

# Role of Home Science Education in Enhancing Quality of Life

## Abstract

The present paper emphasizes on the point that by getting home science education, women can be changed to those of capabilities of division making, using freedom for improving the quality of life and fighting the bonds of adverse traditional customs and taboos. It aims to provide better quality of life and help the person to develop as an individual. The philosophy of home science education is based on welfare of home and family.

**Keywords:** Home Welfare, Human Relations, Area of Specialization, Scope of Home Science.

## Introduction

The home is the first and perhaps the most important place for the betterment and training of a child. Many people think that home science is only related to household tasks and activities. Science and technology has made great strides and has brought much material for the better quality of human life. Now home science has been recognized as an important part of the general education system. Home is responsible for the proper development of individual's personality. Success and happiness in family life are very much dependent on the qualities of the home maker.

The home gives an inspiration to necessary skills and attitudes for harmonious family and community living. According to home science Association, Home science is the field of knowledge and service primarily concerned with strengthening family life. Home and house may be exchangeable terms but it is not so, home is made by heart feelings and cooperation and whereas house is made by bricks and cement. Philosophy of home science education is the philosophy of the home and family. The philosophy of home science education must be in harmony with the cultural background of Indian home life, and be based on the highest ideals of Indian woman hard, spiritual values in Indian homes a realistic approach to existing conditions and a desire for community service.

Home science is a dynamic and ever growing field of education. It is an applied field built upon both the discipline of science and humanities for the purpose of achieving the welfare and wellbeing of the family in an ever changing society. It is the education for "better living" and the core of this education is the "family ecosystem". It is the study of reciprocal relations between the family and its natural and man made environments.

Home science education reflects social pressures that are evident around the turn of the century. It is a need-based, professionally oriented education to assist family and community towards improved living. In the context of growing pressures in the work environment and external world, the family assumes a significant role in shaping the citizens of tomorrow. The family is the main factor which protects the individuals from all external forces and provides the right type of atmosphere for children to grow into strong and independent personalities. Home science, then becomes the key subject in shaping the future course of our lives, as it equips the future citizens with relevant knowledge, competencies and prepares them to become efficient custodians of the nations future.

Human relations are undergoing sea-change during the last few decades. Family values, ethos are severely affected. People are becoming more and more individualistic in nature, contrary to our Indian collectivism. Thus children are growing up in a very complex psychological environment and thus leading to very many problems found among children in general and the problems of working women, elderly people in particular. Today family problems are in rise, leading to various types of domestic violence, abuse, crimes etc. Home Science education tries to abuse, crimes etc. Home Science education tries to educate and acquire the ability to manage this crisis at right time with proper emphasis.



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Home science education tries to create an environment and outlook, which will enable people to live richer and more purposeful lives. It tries to provide a wholesome knowledge and attitudes towards family health (both physical and psychological), nutrition, child care, home decoration, use of clothing's, elderly care and management during risk and eventualities. It tries further to enrich the lives of each and every members of the family through better understanding of the human relationships..

Home science education helps in preparing for home making, in the development of right values, appreciation, and understanding for better family life. It enables the pupils to understand the functions of parenthood, responsibilities of family membership and management of one's resources. It helps them to develop a sound philosophy of personal and family living. Understanding oneself (in terms of strengths and weaknesses) and others is the basic essence of family life. Moreover, it helps us in careful weighing of and balancing competing demands and making intelligent selections and decisions.

Basically, the philosophy of home science education is based on the welfare of home and family. It meets the physical, social, control and psychological needs of the members of the family and train them to carry out effectively their duties to their homes, neighbours, community and the nation. The integrated programmes and development plan must be incorporated with home science education.

Home science has great possibilities to become the shield and help the needy persons in both rural and urban areas. I would, however life to mention that it is not only the matter of programme and upliftment of society but the improvement of the quality of life of the entire setup, that is, the basic aim of home science.

