

ASSESS THE KNOWLEDGE AND ATTITUDE OF HOUSEHOLD MEMBERS OF THE FAMILY REGARDING THE IMPORTANCE OF KITCHEN GARDEN IN SELECTED URBAN COMMUNITY

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ABSTRACT

In this 21st century kitchen garden is becoming a new trend in urban community. Currently research a study shows that only 20-sq.ft is only needed for 300 days vegetables for a small family. Every house hold members were more care about the health of their family. So household members are the best population to make awareness about the importance of kitchen gardening. A non experimental descriptive approach was used to achieve the objectives of the study. The study was conducted at Ramanputhur. The 30 samples were selected based on the inclusive criteria by means of non-probability purposive sampling technique. The investigator developed a structured interview questionnaire to assess the knowledge and attitude of household members regarding importance of kitchen gardening in selected urban area. The Finding regarding the assessment of level of knowledge of household members regarding kitchen gardening. About maximum number 25 (83%) of them were having moderately adequate knowledge, 3 (10%) of them have adequate knowledge and 2 (7 %) of them have inadequate knowledge. Findings regarding the assessment of level of attitude of household members regarding kitchen gardening. The correlation between overall level of knowledge and attitude of household members regarding importance of kitchen gardening revealed to be positive, that is $r = 0.040$ which is statistically highly significant at $p < 0.05$. In the present study, household members have moderately adequate knowledge. Later the investigator distributed the booklet regarding the importance of kitchen gardening to improve the knowledge and attitude of household members.

Key words: households members, kitchen garden, and urban community.

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INTRODUCTION

Health is a precious possession and an asset for the individual, family, community and even the nation. Only healthy people are able to put in efforts and competencies for their own as well as nations socio economic and cultural development. It is worldly wisdom that we should eat our greens. That is the way to health, and if we grow our own greens, we will have health and happiness. Whenever you take up any creative activity you are bound to be happy, gardening included. Kitchen gardening add so much spice to one's life. Our elders laid much emphasis on the importance of garden produce for good diet, well before doctors started advising us about vitamins, minerals, and fibers. These play an important role in health through the prevention of heart disease, cancer and diabetes etc.

The global incidence of food borne diseases is difficult to estimate, WHO reports that in the year 2018, 1.8 million people died from diarrheal diseases that were mainly caused by contaminated food and drinking water. The number of people suffering from food borne diseases in developed countries is up to 30%. In India alone it is estimated that 76 million cases of food-borne diseases, resulting 3, 25,000 hospitalizations and 5000 deaths, occur each year.

The basic advantages of having one's own kitchen garden are environment friendly, promotes good health. Planting greens is always beneficial for both humans and the environment alike. Oxygen is produced by plants, and in general, creating your own kitchen garden promotes that purpose itself. Crops grown here do not rely on chemical additives that are harmful to the crop, the consumer, and the environment.

NEED FOR THE STUDY

According to world health statistics leading causes of death in 2019 is Ischemic heart disease (12.2%), Cerebro vascular disease (9.7%), chronic obstructive pulmonary disease (5.1%), cancer (3.7%), diabetes mellitus (1.9%), and hypertensive heart disease (1.7%). They are expecting this statistical report would be increased gradually by 2030. The estimated increase could be Ischemic heart disease (14.2%), cerebrovascular disease (12.1%), chronic obstructive pulmonary disease (8.6%), cancer (10.5%), diabetic mellitus (3.3%), and hypertensive heart disease (2.1%). This underlines the need to raise a great alarm for the human race to change their food habits. A national nutrition survey research shows that daily consumption of fruits and vegetables decrease risk of stroke, cancer, and heart disease, improved memory and lower blood sugar levels.

Creating own kitchen garden saves a lot of money. Instead of buying fruits and vegetables in the market, you can grow your own; therefore, saving you a lot of money. Remember that healthy lifestyle is at high demand, so products that actually promote them have a high price tag on them. For those interested, you should not worry at all on how you can make your own kitchen garden. You do not need a huge strip of land to come up with one. This must be a good exercise for the house hold members and for old age peoples

One needs to segregate only a small portion of his/her home for one's own kitchen garden. If one does not have much space, then he/she can even plant the crops in pots and other recyclable containers. Brinjal on your balcony, beetroot in your backyard all you need is 200-sq.ft space to get 300 days' supply of vegetable with hands reach.

STATEMENT OF THE PROBLEM

"A descriptive study to assess the knowledge and attitude of household members of the family regarding the importance of kitchen garden in selected urban community".

OBJECTIVES

1. To assess the existing knowledge regarding the importance of kitchen garden among household members.
2. To assess the level of attitude regarding the importance of kitchen garden among household members.
3. To correlate the knowledge and attitude regarding the importance of kitchen garden among household members.
4. To find out the association of knowledge and attitude of household members with selected demographic variables.
5. To provide teaching and guidance regarding developing a kitchen garden,

HYPOTHESES

H₁: There will be a significant correlation of the knowledge and attitude scores regarding the importance of kitchen garden among household members.

