



KITCHEN CLEANNESS PRACTICES OF RURAL WOMEN

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Abstract

The rural Indian women are an essence of strength; she is performing her household duties from morning to night. Rural women play in ensuring the sustainability of rural households and communities, improving rural livelihoods and overall comfort. The present study entitled, “Kitchen Cleanness Practices of Rural Women” was under taken the study the kitchen cleanness practices of rural women. To collect the Primary data the survey method was adopted. Close ended questionnaire was prepared for data collection. The study was carried out for the data collection from six villages selected from Chaka Block namely “Sanayi ka Pura”, “Murlicot”, “Nyaka Pura”, “Dadri” “Dhanua” and “Baswar”. A total of 252 rural women were selected for the present study and 42 rural women were taken from each selected village. Frequencies percentages were used for statistical analysis. On the basis of collected data the rural women need to be aware time to time related kitchen cleanness practices. The kitchen should be free from all problematic pathogens which lead the constipation, diarrhea, cholera, typhoid and jaundice. Thus everyone should clean their kitchen and daily improve the kitchen environment for healthy and happy family life.

Keyword: Kitchen Rural Women, Kitchen Cleanness, Health,

Introduction

Kitchen is the hub of the house, every food items cooked in kitchen and every people the day start with breakfast, lunch and dinner after getting fresh early in the morning. The rural woman the day starts early in the morning with the responsibilities of fetching water, fodder, fuel and cooking food. She takes care of the children and members of the family, their health and education and attends to various incomes generation activities. The kitchen cleanness is playing a very important role for getting healthy life style for each and every people. Well cleaned kitchens save us from many diseases and every parts related to the kitchen should be neat and clean and also should be germ and bacteria free. From the food safety perspective, kitchen hygiene is about keeping the numbers of pathogens at safe level (**Bloomedfield, carling and Exner 2017**). The kitchen environment potential contain large number of bacteria are harmless, so it was unproblematic from a food safety point of view. However, the pathogens listeria monocytogenes, Salmonella and Campylobacter have been found in the kitchen environment (**Borrusso and Quinlan 2017**). Salmonella and Campylobacter, which may be present in various raw foods, can cause illness at low numbers (**Chlebicz and Slizewska 2018**). When these bacteria transferred from contaminated equipment and surfaces to food, they represent a risk. And people may use contaminated surfaces and equipment when preparing the food. Thus the kitchen environment surface and equipment contain a number of pathogens and the women how prepared the need to aware regarding kitchen cleanness from surface to roof and washing to food preparation. A very important factor is aware mind and cleaned hand leads safety in the kitchen area. So that on the basis of above reason the present study had been undertaken with the fallowing major objective.

Major Objective - To find out the kitchen cleanness practices of rural women.

Methodology

The present study entitled, “Kitchen Cleanness of Rural Women” was under taken To collect the Primary data Survey method was adopted. Close ended questionnaire was prepared for the data collection. The literature of reviews was done from journals, magazine, booklet, newspaper central library and departmental library. An exploratory research design” was adopted and survey method was used to collect the data. The present study conducted in the Trans Yamuna Area of the Prayagraj Disrict. The data were collected from rural women between the age group of 20 to 60 years. The data on demographic profile and daily existing kitchen practices related to cleanness was collected through close ended questionnaire. The study was carried out for the data collection from six villages selected from Chaka Block namely “Sanayi ka Pura”, “Murlicot”, “Nyaka Pura”, “Dadari”, “Dhanua” and “Baswar”. A total of 252 rural women were selected for the present study and 42 rural women were taken from each selected village. Frequency percentage was used for statistical analysis.

Results and Discussion

The result of the study has been organized in the following objective of present investigation. The data presented in tables and figures were collected from the six villages of Chaka Block namely “Sanayi ka pura”, “Murlicot”, “Baswar”, “Nya ka Pura”, “Dadri”, and “Dhnua” of Prayagraj, Utter Pradesh.

Table: 3.1- Distribution of rural women according to their background information

The table presented below shows the distribution of women according to their caste, education, age group, family size and family type.

