



# International Journal of Home Science

ISSN: 2395-7476

IJHS 2023; 9(2): 142-144

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Received: 14-02-2023

Accepted: 18-03-2023

**Jagrati Dwivedi**

Student, Department of M.Sc.  
Food & AMP, Nutrition, Kamla  
Nehru Institute of Physical &  
AMP, Dr. Ram Manohar Lohiya  
Awadh University, Ayodhya,  
Uttar Pradesh, India

**Dt. Sarita Iraj**

Assistant Professor, Department  
of M.Sc. Food & AMP,  
Nutrition, Kamla Nehru  
Institute of Physical & AMP, Dr.  
Ram Manohar Lohiya Awadh  
University, Ayodhya, Uttar  
Pradesh, India

**Dr. Mamta Jaiswal**

Assistant Professor, Department  
of M.Sc. Food & AMP,  
Nutrition, Kamla Nehru  
Institute of Physical & AMP, Dr.  
Ram Manohar Lohiya Awadh  
University, Ayodhya, Uttar  
Pradesh, India

**Corresponding Author:**

**Dt. Sarita Iraj**

Assistant Professor, Department  
of M.Sc. Food & AMP; Nutrition,  
Kamla Nehru Institute of  
Physical & AMP, Dr. Ram  
Manohar Lohiya Awadh  
University, Uttar Pradesh, India

## To study of students who consume organic food to promote good health and a cleaner environment in Sultanpur district

**Jagrati Dwivedi, Dt. Sarita Iraj and Dr. Mamta Jaiswal**

### **Abstract**

A survey of 60 swiss households was conducted to investigate the determinants of purchases of organic fruits and vegetables and identify subjectively perceived requirements for more environmentally friendly and healthier food consumption. An integrative behavior model incorporating various psychological and socio-structural variables was applied to explain the ratio of organic vs. non- organic purchases. The resulting model accounted for 42% of the variance of organic food consumptions. In addition, intensive livestock production significantly adds to biodiversity loss because natural habitats are being turned into grass and feed crop. They use compost and manure, rotate their crops and grow many kinds of plants. They do use pesticides, but only certain ones (mostly non-synthetic, with a few approved synthetics), and often only when other pest-control methods fail. Organic farming in India is an agricultural process, uses pest control derived from organic manure and animal or plant waste. This farming started to respond to the environmental suffering caused by chemical pesticides and synthetic fertilizers. It is a new system of agriculture that repairs, maintains, and improves the ecological balance. Organic farming uses organic inputs, green manures, cow dung, etc. Shows the table that (66%) respondent were 40 whereas (33%) respondent were 20 participate in a test panel to taste healthy foods and shows another the table that (58%) respondent were 35 whereas (16%) respondent were 25 use organic foods and vegetables.

**Keywords:** Organic food, environment, health

### **1. Introduction**

Organic food is not only better and healthier for human health, but for the environment as well, according to a French study. Reducing the consumption of animal products is important because these products are more harmful to the environment than plant-based ones. This is because livestock farming needs high energy and greatly contributes to greenhouse gas emissions. In addition, intensive livestock production significantly adds to biodiversity loss because natural habitats are being turned into grass and feed crops. The way food is produced may also affect sustainable diets, and one of the more eco-friendly food production methods is organic agriculture. While reducing pollution the growing of organic foods provide healthy alternative/health benefits to consumers and can enhance soil and water quality for consumers and the environment. The consumption of organic food and foods with no antibiotics or added preservatives is better for the overall health of consumers. Organic food is a growing area in the food industry. Organic foods are not necessarily more nutritious than conventional food. Conventional food is not less safe than organic food. Organic food is bad for the planet, more land is needed to produce the same amount of food. Organic food is not better than conventional food. Organic food is not only better and healthier for human health, but for the environment as well, according to a French study. Reducing the consumption of animal products is important because these products are more harmful to the environment than plant-based ones. Chekima B, *et al.* (2017) <sup>[1]</sup>. These studies report the influence of multiple antecedents on increased buying behavior for organic food items, including health consciousness, social norms and environmental concerns. Willer L., *et al.*, (2019) <sup>[6]</sup> Posit that a foremost challenge faced by organic food marketers is the concentrated nature of its demand.