H₂: There will be a significant association of the knowledge and attitude regarding the importance of kitchen garden among household members with the selected demographic variables.

RESEARCH METHODOLOGY

Research approach: Quantitative approach.

Research design: Non-experimental descriptive Co relational design

Setting of the study: Conducted in selected urban community at Ramanputhur.

Population: Household members who are living in the selected urban community, Ramanputhur.

Sample and sample size: 30 Household members who are living in the selected urban community, Ramanputhur.

Sample Technique: Non probability convenient sampling technique

Description of the tool

The tool consists of three sections

Section A: A self administered structured questionnaire to assess the demographic variables. It consist of 9 items such as age, gender, religion, education, type of family, monthly income of family, type of house, space availability, available of water facilities.

Section B: A self administered questionnaire to assess the knowledge of household members regarding the Importance of kitchen garden. This includes 35 structured questions, which are categorized under three sub headings.

- Knowledge on general information regarding kitchen gardening- 14 items
- Knowledge regarding preparation of kitchen gardening - 10 items.
- Knowledge regarding benefit of kitchen gardening – 5 items.
- Knowledge regarding benefits of herbal in kitchen gardening – 6 items

Section C: A three point Likert scale was used to measure the attitude of household members regarding kitchen gardening. This section includes assessing the attitude of household members regarding kitchen gardening with a 3 point Likert scale. It consists of 10 statements. Scoring was given as agree = 3, undecided =2, disagree = 1. The maximum score of this item is 3 and minimum is 1.

FINDINGS:

- The level of knowledge of household members regarding kitchen gardening. About maximum number 25 (83%) of them were having moderately adequate knowledge, 3 (10%) of them have adequate knowledge and 2 (7 %) of them have inadequate knowledge. The level of attitude of household members regarding kitchen gardening. Among the household members majority 20 (67%) of them had moderately satisfactory attitude regarding kitchen gardening, 10 (33%) of them had satisfactory attitude, and none of the household members had unsatisfactory attitude.
- The overall tool consists of maximum score of 35. The total score of knowledge regarding importance of kitchen gardening score is mean value of 23.78 (62.5% of mean percentage) with SD of 3.49. The overall tool consists of maximum score of 30. The total score of attitude regarding importance of kitchen gardening with total score of mean of 23.78 (56.6 mean percentage score) with SD of 3.49.
- There was a negative correlation between the knowledge and attitudes of household members regarding importance of kitchen gardening. The variables are correlated (r – value) between the knowledge vs. attitude is 0.040 at $p > 0.05$, so the research hypothesis H_1 was rejected.
- There was a statistical significant association between knowledge scores of household members with demographic variables such as age, religion, and available water facilities of the household members at $P < 0.05$ Hence the research hypothesis H_2 which states that there is a significant association of knowledge with selected demographic variables of household members was accepted.
- There was a statistical significant association between attitudes of household members with selected demographic variable such as religion, type of house at $P < 0.05$ so the research hypothesis H_2 was accepted. Hence the research hypothesis which stated that there is a significant association of attitude with selected demographic variables of household members was accepted. Hence the research hypothesis H_2 was accepted.

Table -1: Mean and Standard deviation of knowledge and attitude regarding kitchen gardening among household members.

| Sl. no. | Aspect of knowledge | Mean | Mean% | Standard Deviation |
|---------|------------------------------------|-------|-------|--------------------|
| 1. | Knowledge regarding Kitchen Garden | 20.78 | 73.6 | 0.98 |
| 2. | Attitude | 23.78 | 56.6 | 3.49 |

CONCLUSION

The present study assessed the knowledge and attitude of household members regarding kitchen gardening. The results revealed that the level of knowledge of household members regarding kitchen gardening. About maximum number 25 (83%) of them were having moderately adequate knowledge, 3 (10%) of them have adequate knowledge and 2 (7 %) of them have inadequate knowledge. Among the household members majority 20 (67%) of them had moderately satisfactory attitude regarding kitchen gardening, 10 (33%) of them had satisfactory attitude, and none of the household members had unsatisfactory attitude. Demographic variables does not have much influence with the level of attitude of the household members except the religion, type of house shows significant association with the level of attitude of household members regarding kitchen gardening.

RECOMMENDATIONS

- On the basis of the study that had been conducted, certain suggestions are given for future studies.
- A similar study can be done on larger sample to validate and generalize the findings.
- A similar study can be done on practices of kitchen gardening.
- A similar study can be conducted and evaluated using teaching strategies like structured teaching Programme, self-instructional module, video assisted teaching.
- A comparative study can be done among adults in urban and rural community.
- A similar study can be done in housewives

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