



Understanding Home Science : A Paradigm Shift for Better Future

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ABSTRACT

A plan of teaching Home Science must begin with an understanding of the discipline of home science. What is needed is a simple, direct explanation of the relevance and significance of home science in the modern context. People often ask how home science is associated with the home. This question brings out the basic premises upon which the discipline of home science is built. The science of the home is concerned with the maintenance and enrichment of human relationships through the development and judicious use of all available human and material resources to achieve a maximal satisfying life for all members of the family. Home science education prepares youth for the greatest of all vocation - Home Making. It orients young girls and boys towards preparation for several professions- teaching, nursing, dietetics, research, welfare, management, art application, extension work and communication. There are several ways of managing homes. Men as well as women have played the roles of breadwinners and homemakers. It has become necessary for men to share housework, to enable women as professional persons to contribute to the nation.

Key Words: Skill Enhancement, Home Science

I. INTRODUCTION

As the name suggests, Home Science is concerned with the home, health and happiness of all the people living in it. As a field of specialization, Home Science draws its content from courses in both science and art. Thus, representing an interdisciplinary field that prepares young learners for the two most important goals in their lives – caring for their home and family as well as preparing for a career or vocation in life. Hence, its scope extends to activities associated with setting home based enterprises as well as consultancies. Today, men and women share the responsibility of a home and family equally. They need an equal amount of preparation in making the best use of the resources available to make their lives comfortable. In this lesson, you will discover the scope of the science and art behind Home Science and the different professional avenues available to you after specializing in this field.

Home Science or the science of managing a home, includes all the things that concern ourselves, our home, our family members and our resources. It aims at getting maximum satisfaction for us and our family members through the efficient and scientific use of your resources. Home Science means the art of managing your resources efficiently and the science of achieving a healthy and happy home as well as successful career.

You must have noticed the words 'art' and 'science' being used together in the definition given above. This is because Home Science teaches you the art of using things so that a harmonious whole is achieved and an overall pleasant effect is created. At the same time, it gives you all the scientific knowledge of the procedures involved in making a home aesthetic. Let us take an example- Home Science will teach you about the different nutrients required by the body and the different functions they perform. This is the 'science'. When you are able to select various dishes having those necessary nutrients and serve them attractively to your family and motivate them to eat the right foods, it is an 'art'. Developing the ability to communicate effectively with all the family members including children and elderly, is an important skill and art that we all have to inculcate for harmonious interpersonal relationship and a happy and peaceful life. This essential skill is also learnt by studying Home Science. Home Science draws an important part of its content from pure science disciplines such as physics, chemistry, biology, physiology and hygiene. It also draws its content equally from economics, sociology, anthropology, psychology, community development, communication, media and technology. Thus, making it an interdisciplinary field which draws from the strengths of science and arts courses.

Life Span Development or child development has interdisciplinary connectors with child psychology, pediatrics, social work, extension, family welfare, adult education and nutrition.

Physiology collaborates with physicians and specialists from different specialties like neurology, nephrology, cardiology, skin, orthopedics etc.

Food, Nutrition and Health has interdisciplinary collaboration with biochemistry, microbiology, dietetics, physicians and specialists in social medicine etc.

Home Management is concerned with housing, management, interior designing, soil, structural engineering, energy, carpentry, furnishing etc.

Fundamentals of Textiles and Clothing have interdisciplinary approaches to textiles chemistry, weaving, textile designing, fashion designing, garment production industries, and chemicals dyes etc.

Communication Skills works in collaboration with media, advertising, extension and information dissemination.

II. REVIEW OF LITERATURE

Home Science trains the student for not only the role of homemaker but also as a member of other vocations such as catering, teaching, etc. Home Science helps in the creation of a affectionate and systematic home environment for the inmates of the home. It helps in the maximum utilization of resources in a family. It helps in enhancing the artistic aspect of a home. It extends helps for proper growth and development of children and their prevention from diseases. It helps in bringing up of children to better citizens and also looking after aged persons and expectant and nursing mothers. Home Science is a systematic and factual study of laws and principles as is done in other branches of Science. Its laws and principles are universally applicable. Home Science has wide scope and offers varied opportunities in careers. These careers are exciting, relevant and much in demand. You can successfully incorporate your personal talents with your Home Science knowledge and skills to have meaningful careers. No matter what your strengths or interests be there will always be one or the another career in home science related field.(6)

