

THE USEFULNESS OF VARIOUS BRANCHES OF HOME ECONOMICS IN DAILY LIFE

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ABSTRACT

“Home Economics” is not merely an academic discipline having limited scope confining to a piece of sewing machinery, culinary techniques, etc. but it is a key to learn basic life skills that matter to survive in today’s world independently. The emphasis of the “Home Economics and its Branches” on critical decision making and effective skills in occupational success, financial planning, nutrition, and health maintenance makes it an overall educational requirement that is significant and essential in the contemporary world.

Various misconceptions regarding this subject need to be cleared out. Similarly, spreading awareness regarding the importance of learning Home Economics along with its effect on our day-to-day life will create a major community that appreciates and is helpful in the creation of a safer and well-organized environment in the home. This study drives the attention of the young generation towards various branches of Home Economics and the way it can transform them into independent individuals capable of solving various problems in today’s world regardless of what occupation or career path they will be applying their knowledge for their betterment. Moreover, this study focuses on the usefulness of various branches of home economics in our daily life to help the young generation in the advanced world we live in.

INTRODUCTION

“Home Economics” being an academic discipline incorporates knowledge and basic life skills in the younger generation which is essential for their continuous growth in their present and future developmental, creative, and innovative journey in the world. It is also known as family and consumer science according to the American Association of Family and Consumer Science (2015). It includes personal development, financial management, intrapersonal development, effectiveness in

decision making, and various other life skills. Home Economics covers a vast spectrum of branches in the curriculum based on the application of basic sciences and art subjects.

Branches of Home Economics

- ❖ **Dietetics and Nutrition, Food Science and Preparation** – It deals with food service, several kitchen types of research. It also includes chemistry and bacteriology along with preservation methods, quantity, and quality of food preparation, components of food, their nutritional value, Food spoilage, adulteration, commercial food production, and related hygiene, adequate diet, nutrition deficiencies, and the psychological effects of various factors are some important topics under this branch.
- ❖ **Clothing and Textiles** – This branch particularly includes durability, nature, characteristics of natural, and synthetic fibres. It also includes learning clothing choices, dyeing, texture, print patterns, commercial production, selection, and taking care of different types of fabrics.
- ❖ **Housing and Interior designing** – This branch includes furnishing, money management, labour quality, financial arrangement. Advancement in decoration, association with designers, retail stores, knowledge of household physics, etc. they also include well ventilation, lighting and decoration. They also look at the level of comfort.
- ❖ **Research** – it involves a study for the betterment of the individuals, society and nations in various fields such as food preparation, textiles, nutrition, healthy diet, hygiene, etc.
- ❖ **Welfare Work & Child development and Care** – it deals with caring centres, nutrition necessary, hygiene necessary, money management, diet, housekeeping standards, etc. The branch involves the relation of child development and family development.

- ❖ Teaching – teaching related to new information that they need to spread, they spread knowledge regarding various problems and their solutions such as alcohol traffic and safety protocols, building family relations and strengths, etc.
- ❖ Communication – they focus on relations that are maintained with good communications. These include securing public relations, family relations, relations helpful in various other branches. It also includes the effect of communication on trade, manufacturers and our day to day life.
- ❖ Home Management – this branch focuses on the management of the money along with the labour and make use of most of the available resources. They focus on making use of most of the available things while saving money, labour, time and energy. They focus on good living and management of food, luxury, fuel, financial status and the happy living dealing with the relations they maintain.
- ❖ Family Living – It deals with the members in the family living together happily and how to maintain better relations in the family while surviving in the world that exists today.
- ❖ Consumer Education – it includes knowledge that is essential while selecting and purchasing the quality of the product. It also includes buying services that are required and are in the best interest of the people.
- ❖ Health and Hygiene – It deals with the knowledge of health and its usefulness in the daily life of an individual. This branch comprises personal hygiene, taking care of the infected person in the family, proper sanitation, nursing at homes, hygiene in case of food, healthy diet, etc.
- ❖ Home Nursing and First Aid – It includes taking care of the person having disease, skills for taking care and faster recovery, etc. It imparts the knowledge of first aid and medicine given in an emergency.
- ❖ Extension Education - It involves the understanding of the rural economic structure and improving the same, promotes health and nutritional status of the community; motivate women towards national development through the use of audio-visual aids, participation in

adult education functional literacy, programme planning and execution of welfare programmes.

- ❖ Human Relationships - This branch of Home Science includes how to maintain good family and social relationships for achieving happiness. To achieve happiness in a group, it is necessary to understand the principles of sound human relationships. A knowledge of psychology, sociology and other related subjects is necessary to help family members in understanding people.
- ❖ Personal and family finance – It deals with balancing personal expenditure concerning income and the desires for goods and services. It includes monthly budget, yearly budget and maintaining that based on personal and family income.