Home science deals with the art of proper home-making which has writing its ambit knowledge of basic sciences, arts applied sciences – like foods and nutrition, health and hygiene, physidology, resource management family finances, child development and care, clothing textile, nonformal education, process and media of communication and other more related fields for family welfare and for qualify of life. The idea of all these subjects and their knowledge is to help the students in developing a social philosophy of personal and community living. Fortunately, home science has been recognized as an important part of the general education system for girl and boys both. The significance of home science is being increasingly recognized at all levels of education research and extension programmes in the country.

For home science education awareness value and its role in raising quality of lip, a questionnaire was prepared to know the responses of graduate and postgraduate students of CSJM University affiliated colleges. Technique used for collecting information for the result was the questionnaire based on 5 items which was prepared by taking into consideration the probable questions, Home science education tries to create an environment and outlook, which will enable people to

live richer and more purposeful lives. It trie regarding the role of home science in raising quality of life.

From data analysis, the questionnaire main interesting facts reveal that out of 100 students, the graduates and postgraduates were 74% in favour of considering home science as a professional course. 61% had a pretty good idea about the specialization in home science, 35% also visualized home science as job oriented and helpful in personality formation of the individual. Out of total 100 students, 28% only responded homescience as helpful in raising quality of life and removing poverty.

Study of the said subject helps one to acquire better individual understanding. Home science not only helps in leading a better family life but also presents itself as a potential source of numerous career opportunities. Women's role in national economy is significant, because they are first educators of children in self help and self confidence. Education for women, apart from qualifying them to be equal partners of men in all walks of life, should meet their basic social needs and duties in life as house coves mother and leaders. Thus, home science is the only discipline which can integrate all fact and efforts of the family, society and nation. The race for progress has already affected home life in several countries and there is a danger that old values which sustained domestic obligations may not survive. If the art of homemaking is left to itself, good homes also determine the production distribution and consumption of wealth in a society. Home is the institution which has preserved and transmitted our cultural heritage from generation to generation. The purpose of home science is the creation of an environment and outlook which will enable people to live richer and more purposeful lives. It is the establishment of the art of human relationship. It also helps in proportion for making in the development of right values and appreciations and makes a contribution towards increasing health and happiness. It is also an attempt to meet the demands of fast changing modern society.

We use homescience in all stages of life. Being a dynamic and living subject it is closely related to everyday life of everyone. The broad purpose of homescience education as stated by Safford and Amid on are –

1. Establish values which make personal, family and community living meaningful.
2. Create a home and community environment conducive to the healthy growth and development of all.
3. Achieve wholesome interpersonal relationships.
4. Use resources to satisfy need. Develop mutual understanding and appreciation of cultures and ways of life.

#### **Areas of Specialization in Home Science**

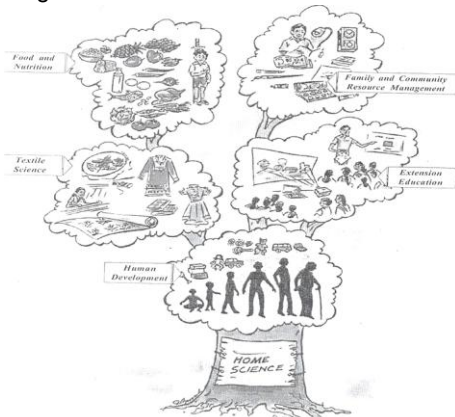
There are five different areas of specialization in Home Science. Each branch offers post graduate courses and facilities for research.

The five major areas in Home Science are Human Development

1. Family and Community Resource Management

2. Food and Nutrition
3. Textile Science
4. Extension Education

Observe and identify the areas in Home Science from the figure.



