



Skill Enhancement through Home Science

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ABSTRACT

Education is an indispensable element for achieving sustainable development. Home Science deals with all aspects of the life of the community and the nation. Life skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. This multidisciplinary subject emphasizes on skill enhancement. Five major areas of specialization in the Home Science viz., Food and Nutrition, Family Resource Management, Clothing and Textiles, Human Development and Communication and Extension Education are helpful for the enhancement of skills. Home Science education empowers with the skills to improve every facet of one's life such as Food, Clothing, Health, Childcare, Personal Finance, Religion, Culture, Arts, Home Beautification, etc.

Keywords: Skills, education, Home science, Food and Nutrition, Family Resource Management, Clothing and Textiles, Human Development, Communication and Extension Education

I. INTRODUCTION

“Education is an indispensable element for achieving sustainable development”(Anand, and Anuradha, 2016). Education is a very important tool for expanding student's mind. It will help in exposing every student to lot of opportunities, topics, people and experiences. Due to education, students grow and develop in many areas including analytical awareness, decision-making, creative expression, reasoning, verbal expression and many more (Bharathi, 2017).

Home Science deals with all aspects of the life of the community and the nation. It integrates the application of knowledge which is synthesised from different sciences and humanities to improve the human environment, family nutrition, management of resources, child development, and community resource management and consumer competence. Today Home Science is described as a multipurpose programme of study which takes care of individual's need and interests and develops need abilities and capacities for successful homemaking in a dynamic society. It is classified as a technical and vocational subject offering prevocational skills directly applicable to the world of work. Its mission is to help individuals, families and communities improve their economic, social, cultural and political environment (Mittal, 2011).

II. AREAS OF SPECIALIZATION IN HOME SCIENCE

There are five major areas of specialization in the Home Science:

- 1) Food and Nutrition
- 2) Family Resource Management
- 3) Clothing and Textiles
- 4) Human Development
- 5) Communication and Extension Education (Anwasha and Sangwan 2022)

III. CHARACTERISTICS OF HOME SCIENCE EXTENSION

- Multidisciplinary approach
- Action oriented
- Empower women and youth
- Need-based program
- Family oriented
- Its results are intangible
- It is a two way process
- It is voluntary (Mittal, 2011)

Life skills:

Life skills an approach is designed to enhance efforts to positively develop or change behaviour related to healthy functioning in society. Life skills approach encompasses and balances all three of components, namely knowledge (information), attitudes (values) and skills (behavioural changes). Decision Making is the act of choosing between two or more right and wrong deeds. Interpersonal skills are the life skills we use every day to communicate and interact with other people, both individually and in groups. Self-management skills refers to skills to increase the internal locus of control, so that the individual believes that they can make a difference in the world and affect change (Anand, and Anuradha, 2016).

Various core principles of life skills laid down by WHO (1997) are Self-Awareness, Empathy, Effective Communication, Creative Thinking, Problem Solving, Interpersonal Relationship, Dealing with Emotion, Decision Making, Coping with Stress and Coping with Emotions (Anand, and Anuradha, 2016).

Home Science is a dynamic field of education being both; an applied science and a practice. The practice of home science uses the knowledge and skills gained to maintain a healthy relationship of individual with his family and society. Since, its inception the teaching programmes in Home Science has been strengthened from time to time (Kaur et al. 2021). This multidisciplinary subject emphasizes on skill enhancement in developmental planning and communication through a balanced combination of academic and training inputs where the priority is on preparing a personnel for working with and for the people and developing media tools to strengthen the extension services (Ranawat and Semwal (2020).

Home Economics is a global subject (Smith &Zwart, 2010). Knowledge and skills acquired from the HE education are useful for students and their family, the same are widely applicable in the field of occupation, industry, business and community activities (Reeve, 2016).

Home Science education empowers with the skills to improve every facet of one's life such as Food, Clothing, Health, Childcare, Personal Finance, Religion, Culture, Arts, Home Beautification, etc. It enables a person to take better care of family leading to a more enriched society. It moulds one into a responsible person who can handle day to day challenges. It teaches the students their rights and duties as a consumer. Rural Awareness Work Experience (RAWWE) was introduced in to the curriculum of B.Sc. Home Science (Hons.) by Indian Council of Agricultural Research (ICAR) New Delhi, in the year 2002. Through this programme Home Science graduates helps rural women to acquire knowledge about home science technologies and to formulate positive attitude towards adoption of these practices (Prashanthi, et al. 2018).

Home Science education has attained new dimensions in its concerned departments and for the popularization of departments there is inclusion of Extension Education and Communication Management. It encourages and gratifies the individual's interest and develops skills and capacities for better vocations, careers and professions. Hence, it has evolved as an imperative tool for empowering women at household and community level (Ranawat and Semwal (2020).

Home economics opens our understudies to the basic standards of planning and budgetary administration, home and asset the executives, wellbeing and nourishment to give some examples. Home economics, local science or home science is a field of concentrate that manages the connection between people, families, networks, and the earth where they live (Kale, 2019).

Home Science education has played an important role in strengthening the inner ability of our women by enhancing their level of education and by imparting financial independence. Home Science extension education has played an important role in strengthening the inner ability of our women by enhancing their level of education and by imparting financial independence. The establishment of adult education, continuing education and community resource centres all over the world, is a reflection of the need, necessity and relevance of extension education. Being one of the major role of University, extension education acts as change agents in conveying messages, ideas, knowledge, technology, information and skills to a captive target audience, and also brings back the viewpoints and feedback of the people back to the sources for further improvement (Mittal, 2011).

