Higher secondary education, Only literate, Diploma education and Graduation and above respectively. 60.83 per cent tribal women were live within Nuclear family type. Majority (76.67 per cent) of the tribal women have the major occupation was agriculture after than 13.33, 9.17 and 0.83 have Business and others, Homemakers and Government job respectively. The table 1 also shows that 61.67 per cent tribal women have annual income was 2,00,000/- to 5,00,000 after than 32.50 and 5.83 percent tribal women was is under in Up to ₹ 2,00,000/- and Above ₹ 5,00,000/- respectively. Table 1 also revealed that 50.0 per cent tribal women's source of information Channels is KVK Scientist and 65.83 percent tribal women was joint with one organization for social participation.

Table: 1 Distribution of Personal Profile of tribal women

(n=120)

Sr. No.	Characteristics	Frequency	Percent
1	Age		
a	Young (Below 30 years)	35	29.17
b	Middle aged (30-50 years)	73	60.83
c	Old (above 50 years)	12	10.00
2	Education		
a	Only literate	17	14.17
b	Secondary education	49	40.83
c	Diploma education	10	8.33
d	Higher secondary education	43	35.83
e	Graduation and above	01	0.83
3	Family type		
a	Joint	47	39.17
b	Nuclear	73	60.83
4	Occupation		
a	Agriculture	92	76.67
b	Homemakers	11	9.17
c	Government job	01	0.83
d	Business and others	16	13.33
5	Annual Income		
a	Up to 2,00,000/-	39	32.50
b	2,00,000/- to 5,00,000/-	74	61.67
c	Above 5,00,000/-	07	5.83
6	Source of Information Channels		
A	Personal cosmopolite Channels		
a	Family members	19	15.83
b	Neighbors	21	17.50
c	Friends/relatives	13	10.83
d	KVK-Scientists	60	50.00
e	Farmers fair (Kisan Mela)	07	5.83
B	impersonal cosmopolite channels		
a	News paper	23	19.17
b	Television	37	30.83
c	Magazine	18	15.00
d	Internet	19	15.83
e	WhatsApp	14	11.67
f	Youth club / Mahilamandal	09	7.50
7	Social Participation		
a	One organization	79	65.83
b	More than one organization	25	20.83
c	Not participation	16	13.33

Table 2 : To find out relationship between profile of tribal women and their knowledge regarding kitchen gardening (n=120)

Sr. No.	Variables	Knowledge Correlation 'r' value
X ₁	Age	-0.169
X ₂	Education	0.189*
X ₃	Occupation	-0.078
X ₄	Income	0.006
X ₅	Family type	0.130
X ₆	Source of information channels	0.673**
X ₇	Social participation	0.081

* Correlation is significant at the 0.05 level

** correlation is significant at the 0.01 level

The analysis of data showed that the relationship between knowledge profile of tribal women and their knowledge regarding kitchen gardening in Table 2. The data revealed that the source of information channels is positive and highly significant correlated with the knowledge about kitchen gardening it means those tribal women gained more knowledge from news paper, tv, social media and krishi mela shows the higher knowledge about kitchen gardening. Education showed positive significant correlation with the knowledge about kitchen gardening this might be reason that the tribal women had made a good knowledge about kitchen gardening who had a good education level and created the significant association between education and knowledge of tribal women. Income, family type and social participation were non-significant relation with knowledge. Age and occupation found negatively significant relation with knowledge level. The results are in line with the Sharma *et al.* (2013)

1 Adoption rate of kitchen gardening among tribal women

Table 3 : Adoption rate of kitchen gardening among tribal women (According to season)

(n=120)

Sr. No.	Category	No. of Tribal Women	Percent	Mean	SD
1	Low adoption rate (In manson season)	25	20.83	2.04	0.678
2	Medium adoption rate (In winter & manson season)	65	54.17		
3	High adoption rate (In Summer, winter & manson season)	30	25.00		

In present study adoption referred to the acceptance and practices some of the recommended practices of kitchen gardening by the tribal women. Adoption of the tribal women regarding kitchen gardening on the basis of observed adoption scores, the tribal women were classified into three categories namely, “Low adoption rate (In manson Season)”, “Medium adoption rate (In winter &Manson Season)” and “High adoption rate (In Summer, winter &Manson Season)”.The distribution of the tribal women according to their adoption rate of kitchen gardening given in Table 3. The results are in line with the Dhayal *et. al.* (2021).

