A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE OF HOUSEHOLD MEMBERS OF THE FAMILY REGARDING THE IMPORTANCE OF KITCHEN GARDEN IN SELECTED URBAN COMMUNITY IN JAMMU AND KASHMIR

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ABSTRACT

Introduction: In this 21 century kitchen garden is becoming a new trend in urban community. The people are near to disease conditions. Now a day's expense is increasing and the uses of pesticides are also increasing. So it becomes as a healthy hobby and gives pesticide free fresh vegetables. Currently research studies shows that only 20-sq.ft is only needed for 300 days vegetables for a small family.

Material & Methods: A non experimental descriptive approach was used to achieve the objectives of the study. The study was conducted at Shopian Kashmir. The 90 samples were selected based on the inclusive criteria by means of non probability purposive sampling technique.

Results: The correlation between overall level of knowledge and attitude of household members regarding importance of kitchen gardening revealed to be positive, that is $r = 0.040$ which is statistically highly significant at $p < 0.05$. There is significant association of overall level of knowledge with selected demographic variables of staff nurses such as age, religion, and source of information at $p < 0.05$.

Conclusion: In the present study, household members have moderately adequate knowledge and this should be improved by providing in-service education, conducting workshops and conferences on this area.

Keywords: Knowledge; attitude; household members; kitchen gardening; booklet.

INTRODUCTION

Food is the most important thing for humans. In the past, humans can find natural food and produced food from existing land lots. The current population of the world is increasing dramatically with the use of land for agriculture benefit. Hence, the future outlook of the world may suffer from a shortage of food in the end. From the forecast of the **United Nation 2012**, by the year 2030 the world population is expected to have a high consumption by around 50 percent. The above figures may be faced with a world food prices increased many times. Additionally, potential food shortages can lead to a war in the end. Continuously increasing food prices of basic kitchen items, fruits and vegetables the poor and fixed income groups are suffering from the decreasing real incomes and purchasing power. The marginal increase in the income of the poor people to enable them to gain access to food and improve their nutrition is the need of the present time. In cities and urban areas where there is shortage of land for farming and over-population, areas of land around the house that tend to be useless, overgrown by weeds and turned to refuse dump could be an means of ensuring

household food security and nutrition if properly harnessed.

Men have grown much in the past decade. From a premature cave man to an urban social being, we have grown. But, sadly this journey to the present, took us far from our nature. With growing technologies and facilities, Health problems too began to arise. It is alarming to know that, the world, as per a **WHO survey in 2004**, spent a total of US\$ 4.1 trillion on health, which is equivalent to 4.9 trillion international Dollars- a part which is expected to double by 2030. A major portion of this can be attributed to nutritional problems.

The global incidence of food borne diseases is difficult to estimate, **WHO in the year 2005**, reports that 1.8 million people died from diarrheal diseases that were mainly caused by contaminated food and drinking water. The number of people suffering from food borne diseases in developed countries is up to 30%. In the United States of America alone it is estimated that 76 million cases of food-borne diseases, resulting 325,000 hospitalizations and 5000 deaths, occur each year.

The World Bank in 1998 estimates that India is ranked 2nd in the world for the number of children suffering from malnutrition, after Bangladesh, where 47% of the children exhibit a degree of malnutrition. The prevalence of underweight children in India is among the highest in the world, and is nearly double that of Sub-Saharan Africa with dire consequences for mobility, mortality, productivity and economic growth.

Even in all these rising problem, we live oblivious to the fact that the solution lies in our backyard and terrace. An article in news paper “**THE HINDU**” dated 9-07-16 says that 200-sq. ft space is all one need to get 300 days” supply of vegetable.

MATERIALS & METHODS

The researcher is using a Non - experimental – Descriptive Co relational design in this study which was conducted in selected urban community, Kashmir. A sample of 90 household members who fulfil the inclusion criteria. Non probability convenience sampling technique was used to select the samples. Two self-administered structured questionnaire were used to assess the demographic variables and the knowledge of household members regarding

the importance of kitchen garden. A three point Likert scale was used to measure the attitude of household members regarding kitchen gardening.

RESULTS

Graph 1: Percentage distribution of household members according to level of knowledge

The above graph depicts that among 90 household members, maximum number 75(83.3%) of them were having moderately adequate knowledge, 9(10%) of them have adequate knowledge and 6(6.7 %) of them have inadequate knowledge.

Graph 2: Percentage distribution of household members according to level of attitude

Depicts the level of attitude of household members regarding importance of kitchen gardening. Among the household members majority 59(65.6%) of them had moderately satisfactory attitude regarding kitchen gardening, 31 (34.4%) of them had satisfactory attitude, and none of the household members had unsatisfactory attitude.

The chi- square analysis was carried out to determine the association between knowledge and selected demographic variables. The association between age (χ^2 – value = 7.29, df = 2) were significantly associated with knowledge at 0.05 level i.e. $P < 0.05$, religion (χ^2 – value = 8.58, df = 3) were significantly associated with knowledge at 0.05 level i.e. $P > 0.05$, source of information (χ^2 – value = 10.5, df = 3) were significantly associated with

knowledge at 0.05 level i.e. $P < 0.05$, The above results evidence that knowledge of household members regarding kitchen gardening are influenced by age, religion, and source of information.

All the other remaining variables like gender, education, type of family, monthly income, type of occupation, marital status, experience in kitchen gardening, space availability were not significant at 0.05 level, i.e. $P < 0.05$. From here we can interpret that knowledge of household members are influence by some of the above demographic variables.

Hence, There is a significant association between knowledge and selected demographic variables regarding importance of kitchen gardening.

The chi- square analysis was carried out to determine the association between attitude and selected demographic variables. The association with religion (χ^2 – value = 1.46, df = 3) were significantly associated with attitude at 0.05 level i.e. $P < 0.05$, type of occupation (χ^2 – value = 8.61, df = 1) significantly associated with attitude at 0.05 level i.e. $P < 0.05$, source of information (χ^2 – value = 6.56, df = 3) were significantly associated with attitude at 0.05 level i.e.

$P < 0.05$. All the other remaining variables like age, gender, qualification, type of family, monthly income, marital status experience in kitchen gardening, space availability were not significant at 0.05 level, i.e. $P < 0.05$. From here we can interpret that attitude of household members are influenced by some of the above demographic variables.

CONCLUSION

The present study assessed the knowledge and attitude of household members regarding kitchen gardening. The results revealed that 75(83.3%) of the household members have moderately adequate knowledge, 9(10%) of the household members have adequate knowledge, 6(6.7%) have inadequate knowledge. Among the total, 59 (65.6%) of them had moderately satisfactory attitude, 31 (34.4%) had satisfactory attitude and none of household members had unsatisfactory attitude.

Demographic variables such as shows age, religion and source of information significant association with the level of knowledge of the household members regarding kitchen gardening except gender, education, type of family,

monthly income type of occupation marital status experience in kitchen gardening space availability have no influence.

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