REVIEW OF RELATED LITERATURE

Home economics has been confidently and knowledgeably dealing with health literacy and in particular, the food literacy component for many years, helping to give young people the means to develop and define their future. Food literacy is a way of bringing together interconnecting elements such as food skills, food culture and global food systems, health-related behaviours and environmental sustainability, (Pendergast, Donna, Dewhurst, Y,2012).

Education has been an essential component of action to promote health and to improve life quality. Home economics was introduced to the curriculum during the industrial revolution as a means to improve societal conditions such as poor diets and living conditions illustrating then as now a close association between home economics and health (Geen, Jenkins & Daniels, 1998; Pendergast, Garvis & Kanasa,2011).

In the World Health Organisations Report on Ending Childhood Obesity, preventive strategies are strongly recommended, and one of the key recommendations is to 'Make food preparation classes available to children, their parents and carers,' (World Health Organization,2016). Additionally, there is immense support from the scientific community for culinary education for children as a behavioural strategy in the prevention of childhood obesity due to its potential to influence

dietary behaviours and/or food intake (Lichtenstein and Ludwig,2010).

From the comprehensive view of a home, economics sprung out several sub-disciplines and a variety of professional careers. Though these specializations and careers may seem separate from

home economics, they fall under the umbrella of home economics because their purpose is to serve families, individuals and consumers in their day-to-day life. Figure1 shows the branching out of home economics to many specialized fields and careers (Gabriel, 1998).