All in all, Home Science Education is meant to prepare individuals to acquire skills and attitudes as family members simply because it covers different topics packaged into one major subject (Mokaya, 2017).

IV. RESULT AND DISUSSION

Mittal, (2011) conducted a study on role of home science extension in national development. It was stated that Home Science extension education has played an important role in strengthening the inner ability of our women by enhancing their level of education and by imparting financial independence. Life cannot be sustained without adequate nourishment, good health, protective environment, good housing, managerial skills, empowerments, suitable resources, communication skills, high literacy levels and aspirations.

Deo and Sarkar (2012) conducted a study on Empowering women through innovative embroidery training. It was showed that there was a significant increase in the level of knowledge and skill performance of the respondents.

Veeranjaneyulu et al. (2014) conducted study on skill development and enhanced livelihood opportunities through apparel making & embroidery trainings kvk, kampsagar, nalgonda district. It is evident that through

this training program there about 151.6% gain in knowledge among the Apparel making & Embroidery Trainees.

Anand and Anuradha (2016) conducted study on Life skill based education for sustainable future of adolescent girls. Life skills are usually associated with managing and living better quality of life by accomplishing adolescent's ambitions. Life skills enable individuals to translate knowledge, attitudes and values into actual abilities. Life skills as an approach is designed to enhance efforts to positively develop or change behaviour related to healthy functioning in society.

Kuya, (2017) conducted a study on Influence of Classroom Practice of Home Science on Employability among the Youth in Kakamega County, Kenya. Home Science is a vocational subject which, if effectively taught; impacts learners with practical skills and attitudes necessary in equipping graduates with the ability to transform themselves into self-employed citizens. Study findings revealed that unemployment levels were significantly high among secondary school leavers. The study also revealed a positive relationship between Home Science skills and employability among the youth in Kakamega County.

Naaz and Haseeb (2020) conducted study on revival of home science in Indian school curriculum for a holistic approach. It was stated that psychosocial competencies and interpersonal skills can be inculcated through this approach along with enhanced learning. In the nutshell, revival of Home Science school curriculum is the latest need of the hour in Indian school Curriculum that will shift the aims of education towards learning how to learn, and how to teach integrative skills.

Kaur et al. (2021) conducted study on factors affecting adoption of Home Science practices disseminated through Rural Awareness Work Experience (RAW). It could be concluded that RAW programme can help in capacity building of rural women by creating awareness, increasing knowledge and skill in improved home science practices which will help in empowering rural women.

Rani and Dahiya (2021) conducted study on Extent of adoption of homestead technologies among rural women. The present study was conducted in Hisar districts of Haryana state with sample size of 200 rural women with an objective to study extent of adoption of home science technology among rural women. Adoption level was measured in four departments of home science i.e. family resource management, food and nutrition, human development and family studies and textile & apparel designing. The findings revealed that extent of adoption maximum of respondent found the medium level of adoption followed by low and high.

Anwasha and Sangwan, (2022) carried out research on employment opportunities in interdisciplinary fields of home science. Being a unique field that combines science and art, home science develops a student's range of life skills. Foods and Nutrition, Communication and Extension Education, Resource Management, Human Development, Clothing and Textiles are a few of the specialized fields covered by Home Science. Science and the arts are both important components of the Home Science curriculum. This helps the pupils to acquire the skill, comprehend the idea, and apply it in diverse contexts. Students studying Home Science now have an advantage over those studying other fields. They can pursue careers in teaching, research, nutrition, and dietetics, as well as in the service and tourist, healthcare, production, and textile industries. Home Science therefore enables you to start a home business as well as a work outside the home.

Vidhale conducted study on efficacy of household art training modules in developing entrepreneurial knowledge, skill and attitude (ksa) among rural women. Study stated that women have a natural flair and instinct for knitting, stitching, kashidakari, darning, food preparation and processing. Women empowerment can be better achieved through entrepreneurship. It is an adventure to do something new or it may be an inner urge to make use of knowledge and skills in profitable direction.

V. SUMMARY AND CONCLUSION

Education is an important element for the development of an individual. Home Science deals with all aspects of the life of the community and the nation. Life skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. Life skills enable individuals to translate knowledge, attitudes and values into actual abilities. Life skills as an approach is designed to enhance efforts to positively develop or change behaviour related to healthy functioning in society. This multidisciplinary subject emphasizes on skill enhancement.

Five major areas of specialization in the Home Science viz., Food and Nutrition, Family Resource Management, Clothing and Textiles, Human Development and Communication and Extension Education are helpful for the enhancement of skills. Students studying Home Science have an advantage over those studying other fields. They can pursue careers in teaching, research, nutrition, and dietetics, as well as in the service and tourist, healthcare, production, and textile industries. Home Science therefore enables you to start a house business as well as a work outside the home.

Home Science education empowers with the skills to improve every facet of one's life such as Food, Clothing, Health, Childcare, Personal Finance, Religion, Culture, Arts, Home Beautification, etc. It could be concluded that RAWE programme can help in capacity building of rural women by creating awareness, increasing knowledge and skill in improved home science practices which will help in empowering rural women.

On the whole it can be concluded that Home Science is useful for the enhancement of different skills which are helpful for leading a healthy personal and professional life.

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