**2. Material and Method**

**2.1 Research design**

Research design is provide for the relevant evidence with minimum of efforts, time and money. In order to achieve of the study. Descriptive cum experimental research design was planned multistage and simple random sampling will be taken for obtaining primary and secondary data. The method of primary data was collected through interview scheduled questionnaire method.

**2.2 Selection of area**

- The area of sultanpur was purposively selected for the study.
- Selection of sample size.
- Total 60 respondents will be selected for the study purpose.

**2.3 Methods of Collection of data**

Survey method was conducted in order to collection the data from the selected respondent with the help of the developed questionnaire. The schedule included aspects which led to the fulfilment of the study the schedule included the following information.

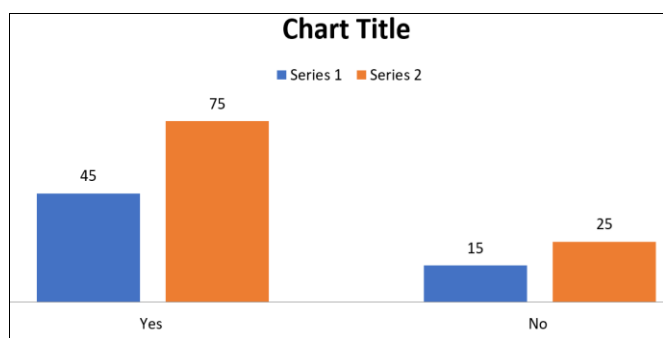
1. General profile of the respondent.
2. Dietary survey.
3. Anthropometric assessment.
4. Clinical sign and symptoms.

**3. Result and Discussion**

**Table 3.1:** Distribution of respondent on the basis of their basis of likeness burger, pizzas, noodles, pastas etc.

Basis of likeness	Frequency N=60	Percentage (100%)
Yes	45	75
No	15	25
Total	60	100

Above shows the table that (75%) respondent were 45 whereas (25%) respondent were 15 basis of likeness.

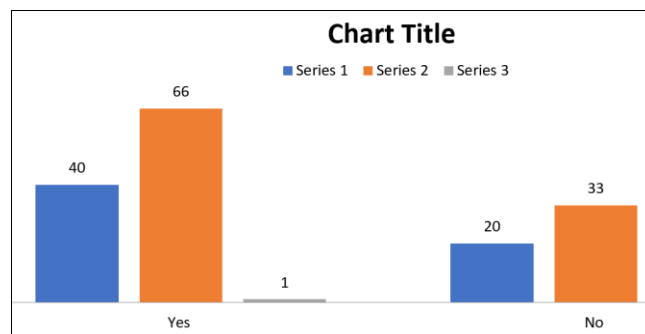


**Fig 3.2:** Distribution of respondent on the basis of their basis of likeness.

**Table 3.1:** Distribution of respondent on the basis of their participate in a test healthy foods.

Healthy food	Frequency N = 60	Percentage (100%)
Yes	40	66
No	20	33
Total	60	100

Above shows the table that (66%) respondent were 40 whereas (20%) respondent were 20 participate in a test panel to taste healthy foods.



**Fig 3.2:** Distribution of respondent on the basis of their participate in a test panel to taste healthy foods.

**4. Conclusion**

**4.1 Organic farming is better for environmental health**

Organic farming is better for the environment because its practices involve less pollution soil erosion, and energy. Eliminating the use of pesticides in farming also benefits nearby birds and animals and people who live close to farms. This summarises existing evidence on the impact of organic food on human health. It compares organic vs. conventional food production with respect to parameters important to human health and discusses the potential impact of organic management practices with an emphasis on EU conditions. Organic food consumption may reduce the risk of allergic disease and of overweight and obesity, but the evidence is not conclusive due to likely residual confounding, as consumers of organic food tend to have healthier lifestyles overall. However, animal experiments suggest that identically composed feed from organic or conventional production impacts in different ways on growth and development. In organic agriculture, the use of pesticides is restricted, while residues in conventional fruits and vegetables constitute the main source of human pesticide exposures.

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