



# Contribution of Home Science Education in Inculcating Human Values

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## ABSTRACT

Human values are the core values that make up our personality and define how we act in life. Human society may not significantly sustain without human values. Hence, it is necessary to talk on the subject and bring about awareness of human values into the modern society. Human value crisis is a known fact of the modern society. It is believed that the human values which will save the mankind. Home Science education has impact on various human values which makes human life happy and healthy.

**Key words:** Human value, society, crisis, home science education, human value

## I. INTRODUCTION

### Human values:

Human values are nothing but the thoughts and values of human beings. They play a vital role in the life cycle of a human being. Human values help us to grow and succeed in our life. Simply human values can be regarded as a decision-making quality of a person. Every decision is made in an organization or a company based on human values. Home science education has numerous human values which makes society healthy and happy. (<https://www.cushyvalues.com/importance-of-human-values>)

### Importance of home science education:

1. Home Science gives knowledge for facing new challenges, to cope with knowledge explosion, technological advancements, new developments and growing needs of individuals for successful living in society. (et al . Sumita (2006)). The knowledge of Home Science improves the quality of life: the study of home science provides the homemaker with the knowledge and skills required to manage a home effectively.
2. Helps in the best utilization of resources to get maximum satisfaction and returns: Family resource management provides knowledge necessary to make intelligent decisions regarding the purchases budgeting and other managerial activities.
3. Teaches the application of modern science and technology to improve domestic life: Modernization of the world is reflected in home also. High-tech products and modern equipment's have entered our homes especially kitchens.

4. Helps to improve family relationships : The study of home science includes the area of human relationship, which teaches people how to get along with one another and how to solve problems within the family.
5. Develops in the students the necessary skills and techniques required for better homemaking and family living : Home science prepared the students for greatest of all profession that is being a domestic engineer.
6. Help to solve the day-to-day problems: The changing society not only increases the managerial problems concerning the use of human and material resources but also requires different methods of meeting the problems.
7. Helps in changing the values, attitudes and interests: Home science is not only confined to development of homemaking skills, it also makes the person aware of changing world.
8. Home science promotes the moral, familial and spiritual aspects of family living: Moral values of honesty, truthfulness, dependability and objectivity and decision making are some important values that a home is expected to develop in its members.
9. Enables the person for many career opportunities : Use of new techniques and modern equipment's has helped the housewife to make efficient use of her resources.
10. Home science has an important role to play in society : Home science aims at promoting satisfactory personal family and community life by developing the qualities needed for responsible and creative living
11. Home science syllabus draws its strength from both science and arts discipline. (*M. Dhvakshayani (2021)*) This enables the student to develop the ability and understand the concept as well as apply them in various contents situation. This gives home science students an edge above all other disciplines.

### **Food and Nutrition**

Good physical strength can be made possible by good eating. Both quality and quantity of food should be considered. Dietetics is the science of nourishing that deals with the adequacy of diets during normal life cycle and modifications required during diseased conditions (B. Srilakshmi, 2005).

### **Fabric and Apparel**

Textiles are named and identified by their way of construction. Different materials and equipment are used to determine the design and finish of each of these. Of various methods of fabric construction, weaving forms the universal method (et al. Vastala. R (2003))

### **Resource Management**

Its objective is to develop an appreciation of management in the economical use of time energy, money and other material goods as well as the human resources to derive maximum joy in home life. Good management is getting what one wants, with what one has. It is concerned with all aspects of family life, managing food and time, spending money wisely, planning activities to save energy and labour, catering to the needs of every member of the family, cleaning, clothing, decorating etc.( Shakya, S. (2020).

### **Human Development**

Through observations on children, the inherent interest of adolescent pupils in children receives fulfillment. This area develops an eagerness in pupils to take care of and to love children. Pupils learn to do things with and for children. They learn to select and tell stories in the nursery or pre-basic schools. They make toys for their younger ones. Information on feeding, clothing and entertaining children are included in these areas. (Shakya, S. (2020).)

**Development of communication and extension:** It combines both adult education and informal education. It is concerned with educating adults, i.e. farmers or home-makers, not in the letters and alphabet, grammar or language but, in the techniques of raising better crops, better animals, better fruit trees, management practices followed at home in a more efficient way, taking care of the nutrition of the family, etc. The concept and philosophy, discipline and profession and theory and practices in the field of extension education have gone in to revolutionary changes in the last decade, almost all over the world (Dahama and Bhatnagar, 2009).

## II. SKILLS OF VARIES DEPARTMENT

### **Area: Resource Management**

- Becoming a consumer conscious individual
- Wisely managing family income and expenditure
- Recognizing the need for saving money and making investments
- Optimally utilizing and conserving energy sources around you
- Developing eco-friendly consciousness
- Developing aptitude for work ethics and ethical standards in daily living

Home Science will give you scientific knowledge and develop skill for efficient performance of household responsibilities. Skill is the process of applying theory based knowledge into your daily life. For example, countering social pressures to adopt unhealthy eating practices by refusal is a skill. Seeking services for help with sexual issues is another skill.