The data revealed from Table 3 that majority of the tribal women had medium adoption rate about kitchen gardening (54.17 per cent) followed by low adoption rate and high adoption rate i. e 20.83 per cent and 25 per cent, respectively. The results are in line with the Poshya *et. al.* (2019). From the result it can be concluded that nearly half of the tribal women had medium adoption rate of kitchen gardening.

Table 4 : Adoption rate of kitchen gardening among tribal women (According to scientific practices)

(n=120)

Sr. No.	Category	MPS	Rank
1	Seed rate	72.50	I
2	Plant protection measures	70.00	II
3	Improved variety	65.83	III
4	Sowing time	62.50	IV
5	Recommended spacing	58.33	V
6	Manure & fertilizers	56.67	VI
7	Weeding & hoeing	54.17	VII
8	Soil treatment	50.00	VIII
9	Irrigation management	43.33	IX
10	Seed treatment	36.67	X
11	Harvesting, storage and marketing	30.83	XI
Over All MPS		54.62	

The data in table 4 indicates that to assess the adoption rate of kitchen gardening among tribal women like “Seed rate”, “Plant Protection Measures”, “Improved Variety”, “Sowing time”, “Recommended spacing”, “Manure & fertilizers”, “Weeding & hoeing”, “Soil treatment”, “Irrigation Management”, “Seed treatment”, “Harvesting, storage and marketing” were found to be 72.50, 70.00, 65.83, 62.50, 58.33, 56.67, 54.17, 50.00, 43.33, 36.67 and 30.83 percent and ranks were assigned I to XI, respectively. The results are in line with the Poshiya *et al.* (2019) and Bhimani *et al.*, (2020).

The above table also reveals that out of the various recommended kitchen garden technologies tribal women of the Chhotaudepur district adopted seed rate on first priority following by Plant Protection Measures, improved variety, sowing time and weeding & hoeing. The overall average adoption of various recommended kitchen garden technologies among tribal women is (MPS 54.62)

CONCLUSION

The source of information channels is positive and highly significant correlated with the knowledge about kitchen gardening it means those tribal women gained more knowledge from news paper, tv, social media and krishi mela shows the higher knowledge about kitchen gardening. Education showed positive significant correlation with the knowledge about kitchen gardening this might be reason that the tribal women had made a good knowledge about kitchen gardening who had a good education level and created the significant association between education and knowledge of tribal women. Income, family type and social participation were non-significant relation with knowledge. Age and occupation found negatively significant relation with knowledge level. Kitchen gardens have helped to improve the food and nutritional security of tribal women as well as their family members. The kitchen garden has acted as a trap to this natural resource for the benefit of mankind in tribal area. From the study we concluded that 72.50 per cent of tribal women have adopt the seed rate in kitchen gardening, 70.0 per cent of tribal women adopt the good Plant Protection Measures so get the high production in small piece of land and maximize the profit. 65.83 per cent tribal women had adopted the Improved Variety. We can suggest the kitchen gardening in the tribal region is an important for increasing the income, improving the intake of fresh fruit & vegetables and health's. It helps in raise the standard of living of the tribes.

POLICY IMPLICATIONS

Kitchen gardens have helped to improve the food and nutritional security of tribal women as well as their family members. The kitchen garden has acted as a trap to this natural resource for the benefit of mankind in tribal area. From the study we concluded that 85 per cent of tribal women have medium to high knowledge level about kitchen gardening. We can suggest the kitchen gardening in the tribal region is an important for increasing the income, improving the intake of fresh fruit & vegetables and health's. It helps in raise the standard of living of the tribes.

CONFLICT OF INTEREST

The authors of the paper declare no conflict of interest

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