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### Home management skills among college going teenagers

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#### Abstract

Home management skills are very important for Indian women. It can be increased in by giving proper training to teenagers. Present study was done to find out home management skill among college going teenager. The samples of 100 teenagers have been randomly selected from three Government college of Kota district. A preliminary investigation was undertaken by administrating the test on 100 samples. For the research purpose home management scale by Dr. Haseen Taj and Ms. M. Hemelatha was used. This scale contains 102 items of five different areas. The data were analyzed through categorization, scoring and percentage method for statistical treatment focusing the objective of study Data was evaluation according to the given method in the scale. A result indicates that a teenager has the capacity of becoming good home makers.

**Keywords:** Home management skills, teenagers

#### Introduction

Housekeeping is an art which is performed by every womenbut provide satisfaction to few. In fact home management is a skill of organizing and implementation of different plans in every stages of family life cycle in proper way, so that it can provide complete satisfaction. Increasing the ability of home maker can decrease the stress level of women. If time and work is wisely in the proper work in proper way than program life can be spend in beautiful manner. Understanding the principles of home management can simplify the busy life. Now a days, woman are performing dual role as a home maker and professional. To avoid the stress in life it is necessary for home maker to acquire knowledge about home management.

In present scenario women are the pillar of today's society. Society View has changed over a period. Women have played a vital role in boosting the economy. Changes in society for women has taken long time but given a management style. Responsibilities with rights are given to homemaker, which increases social and human skill. Management research studies are conducted world.

Family resource management was originally known as home management. Although family is known as basic unit in society and women is structure of family. So to meet requirement of the family, teenagers have developed different home management skills. So, this research has been conducted to find out skill of home management among college going teenagers. Research is very relevant in today's scenario. If proper training is given to teenagers {future homemakers} at right stage and right time great and desirable changes can be made in the society.

Many researchers have been done in this field but rarely on the teenagers. If proper training is given to homemaker then cases of divorces can be reduced in the society. Performing dual role as a professional and a homemaker is a difficult task and require a lot of mental and physical health.

#### Objective

To find out home management skill among college going teenager.

#### Hypothesis

Teenagers have homemaking skill.

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**Sample selection**

To complete the objective 100 teenagers have been randomly selected from three Government college of Kota district. Limited sample wastaken as it was short research. Purposeful sampling for Government colleges of Kota was done.

**Delimitations of study**

The study was delimited to teenagers only.

**Importance of study**

Home is a basic unit of the society and in Indian culture women’s main role is of a homemaker. So, if proper skill is provided to them then they can perform house hold activities and professional work without stress. The study will help to find out the skill of to be home maker.

Research Methodology: A preliminary investigation was undertaken by conducting 100 samples. For the research purpose home management scale by Dr. Haseen Taj and Ms. M. Hemelatha was used. In this scale 102 items of five different are as presented. These are namely (a) transaction with family members (06 items), (b) food management (45 items), (c) cloth management (26 items), (d) furniture and equipment management (15 items) and (e) time and energy management (10 items) are available. According process is very simple. All the scale items should be scored.

Questionnaire has 102 numbers of questions of five alternate responses namely-

Always	Frequently	Frequently	Rarely	Rarely
5	4	3	2	1

Samples were instructed to put a right mark in the box related to their answer. All response sheets were record by awarding a score of 4,3,2,1 or 0 for completely satisfied, partial satisfied, satisfied, partially not satisfied and completely not satisfied score. All responses were added together to get a composite score. Before conducting the survey researcher personally introduce the Performa and method of filling it. Samples were given guarantee that their information will be used only for research purpose.

All responses were added together to get a composite score. Before conducting the survey researcher personally introduce the Performa and method of filling it. Samples were given guarantee that their information will be used only for research purpose.

**Evaluation of data**

The data were analyzed through categorization scoring in percentage method for statistical treatment focusing the objective of study Data was evaluation according to the given method in the scale. Each statement has five options and 5 to 1 points were given in decreasing order. Percentile method was used to calculate the result

**Results and Discussion**

In the teen age it is very difficult to make a right decision at right time. So 72.74% of the respondents always take their decision with the help of family members in a very polite way, whereas only 18.18% of respondents do this job occasionally with the help of family members. If the directions have to be given to family members 59.07% of the respondents always understand the work process whereas 18.18% of respondents frequently understand the work process. Nobody was there who give the directions to family member without understanding the work process.

Given directions to perform task by the family member is always in the positive way by 45.45% of the samples whereas 18.18% agree that they never give any directions to the family members in a positive way. If the directions given to perform task is clearly understood accomplishment of the work is easy to agree by 40.90% of the respondents, whereas 22.72% of the samples frequently apply this in life. If any type of help is required by family members 81.81% of the samples use continuous, cheerful and considerate tone of voice not a single sample was there who rarely or never speak in low tone when they required any type of help. Expression of appreciation is very important for success in life so half of the samples appreciate for work well done by the family members.

Knowledge of the amount available for food in the family budget was known by 68.18% of the respondents whereas 0.04% rarely knows by the income used for food by family. Only 36.36% of the future homemaker had sufficient knowledge about nutritional value of food whereas 0.90% of the sample agrees that they never knew about nutritional value of any type of food.

Less than half of respondents that is 45.45% has proper knowledge about how to prepare and serve food; whereas 31.81% do not have any knowledge regarding this point.

Knowledge regarding prices of different food items was completely known by 31.81%, whereas 0.90% doesn’t have any knowledge about prices. Regarding conditions of market only 22% of the samples are aware and has proper information whereas 18.18% of the samples occasionally have facts of market. 50% of appellants are completely satisfied with the knowledge about the shopping facilities available in local area. If responsibilities food preparation is given to the samples than 22.72% of have basic knowledge about the nutritional status of the food whereas 18.18% of the samples agree that they have rare knowledge of nutritional status. Having less knowledge about the nutritional status is the point of worry for the samples as they are future home maker and this negative point can give adverse effect to health of their family. More than 68.18% of the respondents acknowledge that they are well aware of different aspect of the meal management and 22.72% don’t have any view regarding this point. Again this is a point of discussion that why youth in the era of technology are not aware of meal management? Is food management is not in the priority list of youth? About half of the samples agree they get knowledge about nutrition of food through different media sources. Only 0.90% of respondents states that they don’t get knowledge from media sources. This may be because a respondent belongs to lower socio economic background and they do not use internet and other social media for gaining knowledge.

Food is given to the family member according to recommended dietary allowances by 59.09% by the sample only 0.04% of the applicant does not follow this rule. Budget planning for food is done by 54.54% of the respondents. This is possible as respondents have ability of budget management and local market as stated in above statements. Regarding storage and plan to purchase of food material 72% of the candidate agree that they do this preplanned ways and move market randomly to purchase material.

**Summary and Conclusion**

There is a positive attitude of teenagers regarding the management of family but there is a great lacuna of nutritional level of food. This is due to the changing trend in eating habits. This change is leading to different diseases. So, training sessions should be conducted for the girls, to enhance

the knowledge of nutritional value of food. In other hand teenagers have proper knowledge of market it indicate the positive perspective of society towards girls. If responsibilities are given to girls with rights they can provide miracle change in society.

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