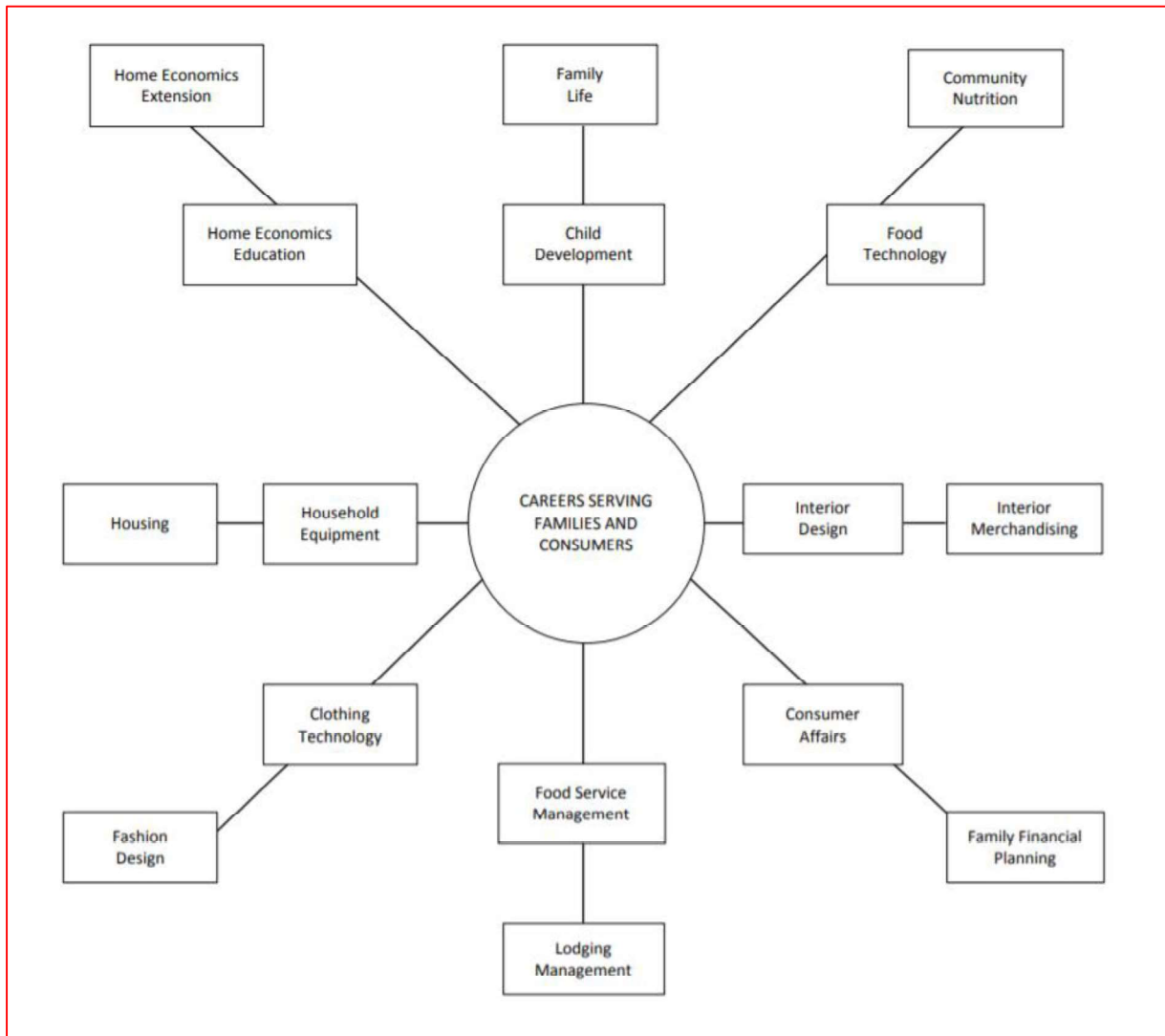


Figure1. Home Economics and Its Specialized Fields (From Sproles, E. and Sproles G. Professional Development in Home Economics,1992), (Gabriel,1998)

OBJECTIVES

- ✓ To study various uses of different branches of Home Economics in everyday life.

DISCUSSION

“Home Economics” serve as the mode or a guide for the people to be independent, confident and forward-thinking when it comes to living and completing various tasks while living in this modern era. Home Economics helps individuals to

incorporate and value good behaviours and manners. This helps them to adjust according to the conditions while living in a home, dormitory, sharing rooms, etc. The knowledge one receives from this subject about ethics and working etiquettes is useful during interviews and maintaining a working environment.

Various important skills that are discussed in home economics include financial planning, cooking and eating, safety, and living together skills. Nowadays, financial planning is a skill that everyone should

know, regardless of professional experience. Most people do not understand how to properly manage their finances. The lessons in this subject teach students how to use a debit or credit card and also about their future and how to effectively manage their finances and to avoid financial mistakes that can cause stress in the short term. In addition to personal finance, they also educate students on topics such as investments and taxes, teaching them to choose a good stock market to invest their money, or what to expect if you don't pay taxes on time, etc.

Cooking and nourishment are additionally especially significant issues that housekeeping offers us. There is a relationship between sustenance and cooking. The board preparation is likewise fundamental. It helps dietitians, food administrators, specialists, and nutritionists in their separate fields to further develop individuals and society from different angles.

One of the biggest obstacles' families face today is how to eat healthily without spending all of your savings on buying groceries for the same reason. Safety is something that seems obvious, but it is a very relevant topic that is taught in home economics. Students are taught how to build a safe environment around themselves. You will learn what to do in the event of a fire, how to perform CPR or use a first aid kit, how to treat an open wound, or how to prevent an injury from spreading. In this way, the education of Home economics deals with the theoretical knowledge as well as its application in their everyday life which is helpful for the individuals when they have prior knowledge before they make any crucial decision. The knowledge helps them in succeeding in their career as well as in surviving this world.

SIGNIFICANCE OF THE STUDY

In today's era, adults are not aware of a happy, well managed, organized and safe way of living to some extent. So, this study helps in clearing up the misconceptions regarding the subject "Home Economics" and discuss extensively the usefulness of the knowledge incorporated by this academic discipline in our daily life. The information provided by this study will motivate them to

understand the essentiality of this subject in the education system.

To Individuals: The knowledge of this subject is important for one to live or survive daily tasks while in a well-maintained environment. As per one's interest, it will train an individual to be a better home-maker and to discover their interest in various available branches and select one as the main career path. It also helps them to apply their knowledge in the time of crises and help to preserve food effectively. And also, to deal with various foodborne infections and poisoning. It makes an individual capable of handling various problems such as over-crowding, awareness programs effectively, and money management.

To Family: It helps them to maintain family relations with each other, family budget planning, home management, taking care of each other, to learn an effective way of child care and development, health management and in living with their respective roles in the society.

To Nation: The knowledge helps in building a healthy nation, protecting citizens from a food crisis, any national health issue before it causes havoc. It helps to motivate youths to go for self-employment by decreasing poverty levels and related crime rates. It uplifts the economic status of the nation. And provides a variety of jobs to many people.

CONCLUSION

"Home Economics", an academic discipline contributes to the overall development and growth of the individual by training them and aiding them in various easy as well as critical tasks. The individuals with the knowledge of this subject are expected to have undergone personal as well as intrapersonal development. Organizational work in the various field is a key to success which can learn effectively. Nursing, first aid, emergency impulses, etc can even save a life. So, the awareness regarding the branches and their applications in daily life for the betterment of the individual, community, family and nation has been noted in this study. It helps in a

happy, successful, safe, and well-organized life in the world we live.

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