Variables		(Chaka Block)												TOTAL N=252	
		Sanayi ka Pura n= 42		Murlicot n= 42		Baswar n= 42		Nya ka Pura n= 42		Dardri n= 42		Dhanua n= 42			
		F	%	F	%	F	%	F	%	F	%	F	%	F	%
Caste															
SC		17	40.5	20	47.6	5	11.9	18	11.9	23	54.8	31	73.7	114	45.2
ST		3	7.7	10	23.8	8	19.1	9	19.1	4	9.5	2	4.8	36	14.3
OBC		20	47.6	7	16.7	13	30.9	15	30.9	11	26.2	7	16.7	73	29
General		2	4.8	5	11.9	16	38.1	-		4	9.5	2	4.8	29	11.5
Education															
Illiterate		13	31	19	45.2	28	66.7	21	50	18	42.9	23	54.8	122	48.4
Primary school		29	69	10	23.8	14	33.3	10	23.8	8	19.5	3	7.14	74	29.4
Junior high school		-		9	21.4	-		9	21.4	16	39	6	14.3	40	16
High school		-		4	9.5	-		2	4.8			8	19.5	14	5.5
Inter mediate		-		-		-				-		-			
Graduate		-		-		-				-		2	4.8	2	0.7
Age Group (In year)															
20-25		7	16.7	4	9.5	11	26.2	5	11.9	2	4.8	3	7.2	32	12.7
25-30		5	11.9	9	21.4	9	21.4	8	19.5	12	28.6	9	21.4	52	20.6
30-35		2	4.8	3	7.14	2	4.8	4	9.5	7	16.7	8	19.5	26	10.3
35-40		15	35.7	23	54.8	12	28.6	17	40.5	13	30.9	13	30.9	93	36.9
40-45		13	30.9	3	7.1	7	16.7	4	9.5	6	14.3	6	14.3	39	15.5
45-50		-		-		1	2.4	3	7.2	2	4.8	3	7.2	9	3.6
50-60		-		-		-		1	2.4	-				1	0.4
Family Size	Members 1-5 Small	32	76.2	37	89.1	29		36		34		29	69	197	78.2
	Medium 6-8 members	10	23.8	5	11.9	13		6		8		13	31	55	21.8
Family Type	Nuclear	40	95.3	42	100	42	100	42	100	42	100	42	100	250	99.2
	Joint	2	4.8	-		-		-		-		-		2	0.8

It was found from the composite table 3.1 the background profile of rural women according to category of caste. The majority of 45.2 percent of rural women belonged to SC category followed by 29 percent of rural women belonged to OBC category whereas 14.3 percent of rural women belonged to ST category and very minimum 11.5 percent of rural women belonged to General category.

Distribution of the rural women according to their age in table shows that maximum 36.9 percent rural women fell in the age group of 35-40 year followed by 20.6 percent rural women fell in the age group of 25-30 year, whereas 15.5 percent rural women were belonged to in the age group of 40-45 year, 12.7 percent rural women fell in the age group of 20-25 year and very minimum 0.4 percent rural women fell in the age group of 50-56 year.

Education is the major variables that can impact the division of work force of rural women. In the present study, the educational level of the rural women was categorized under the four categories: Illiterate, primary school, Junior high school, High school, Inter mediate and graduate. The details in the table on the qualification of selected six villages of Chaka Block of total rural women shows that the majority of 48.4 percent were illiterate followed by 29.4 percent rural women were educated up to primary school, 16 percent rural women belonged to the junior high school, 5.5 percent rural women belonged to the high school qualification and only 0.7 percent rural women were graduate only.

The family size of rural women in six villages of Chaka Block, the majority, 78.2 percent rural women belonged to small size family category and 21.8 percent rural belonged to the large size family category.

As per the family type of rural women in six villages of Chaka Blok, the majority of 99.2 percent rural women belonged to Nuclear family whereas 0.8 percent rural women belonged to the joint family system

