

HOME SCIENCE – AN EMERGING PROFESSION

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ABSTRACT

Home Science is a science as well as an art which is built upon many disciplines for the purpose of achieving and maintaining the welfare and wellbeing of home and family life in an ever-changing society. It is a field of study which draws upon many disciplines such as Chemistry, Physics, Human Physiology, Biology, Hygiene, Economics, Rural Development, Sociology, Community Living Art etc.

Home Science is an interdisciplinary field of knowledge with focus on Food & Nutrition, Fabric and Apparel Designing, Human development, Resource Management etc. Earlier it was used to obtain scientific information to cope with day to day problems of life. However, in recent times, awareness in regard to these areas has taken up an accelerated path with the understanding of scientific knowledge and its application in daily life. In present time, new trends in Home Science and its relevance with current job scenario in diverse fields such as: - Catering, Confectionary and Bakery, Food Preservation, Counselling, Interior Designing, Dietetics etc.

Emerging trends in Home Science is an integrated process, multidisciplinary, action oriented and accomplish through cooperative effort. The result may be qualitative or quantitative; it prepares an individual to obtain recent scientific information to cope with the day to day problems.

INTRODUCTION

“Home Science is a science as well as an art, which is built upon many disciplines for the purpose of achieving and maintaining the welfare and wellbeing of home and family life in an ever-changing society.

Home Science is not merely a subject but a unique scientific knowledge, human values, aesthetic qualities, harmonious living interaction and household process. The subject is largely scientific in nature and hence requires an analytical mind and scientific acumen. A practical approach, aesthetic, creative and rational attitude is required to be in this field. Home science deals with the home and family relationship, management of the immediate and wider environment, establishing values which give meaning to personal, family and community living, understand the development process of a human and developing appreciation of differing cultures and ways of life etc.

Earlier home science was considered a subject that aims at developing certain skills and techniques that help the girl to be perfect housewife. But Now with emerging trends home science is considered as strong bridge between the science and society. Universities have also

widened the job opportunities for home science graduates by introducing vocational courses in various streams. In fact, today home science is no longer aims predominantly at home making but it is increasingly aimed at preparing professional worker.

HOME SCIENCE HAS FIVE BRANCHES

1. Foods & Nutrition
2. Clothing & Textile
3. Child or Human Development
4. Resource Management
5. Extension Education

FOOD & NUTRITION: -

Nutrition science studies the relationship between diet and states of health and disease. Nutrition science seeks to explain metabolic and physiological response of the body to diet. Previously it dealt with narrow concept of constituents of food and different cooking methods. But now Nutrition science would seem to extend far beyond the earlier confines of “growth, development, maintenance and repair” to include such other aspects of health as immunocompetence, ageing physical and mental wellbeing and prevention and retardation of degenerative disease and cancer.

NEW TRENDS IN FOODS: Catering

As the country is developing in all spheres of education, health care, modes of traveling from road to railways and the requirements of people for eating outside has generated the need for well-planned catering facilities.

The catering industry is one of the largest foreign exchange earners for the country, in addition providing employment to people of varying skills.

The nature of the Hospitality industry has the potential of providing avenues for self-employment. To run any establishment, it is important to have complete knowledge of containing management.

For women who wished to acquire some basic, knowledge of nutrition to start their catering proper operations on; the Home Science stream provides proper starting point. The course ‘Foods & Nutrition’ in Home Science includes a subject Institutional food administration. The practical knowledge that one gains from this subject is very helpful in the administration of quantity good production. In this, Students come to know about all the aspects of the ‘quantity cooking & serving’ and also focus on varied principles, tools & functions of catering management.

Employment opportunities exist within the widely differing aspects of the industry, and careers within the various sectors depends according to the type and size of the establishment. Jobs exist at all levels of employment; managers, receptionists, housekeepers, bar stewards, maintenance staff purchasing officers, financial manager, administrative and clerical staff.

An examination done by Hotel foundation of 10 India hotel chains also showed that 1/3 of the managers in hotel properties were women. Women were clustered in few managements' positions-namely, catering, sales and marketing, personnel, reservations and house-keeping. Nearly 35 of the catering managers were women. Most of the front-office managers were women. Women were likewise under represented on hotel's executive committees.

The overall picture that can be seen in one of progress, which is through the hospitality industry for women.

To succeed in the catering industry women should first feel good. She should go by the maxim that the best recipe is what you make. The people who had made it big by selling food cooked by the women at home. Starting things is easy. But keeping them going is tough. The recipe for success when it concerns for women of today is connect nation towards the goal and desire to stand on their feet is important.

NUTRITION TRENDS: -

Major challenges face by everyone with today's lifestyle patterns. Self-care deemed to be a sensible pattern of living. Prevention of disease, to the extent possible is at high priority. The following are some defined nutritional trends: -

1. **Food safety** – Concern about safe food takes priority as government, industry and consumers push for action.
2. **Vitamins & Minerals:** - Evolving science shifts focus on micronutrients from alleviating deficiency to preventive health.
3. **Healthy Eating:** - Attention to ethnic cuisines attracts consumers to plant-based eating patterns.
4. **Brain Foods:** - Certain food have the capacity to increase mental ability and memory; such as whole grain foods, blueberries, broccoli, pumpkin seeds, tomatoes and nuts are included.
5. **Nutrigenomics:** - It is the understanding of the effects of nutrients in molecular level processes in the body as well as variable effects of nutrients and non-nutritive dietary photochemical have on each individual person.