The goal of home science education is to help each individual to live more useful and satisfying personal, family and community life. **General education** aims at the all-round development of individuals to enable them to take their places in society as effective members. In the development of their abilities, emphasis is placed on personal development for living in a social group. The functional philosophy of education calls for "Preparation

for living through living”. Home science helps to fulfill these purposes in a unique way. It helps pupils to develop a point of view that challenges them to explore how to live together happily in their families, other social groups and communities. Home science aims to achieve family happiness, raise its moral standards and improves its economic conditions and these objectives are to be achieved by fully allowing the man as well as the woman to

develop personally and professionally.(6)

What is NSQF

The National Skill Qualification Framework (NSQF) organizes qualifications according to a series of levels of knowledge, skills and aptitude. These levels (1-10) are defined in terms of learning outcomes which the learner must possess regardless of whether they were acquired through formal, non-formal or informal learning. So NSQF is a quality assurance framework. It provides for multiple pathways, horizontal as well as vertical, both within vocational education and vocational trainings and among vocational education, vocational training, general education and technical education, thus linking one level of learning to another higher level. (NSQF gazette of INDIA, Ministry of Finance)(10)

Areas (field)	Type of employment opportunities
Production Industry	Food preservation
	Dress making
	Specialized cooking
	Textile designing and dress
	Manufacturing
	Work in production units
	Food industry and hotels
	Food processing
	Food analyst
Tourism Industry	
	Dietician in Hospitals
	sliming center
	Dietician in Hospitals
Research and Teaching	
Sales	Sales promotion job of food products
Technical	Food scientist
	Research assistant
Community development and extension	Development agent
	NGO establisher
	ITC material developer
	Media content developer

Times have indeed changed! What once used to be considered the norm in society, no longer holds ground. There has been a major shift in the balance and ideas of people. What would have once been considered too “manly” or too “feminine”, is now a constraint that doesn’t exist. Gender has always been a societal construct

anyway and while we still have a long way to go in terms of gender equality, the line between the sexes seems to be fading, slowly but steadily. One such field that has seen a change is education. Developmental and home science is a subject that has piqued the interest of many men around the world and in India too.

So what is home science? Well, the literal definition of home science would be an education for a better living. It is the study of reciprocal relations between the family and its natural and man-made environments. With the dynamics of the 'house' changing drastically, it has become more and more important for men to understand and be able to deal with home-related situations. So how is it helpful? Well, here are 5 reasons why we think it's important!

1. Scientific Approach To Home Management

Over the years, there have been major advances in the areas of health, nutrition, textile and various other housing-related stuff. These advancements have helped us make our day-to-day life each. The responsibility to take care of your household is equal. Hence, the essential knowledge and skills gained through the study of home science have become equally important.

2. Helps You Understand How To Better The Use Of Services And Facilities:

Compared to the past, there are a lot more services and facilities available to people in order to make their life simpler. This has reduced the task of household chores and other errands. Home science helps you understand how to approach and utilize these services with maximum efficiency. In the daily hustle, it is no longer possible for men to shove away their responsibilities which is why this subject is all the more important.

3. Helps You Economise

We no longer live in a time where the man went to work and the woman stayed at home and took care of the house. It has become a more individualistic society and both men and women need to know how to balance their household and professional life. Home science helps train and educate you towards making that perfect balance. The knowledge this provides has helped many men to manage their finances. Being independent and knowing how to do stuff on your own is always a good thing.

4. Helps You Lead A Healthier And Happier Life

Everyone wants to be happy and healthy. It is also considered one of the basic goals of a family life. Home science tries to teach you exactly that. It helps you understand the needs of others (family) which are both physical and psychological. The subject covers a huge scope and variety of subjects, all which are essential skills to know. From home decoration to taking care of your clothes, it teaches you all the life skills you need. Better yet, this helps you understand and appreciate how much women have actually been doing for you all this while. This isn't a 'man VS woman' thing. It's a 'life' thing and the skills taught are too valuable to pass up.

5. Prepares You For The Family Life

With all the essential skills home science teaches you, it makes understanding and planning out your eventual family life out well. While it doesn't necessarily mean it prepares you for marriage, the skills and education you obtain, help you become independent enough. Moreover, it helps you weighing and balancing competing demands and making intelligent selections and decisions.

III. CONCLUSION

As India moves progressively towards becoming a global knowledge economy, it must meet the rising aspirations of its youth. This can be partially achieved through focus on advancement of skills that are relevant

to the emerging economic environment. The challenge pertains not only to a huge quantitative expansion of the facilities for skill training, but also to the equally important task of raising their quality.

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