Use of Dustbin

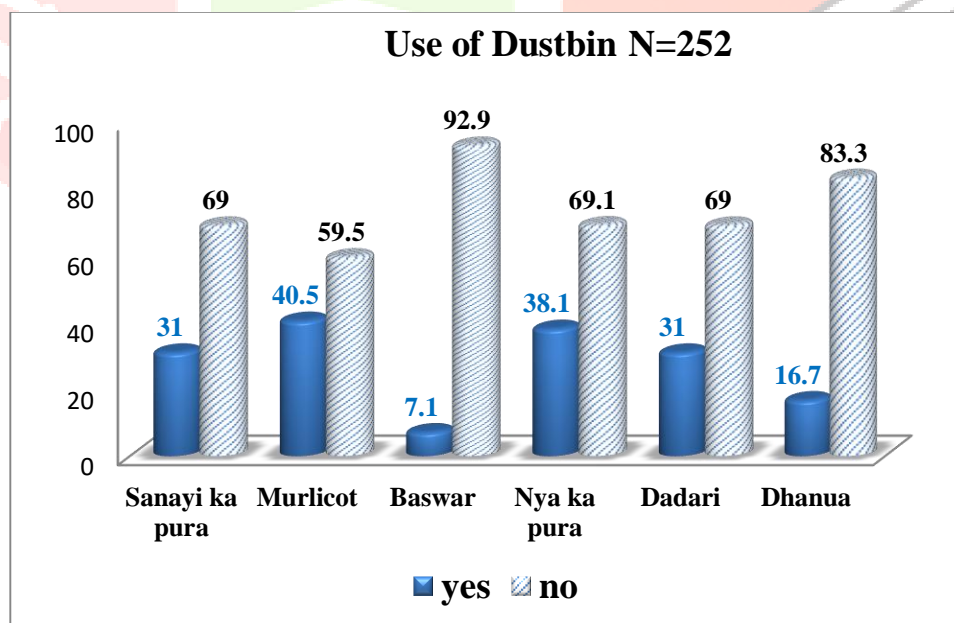


Figure 3.1: Distribution of rural women according to their use of dustbin in kitchen area.

It is found from the figure 3.1 that use of dustbin in kitchen area is very important to look neat and clean. Here are the majority of 69, 59.5, 92.9, 69.1, 69, and 83.3 percent of rural women of each selected villages of Chaka Block were not using dustbin in kitchen whereas 31, 40.5, 7.1, 38.1, 31, 16.7 percent of rural women of each selected village were using dustbin in kitchen area.

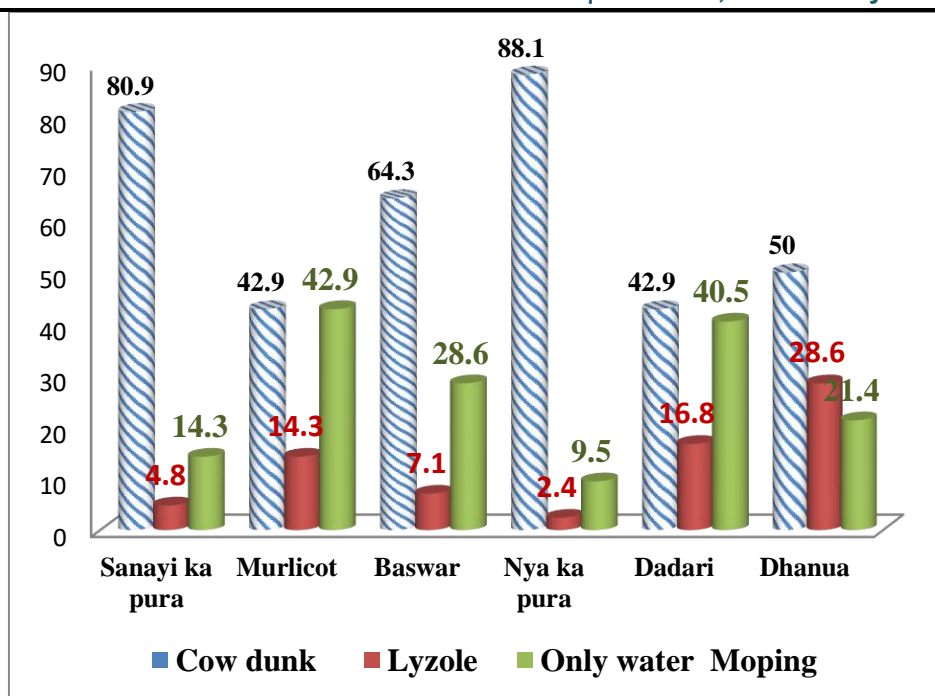
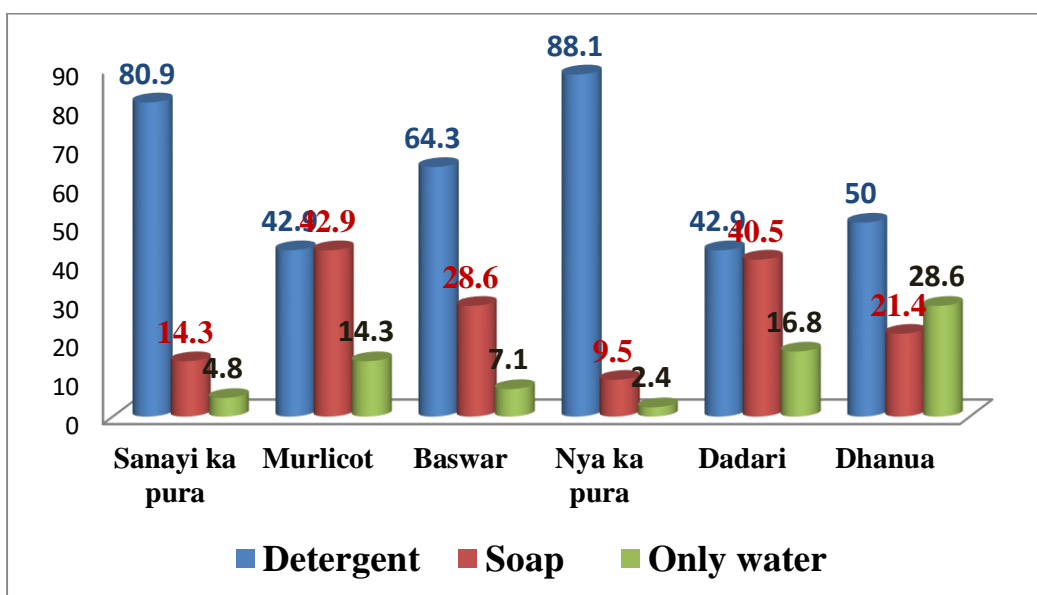