- Ability to recognize the rights and responsibilities of a wise consumer
- Ability to use consumer aids while purchasing goods or using services
- Consciousness building regarding consumer protection laws
- Aptitude to manage expenditure within the available income
- Proficiency in saving money
- Ability to take maximum benefit of saving and investment schemes
- Dexterity in making a time plan and using work
- simplification methods for saving energy
- Expertise in space organization for performing various household activities
- Discernment in using renewable and non-renewable sources of energy at home
- Ability to prevent environment degradation and use eco friendly products and practices
- Appreciating the value of code of ethics

### **Human development**

- Competence in caring for the child as per physical, motor, social, emotional, language and cognitive development
- Aptitude for facilitating the sound development of adolescents
- Proficiency in managing and caring for people with special needs

### **Textile and apparel designing**

- Expertise in identification and selection of fabric appropriate to end use
- Deftness in using textile finishes for fabric enrichment

- Ability to buy clothing and textiles by judging quality and labels
- Competence in laundering and storage of clothes.
- Capability to protect the health of the family by providing nutritionally rich food

### **Foods and Nutrition**

- Competency in preparing balanced meals to suit the nutritional requirement of individuals
- Proficiency in meal planning as per signs and symptoms of nutritional status and deficiency diseases
- Aptitude for modifying diet for sick persons and nutrition related health problems
- Expertise in assessing nutritional status and recognizing signs and symptoms of common nutritional deficiency diseases
- Ability to use appropriate storage and food preservation methods. (<http://scert.delhi.gov.in/sites/default/files/9-Home-Science-2011.>)

### **Holistic values in home science education:**

Values are the fundamental forces that force or motivate human activities and endeavors. Following are some of the important values which has positive impact on human life.

1. **Social values** – Good Manners, Conduct, Helpfulness, Integrity, Honesty, Dignity, Commitment, Responsibility, Fairness, Justice.
2. **Ethical Values** – Respect, Punctuality, Responsibility, Courage, Dependability, Duty, Efficiency.
3. **Values related to Peace** – Truth, Nonviolence, Culture, Peace, Safe Environmental Practices.

**Integrity:** The home science education promotes open mindedness in the communication between the members of the staff, students and management. Integrity helps in building strength, consistency and character in thought, deeds and actions.

**Respect:** It encourages teamwork and synergy to recognize and accept the other persons, their ideas, words and actions. Constructive criticism and appreciation is bound to improve performance.

**Caring:** Home Science education encourages the value of caring, support, welfare, fairness and justice in all activities. It is reflected in the various activities which has undertaken with community, fraternity, membership in professional organizations and International Councils.

**Honesty:** Truthfulness and Trustworthiness is recognized as the virtue to be developed in students, faculty and staff.

**Courage:** Self Confidence is a requirement in courage. It is a needed value to accept risks and difficult tasks in life.

**Time Management:** Time is the most valuable resource. As it is a perishable resource, it is essential to understand the value of time in planning, organizing and execution of actions with appropriate decisions.

**Cooperation:** It is an important activity between persons, organizations and sectors that aim at integration of energy without changing the autonomy of both parties. It leads to a combined action utilizing resources towards common goal. The success of cooperation as a value is dependent on strong leadership and motivation and less of ego in individuals.

**Commitment:** The Home science education adheres to the goal of completion of activity with confidence and conviction. One must develop a sustained interest in the activity in line with ethical principles to achieve the goals. Commitment is a driving force to success.

**Empathy:** It is showing concern and enabling to understand the feeling of others from the point of view of others. This is an essential human value to be developed for understanding the culture, physical and mental state and economic situation of students, staff, faculty and management.

**Self Confidence:** Being certain of one's own capabilities, values and goals is self confidence. People with self-confidence exhibit courage to get into action with faith in their abilities, whatever may be their positions. Self confident people are willing to listen and learn from others, exhibit flexibility and show respect to other's efforts by giving due credit.

**Character:** It is a property that defines the behavior of a person. It includes attributes which determine the person's moral and ethical actions and responses. People can be divided in to several categories according to their character from destructive to constructive character.

**Spirituality:** It includes creativity, recognition of the individual, showing respect to others, acceptance of people as they are and developing a righteous vision. (S.N.D.T. Women's University, Juhu, Mumbai.)

### III. CONCLUSION

It was revealed that the term of human values is a difficult one to define, but they are essentially moral values that apply to all humans. Home science not only increases skills to lead life happily but also it enhance professional skills and moral values. Home science education has numerous human values which makes society healthy and happy

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