



## International Journal of Home Science

ISSN: 2395-7476  
IJHS 2017; 3(2): 606-609  
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www.homesciencejournal.com  
Received: 01-03-2017  
Accepted: 02-04-2017

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## Adoption of food processing practices among SC women of Haryana

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### Abstract

Central and state governments impart trainings and education with a view to raise the level of symbolic adoption of recommended improved farm and home technologies so as to bridge the gap between production and productivity and also to increase self employment opportunities among the farming community especially to rural women. The present study has been planned to assess the impact of trainings on scheduled caste women and to measure the symbolic adoption of women respondents for food processing. The study was carried out in Hisar district of Haryana State. Impact of training was assessed on 104 women respondents who already received training on food processing. The study depicts that as compared to other food processing products, rural families adopted Green chili pickle (50.00) in pickling of seasonal vegetables, Lemon and green chilli pickle (52.50) in fruit and vegetable preservation, Sweet lassi (70.00) in processing of milk and milk products and eggless cake (65.00) in baking large quantity. The adoption of food processing products have shown significant impact on rural women. Respondents could acquire sufficient skill thoroughly training and majority of the respondents acquired medium skill in training. Majority of the respondents had medium level of adoption of food processing training.

**Keywords:** Food processing, Impact, Rural women

### Introduction

The total schedule caste population in Haryana is 40.91 lakhs which comprise 19.35% of the state population. Schedule caste constitutes the weakest and poorest section of society. It is noticeable that women in scheduled caste comprise the weakest link in the chain. Lack of education and employment skill amongst women makes them dependent, hindering their empowerment thus making them vulnerable towards self-development, especially in context of a developing country like India.

Training is meaningful only if it is need based and bring attitudinal change to establish own enterprise. Training is a vital tool to attain, sustain and accelerate the pace of development.

The term training refers to the acquisition of knowledge, skills, and competencies as a result of the teaching of vocational or practical skills and knowledge that relate to specific useful competencies. It forms the core of apprenticeships and provides the backbone of content. Training helps to provide an opportunity and broad structure for the development of human resources' technical skills. With fast emerging sophisticated innovations and technologies in every field, training is increasingly becoming a potent instrument that can help people bring about improvement in their prevailing conditions and ways of making a living (Anita 2006). The significance of training and education for improving the standard of living of a family, especially through homemakers has been recognized long back but has gained impetus in the recent past. The importance of training for women empowerment has further gained the attention of policy makers in our country. Training is meaningful only if it is need based and brings attitudinal change to establish own enterprise. Training is a vital tool to attain, sustain and accelerate the pace of development (Yadav and Verma 1998). The present study is an attempt to find out the adoption of food processing and preservation techniques are being followed by the rural women.

Need based training programme acts as a catalyst for increasing the motivational level of trainees who in turn try to put their sincere efforts to learn and gain maximum from training programme.

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It can thus be assumed that training need identification acts as a foundation pillar of training and helps in prioritizing the training areas for particular group of trainees.

Rural women play a significant and decisive role in household, agriculture and animal husbandry related activities. The performance of developmental roles more efficiently and effectively by women calls for specialized knowledge and skill up gradation based on their training needs. Venugopalan (1992) emphasized that considering women’s involvement in wide range of activities it is evident that their production potentials can be realized only if women get the necessary training, technical know how and support.

The existing level of processing and the extent of value addition are very low as compared to other developing countries. In India, the food processing industry is ranked fifth in terms of production, consumption, export and expected growth.

In order to ensure availability of food throughout the year they should be processed and preserved and kept for a longer period. In this process, the role of farm women in household food security is vital and unique.

**Methodology**

Food processing trainings include two trainings each in processing of milk and milk products, pickling of seasonal vegetables and preservation of fruits and vegetable and one

training on baking. Thus a total of seven trainings were conducted during 2008-2015. A total of 155 scheduled caste women were covered under the trainings on food processing. All the available beneficiaries covered under the trainings on food processing with at least 100 trainees were to be selected thus 104 respondents were available and formed the sample of the study. Impact of training was assessed in term of symbolic adoption. A well-structured interview schedule was constructed for data collection. The collected data was quantified and interpreted by using suitable statistical tools such as frequency, percentage.

**Result and discussion**

**Adoption level of respondents for food processing**

**Adoption level for pickling of seasonal vegetables**

Table 1 indicated the data related to the adoption of pickling of seasonal vegetables as an enterprise in different trainings. It was observed that most of the respondents (41.67%) were in high category of adoption at household level followed by medium (37.50%) and low (20.83%) level. In case of green chilli pickle, half of the respondents (50.00%) had high level of adoption followed by medium (29.17%) and low (20.83%) level. For mixed vegetable pickle 45.83 percent of the respondents were in medium level of adoption followed by low (29.17%) and high (25.00%) level.

**Table 1:** Adoption of pickling of seasonal vegetables by the respondents at household level

Sr. No.	Pickles	Ramayan, n=12	Patan, n=12	Total, n=24
1.	Lemon and green chilli pickle			
	Low	3(25.00)	2(16.67)	5(20.83)
	Medium	4(33.33)	5(41.67)	9(37.50)
	High	5(41.67)	5(41.67)	10(41.67)
2.	Green chilli pickle			
	Low	2(16.67)	3(25.00)	5(20.83)
	Medium	3(25.00)	4(33.33)	7(29.17)
	High	7(58.33)	5(41.67)	12(50.00)
3.	Mixed vegetable pickle			
	Low	4(33.33)	3(25.00)	7(29.17)
	Medium	5(41.67)	6(50.00)	11(45.83)
	High	3(25.00)	3(25.00)	6(25.00)

Figures in parentheses indicate percentages

**Adoption level for fruit and vegetable preservation**

Table 2 indicated the status of respondents about adoption of fruit and vegetable preservation.