Figure 3.2: Distribution of rural women according to their use of cleaning material for kitchen cleanliness.

Cleaning of kitchen Linens is very important because they contain number of pathogen which may lead diarrhea, jaundice, constipation and typhoid. In figure 3.2 shows that the cleaning of kitchen necessary for getting hygienic and free from germs and bacterial infection. In this above figure the majority of 80.9, 42.9, 64.3, 88.1, 42.9 and 50 percent of rural women of each selected villages of Chaka Block were using cow dunk with water for cleaning of kitchen whereas 14.3, 42.9, 28.6, 9.5, 40.5, 21.4 percent of rural women of each selected villages of Chaka Block were using moping with water for cleaning of kitchen and very minimum 4.8, 14.3, 7.1, 2.4, 16.8, 28.6 percent of rural women of each selected villages of Chaka Block were using lyzole for the cleaning of kitchen.

Cleaning of Kitchen Linens

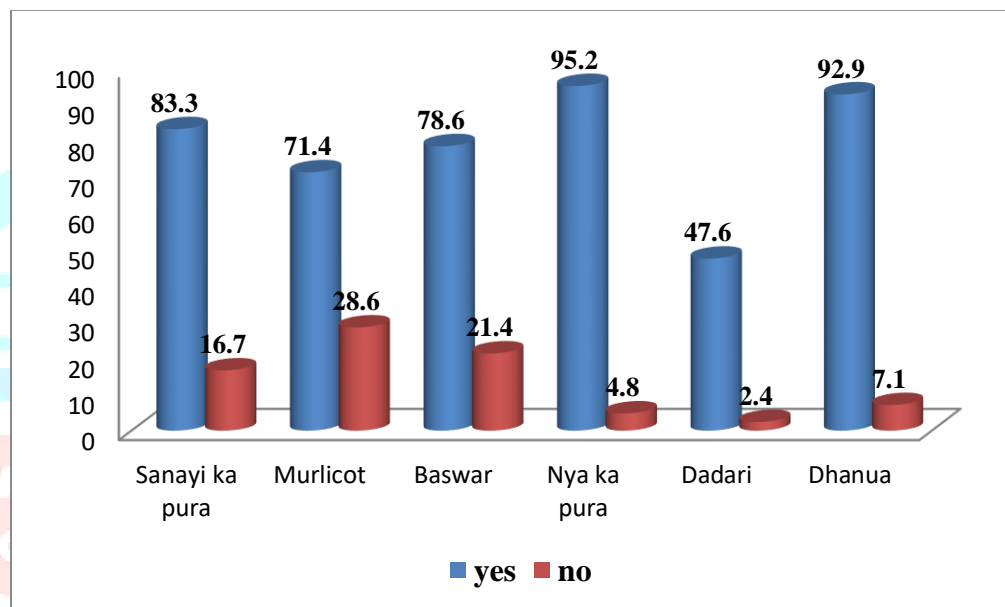
Figure 3.3 Distribution of rural women according to use of cleaning material for kitchen Linens



The dirty kitchen Linens leads many infection and diseases in human being, moping Linens, kitchen towel, and handkerchief should be neat and clean very well. In figure 3.3 the majority of 80.9, 42.9, 64.3, 88.1, 42.9 and 50 percent of rural women of each selected villages of Chaka Block were using detergent for cleaning of kitchen Linens included moping cloth, kitchen towel and handkerchief whereas 14.3, 42.3, 28.6, 9.5, 40.5 and 21.4percent of rural women of each selected villages of Chaka Block were using soap for cleaning of kitchen Linens included moping cloth, kitchen towel and handkerchief and very minimum 4.8, 14.3, 7.1, 2.4, 16.8 and 28.6 percent of rural women of each selected villages of Chaka Block were using only water for cleaning of kitchen Linens included moping cloth, kitchen towel and handkerchief.