**Education and Vocational Scope of Home Science**

Home Science teaching has sustained itself

**Fig : Major Areas in Home Science**

**Table: Shows the Educational and Vocational of Home Science**

Vocational Area	Job opportunities after senior secondary	Opportunities of further education	Job opportunities after advanced course
Food and Nutrition	Food laboratory aide, dietary aide, food product tester, kitchen food assembler, quality control technician, short order cook, baker helper, waiter/waitress, dining room attendant, cake decorator	Diploma in hotel management and catering, BSc Home Science, diploma from polytechnics / vocational institutions, diploma in related subjects through distance education	Food technician, dietary assistant, dietetic technician, food technologist, nutritionist, caterer, food services manager, specialty cook, chef
House Keeping	Guest service clerk, housekeeping maid, host/hostesses, establishment guide, lodging facilities,	Diploma in hotel management and catering, BSc Home Science, diploma from polytechnics / vocational	Guest house manager, housekeeping manager, hospitality supervisor, hotel / motel manager, convention coordinator

a major employment sphere in research and in extension of social services. Nursery schools, family planning agencies, family counseling centres, pre-primary training centers, agricultural research centres, social welfare departments, international agencies like United Nations International Children's Emergency Fund (UNICEF), Food and Agriculture Organisation (FAO), Cooperative for American Relief Everywhere (CARE) are some of the areas where Home Science graduates and post graduates can find suitable places. Nutritionist, Nutrition Consultants, Dieticians, Food Experts and Scientists in Central Food Technological Research Institute, National Institute of Nutrition are some of the other career opportunities.

Above all Home Science offers more scope for self employment opportunities compared to other subjects. Fashion designing, starting tailoring unit, catering units, nursery schools, family counseling centres, food processing centres and preservation units are some of the areas where a Home Science graduate can explore self employment.

	attendant	institutions, diploma in related subjects through distance education	
Interior Designing, Furnishing and Maintenance	Showroom Assistant, Interior Design Aide, Furnishings Sales Associate	Diploma in Hotel management and Catering, BSc Home Science, Diploma from Polytechnics / Vocational Institutions, Diploma in related subjects through Distance Education	Window Display Designer, Interior Design Assistant, Photo-stylist, Furnishings Buyer, Housekeeping Instructor
Consumer Services	Advisor Consumer rights, Product Demonstrator, Sales representative, Consumer Reporter, Personal Shopper, Staff of Consumer	BA/BSc Home Science, Diploma in Communication and Journalism, Diploma in Public Relations, Diploma in consumer Protection Law	Food / Consumer Products Tester, Product Representative, Public Relations Representative, Consumer News writer

	Forum		
Family and Human Services	Adult day care worker, residential care aide, elder care worker, family aide, personal home care aide, home maker's aide	BA/BSc Home science, diploma of Special Educators / child development Counselors	Social Service technician / Aide, Community Worker
Child Development and Education	Pre-school Aide, Family child care provider, recreation aide, teacher Aide	Diploma of Special Educators / Child Development Counselors, Child guidance and counseling certificate course, BSc Elementary Education	Child Day care supervisor, Pre-school teacher Special Education Aide, After-school Programme Supervisor
Fashion Design, manufacturing and Merchandising	Fashion Design Aide, Fabrics / Accessories Estimator, Sales Associate Costumer Assistant, Employee in dry cleaning shop, Employee in a	BSc Home Science, Fashion Designing from Institution of Fashion Technology, Polytechnics / Design Schools	Assistant Designer, Fashion Illustrator, Textile Technician, Computer Imaging Consultant, Merchandise Displayer, Fashion Buyer

	garment manufacturing firm, Employee in a textile industry, Employee in an Embroidery unit		
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Thus Home science renders valuable services to the nation by enabling the women to establish sound homes. It extends skills and creativity into the community of people and nation. The curriculum should be geared towards rural development. The students must have opportunities and time to live in and work for the villages as part of their subject. Home Science colleges should serve the community in combating malnutrition. Food adulteration, consumer protector, child love through education of mothers, Balvadi centres, creches and medical case prevention of AIDS, safe and sound child birth, raising the health status. By getting home science education women can be changed to those of capability of decision making, using freedom for improving the quality of life and fighting the bonds of adverse traditions, customs and tabors. It is concerned with strengthening of the individual, family, community and nation.

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