It was observed that lemon and green chilli pickle was adopted at medium level (52.5%) followed by high level (30.00%) and low (17.5%) level. More than half of the respondents (52.5%) had medium level of adoption of sweet salty lemon pickle followed by low (27.5%) and high (20.0%) level. In mixed vegetable pickle more than half of the respondents (55.0%) were having low level followed by

medium level (42.5%) and only 2.5 percent respondents were in high level of adoption. For potato chips half of the respondents (52.5%) were having medium level followed by low level (45.00%) and only (2.5%) in high level. In case of tomato sauce less than half of the respondents (47.5%) were having medium and low level of adoption. In anola making half of the respondents (50.0%) were having medium level of adoption followed by low level (37.5%) and high level (12.5%) by the respondents.

**Table 2:** Adoption of fruit and vegetable preservation at household level

Sr. No.	Pickles	Ludas, n=20	Beerfarm, n=20	Total, n=40
1.	Lemon and green chilli pickle			
	Low	4(20.00)	3(15.00)	7(17.5)
	Medium	10(50.00)	11(55.00)	21(52.5)
	High	6(30.00)	6(30.00)	12(30.0)
2.	Sweet and salty Lemon			
	Low	5(25.00)	6(30.00)	11(27.5)
	Medium	11(55.00)	10(50.00)	21(52.5)
	High	4(20.00)	4(20.00)	8(20.0)
3.	Mixed vegetable pickle			
	Low	12(60.00)	10(50.00)	22(55.0)
	Medium	8(40.00)	9(45.00)	17(42.5)
	High	-	1(5.00)	1(2.5)
4.	Potato chips			
	Low	9(45.00)	9(45.00)	18(45.0)
	Medium	10(50.00)	11(55.00)	21(52.5)
	High	1(5.00)	-	1(2.5)
5.	Tomato sauce			
	Low	10(50.00)	9(45.00)	19(47.5)
	Medium	8(40.00)	11(55.00)	19(47.5)
	High	2(10.00)	-	2(5.0)
6.	Anola candy			
	Low	8(40.00)	7(35.00)	15(37.5)
	Medium	9(45.00)	11(55.00)	20(50.0)
	High	3(15.00)	2(10.00)	5(12.5)

Figures in parentheses indicate percentages

#### Adoption level for processing of milk and milk products

Table 3 indicated the status of respondents about adoption of milk and milk products training. It was observed that method of making burfi was adopted at medium level (65.00%)

followed by high level (20.00%) and low (15.00%) level. Most of the respondents were having medium level of adoption for *sweet lassi*, *chhana*, paneer and flavored milk.

**Table 3:** Adoption of the milk and milk products by the respondents at household level

Sr. No.	Categories	Balawas, n=10	Dhana Khurd, n=10	Total, n=20
1.	Method of making burfi			
	Low	1(10.00)	2(20.00)	3(15.00)
	Medium	7(70.00)	6(60.00)	13(65.00)
	High	2(20.00)	2(20.00)	4(20.00)
2.	Sweet lassi			
	Low	-	1(10.00)	1(5.00)
	Medium	8(80.00)	6(60.00)	14(70.00)
	High	2(20.00)	3(30.00)	5(25.00)
3.	Making <i>chhna</i>			
	Low	2(20.00)	1(10.00)	3(15.00)
	Medium	8(80.00)	8(80.00)	16(80.00)
	High	-	1(10.00)	1(5.00)
4.	Making paneer			
	Low	-	-	-
	Medium	6(60.00)	5(50.00)	11(55.00)
	High	4(40.00)	5(50.00)	9(45.00)
5.	Flavored milk			
	Low	2(20.00)	3(30.00)	5(25.00)
	Medium	7(70.00)	7(70.00)	14(70.00)
	High	1(10.00)	-	1(5.00)

Figures in parentheses indicate percentages

#### Adoption level for Baking

Table 4 indicated the status of respondents about adoption of baking products as an enterprise. It was observed that level of

adoption by most of the respondents for making of chocolate cake, kaju biscuit and eggless cake was medium followed by high (25.00%) and low (10.00%) level.

**Table 4:** Adoption of the baking products by the respondents at household level

Sr. No.	Categories	Sulkhani, n=20
1.	Chocolate cake	
	Low	3(15.00)
	Medium	14(70.00)
2.	High	3(15.00)
	Making kaju biscuit	
	Low	5(25.00)
3.	Medium	14(70.00)
	High	1(5.00)
	Eggless cake	
	Low	2(10.00)
	Medium	13(65.00)
	High	5(25.00)

Figures in parentheses indicate percentages

### Conclusion

Finding of the present study revealed that adoption of pickling of seasonal vegetables, in case of green chilli respondents had high level of adoption followed by Lemon and Green Chilli pickle and mixed vegetable pickle. Adoption of fruits and vegetables preservation, in lemon and green chilli pickle was adopted at medium level of respondents followed by sweet and salty lemon, Potato chips, tomato sauce, *Anola* candy. Adoption of milk and milk products, in case of making chhna was adopted at medium level of respondents followed by sweet lassi, flavoured milk and making burfi. In case of adoption of a baking products, most of the respondents for making of chocolate cake, kaju biscuit and eggless cake was medium followed by high and low level.

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### Recommendation

- All the trainings are a feasible enterprise and very much suitable for rural SC women to practice and empower them economically and socially. So the NGOs, extension agencies should enhance capacity of SC rural women by organizing them into groups and providing them necessary training and support in these areas so that they can start own income generating activity. Most of the respondents were unaware about the provision of bank loan for starting various income generating activities, it is therefore recommended to organize special training/ awareness campaign in the villages.
- All the trainings are a feasible enterprise.

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