Drying of Kitchen Linens

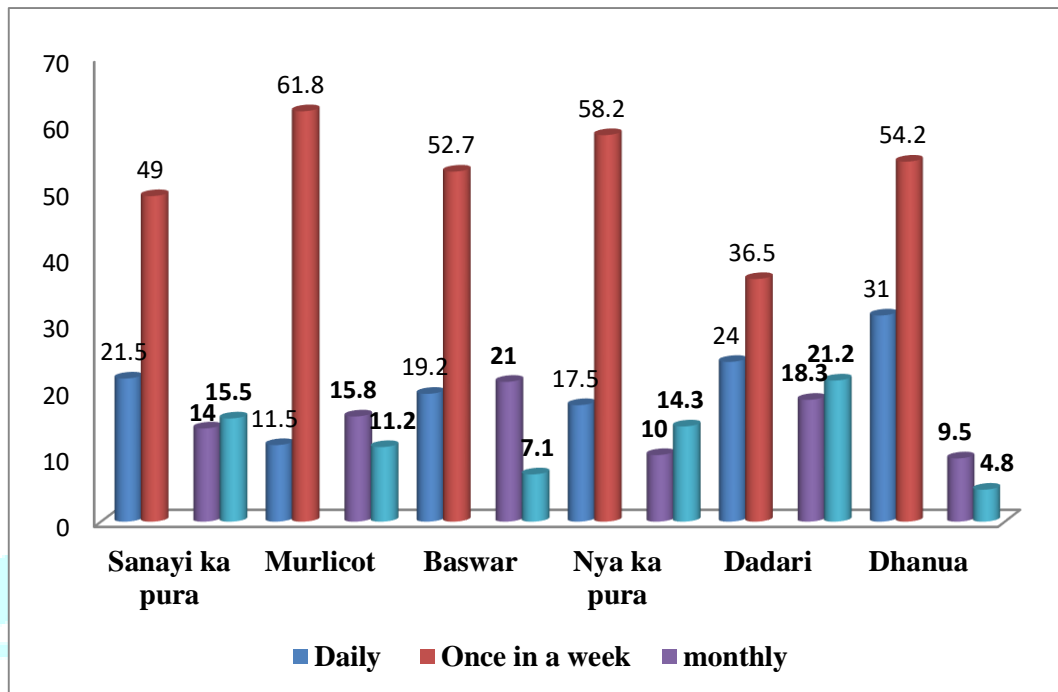
Figure 3.4: Distribution of rural women according to drying of Kitchen Linens.



Drying of kitchen cloth is very important because it overcome the bacterial infection from wet and moist cloth. In **figure 3.4** the majority of 83.3, 71.4, 78.6, 95.2, 47.6 and 92.9 percent of rural women of each selected villages of Chaka Block were drying the kitchen cloth in sun exposer whereas 16.7, 28.6, 21.4, 4.8, 2.4, and 7.1percent of rural women of each selected villages of Chaka Block were not drying the kitchen cloth in sun exposer.

Cleaning of Fridge

Figure 3.5: Distribution of rural women according to their cleaning practices of fridge.



In figure 3.5: the majority of 49, 61.8, 52.7, 58.2, 36.5 and 54.2 percent of rural women of each selected villages of Chaka Block were cleaning of the fridge once in a week, 21.5, 11.5, 19.2, 17.5, 24, 31, 4.8 percent of rural women of each selected villages of Chaka Block were cleaning of the fridge daily 14, 15.8, 21, 10, 18.3 and 9.5 percent of rural women of each selected villages of Chaka Block were cleaning the of fridge in month and very minimum 15.5, 11.2, 7.1, 14.3, 21.2 and 4.8 percent of rural women of each selected villages of Chaka Block were not using fridge.

Conclusion

It is concluded that the rural women of each selected villages of Chaka Block were using only water for cleaning of kitchen linens included moping cloth, kitchen towel and handkerchief. Very few rural women were not drying kitchen cloth in sun. The rural women need to be aware time to time related to cleanness of kitchen. So that all problematic pathogen which lead the constipation, diarrhea, cholera, typhoid and jaundice. Since the dirt can easily be detected visually in the kitchen surfaces, one should motivate the kitchen worker to clean and reduce the risk, but establishing a habit to clean surfaces soon after food preparation is also important from a food safety perspective. Thus everyone should clean their kitchen and improve their home environment for healthy and happy family life.