CLOTHING & TEXTILE: -

Clothing & textile deals with major areas like importance of clothing, its socio-cultural significance, children clothing, women's clothing and advance, clothing construction. Study of textiles includes methods of washing, caring for clothes (Storage, renovations and repair), how to sew, principles of design, fabric embellishment etc. The aim of this area is to help students to recognize the aesthetic, hygienic and economic values of clothing. There are tremendous jobs in textiles and clothing as fashion designer and merchandiser, lots of white-collar jobs are also available in buying and import houses.

Globally, textile and textile products including play an important part in the world economy and in international trade. In India, textile industry has been one of the most significant

constituents of the economy contributing 13- 14% of industrial production, about 20% of foreign exchange earnings, and 18% of the employment. After agriculture, textile is the largest employer, employing 35 million people directly and 93 million people indirectly. Due to high availability of raw materials, skilled and cheap labour, trained technical manpower and large industrial base, textile industry has structurally significant potential to grow. With the removal of trade restriction and strong market demand, the textile and clothing in potential to grow. With the removal of trade restriction and strong market demand, the textile and clothing industry, across all its segments has already started looking up. More action is clearly visible in new investment, technology up gradation, capacity expansion, product innovation, quality management, design, value addition, marketing efforts and exports especially in the better managed companies.

TRENDS IN TEXTILES: -

Development in textile have entered into a new era. Nanotechnology, Electronics-integration, biotechnology and responsive materials are all contributing to push textile materials into the next generation of engineering materials. Emerging trends in textile research and product application are making inroads into the development of super high strength filament yarns, environmentally adaptable fabrics with superior comfort and feel, medical implants artificial fibre, functional finishes, construction fibres, wearable computers and communication devices health monitoring suits and many more.

Some of the new trends are: -

WHOLE BODY SCANNERS: -

In the textile industry 3D whole Body Scanner is used to know the correct size of the body. The traditional method of measuring the human body is time consuming and to some extent, inaccurate. But with the help of 3 D body scanner, it will take few minutes to extract all body measurements.

NANOTECHNOLOGY: -

Nanotechnology is used in the textile industry especially textile processing, spinning, dyeing and finishing. A number of functional finishes such as water-repellent finishes, UV protectors, flame retardant, durable press, and health oriented, functional finishes etc can be applied throughout the techniques of Nano's and ionosphere.

HUMAN DEVELOPMENT: -

Child development or human Development is one of the five main discipline of home science. As a specialized field, study in higher education it is relatively new.

Child Development or Human Development as a specialized field of study in higher education is relatively new, parents have always been interested in their children. The community has been extending its care and concern for children. Poets have glorified childhood and literature

has immortalized the innocence of children. However only recently the need for a formal study of the child has been recognized in India.

Child development is both a descriptive and normative science. Through the study of children, it enables one to 'know himself'. Everyone needs to know how his mind works and how various aspects in the environment influence him.

Each child is unique. Hence a study of child development cannot give parents more than valuable sign posts towards understanding their own child. A general interpretation of children cannot take the place of the intimate knowledge parents gain of their boys and girls as they care for them and watch them growing. Yet the growing fund of information on how children develop is illuminating every aspect of childhood and family life. It has stimulated and strengthened parents, enriched family living and brought significant new values to the art of child rearing.

Human Development is the science of development and behaviour of children. The subject deals with the physical development and the conscious and unconscious mental process and activities. It emphasizes on the right type of thinking, feeling and imagination on the part of adults, motivating them towards the most efficient child-rearing practices and this helps them to help children.

The earlier trend of child development started with birth of the child. Today it is recognized, that many events of great significance to the postnatal development, take place before birth.

TRENDS IN HUMAN DEVELOPMENT: -

1. Rehabilitation centre: - These centres are providing services to the children with impaired senses.
2. Counselling: - These days student counselling, vocational counselling, marriage counselling, child behaviour counselling are very popular trends. Except this child care centre, mobile crèches, mother and child health care centres are the new trends of Human Development.

RESOURCE OR HOME MANAGEMENT: -

Family resource management helps to gain insight into the principles of design leading to interior decoration and space management. This subject collaborates with energy, economics, handicraft, housing etc.

TRENDS IN HOME MANAGEMENT: -

1. ERGONOMICS: -

Ergonomics is the current concept of attracting towards home management. An Ergonomist is hired by furniture companies to shape up the furniture according to comfort level of the users.

2. CONSUMERISM: -

In society consumer awareness has widespread and consumer protection emerged into a movement. Protection is provided by court of law through the enactment and implementation of several consumer laws. Floor decoration in different marriage parties or in ceremonies organized at household level, pot making, wall making, interior decoration, Energy parks and ecology are also the current trends of family Resource management.

EXTENSION EDUCATION: -

Extension Education is also one of also one of the main disciplines of home science. The domain imparts ability to plan, implement and evaluate need based extension programmes. It helps in increasing skill of preparing different audio-visual aids using modern techniques for different age groups. Extension Education helps in the development of individual as well as categories of the society. This education changes the attitudes, knowledge and skills of people as it is a continuous educational process. Generally, extension education develops, strengthens and organize the groups, institutions and people to achieve their objectives. It gives a package of educational practices for adoption and diffusion. Attainment of data for developing plans and activities coordination is possible with the help of extension education. Extension education is helpful in acquiring latest technology by the administrators and planners.

TRENDS IN EXTENSION EDUCATION: -

- (1) Research projects in areas of adult education, family welfare and women empowerment etc.
- (2) Mid-day meal programmes – It was recommended to attract children to come to school.

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