

A Study Of The Role Of Time And Energy Management Of Low Income Group Of Females In Jandaha Block Of District Vaishali In Bihar For The Socio-Economic Development Of Their Family.

DR. KUMARI SUMAN
Assistant Professor
Deptt. of Home Sc.
A.B.S. College, Lalganj, Vaishali

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INTRODUCTION: A Low income group of family plays multifarious socio-economic roles inside as well as outside the home. Women work harder than men in rural society. They are not only homemakers but also bread winners, bearing land preparation, irrigation and plant protection. They do all the farm jobs and are entirely in charge of kitchen gardening and animals keeping. Their management in agriculture is 80 percent. They also do collection of fodder and fuel, cooking, child caring, animal husbandry, handicrafts work in their daily life.

In terms of income their share is barely 10 percent of the world resources. The low income group women play a significant and crucial role in agriculture development, crop production, horticulture, social forestry, etc.

As time is highly valued resources so in order to survive every family has to manage time effectively in such a way as to support the material needs for their family.

Energy management is more complex and difficult than time management. We can always count on twenty four hours a day when time management and activity plans, but we never know how energy can be counted on to carry them out.

The amount of energy that each person has for work and other activities depends on physical heritage and mental physical health. Goals are important in energy management because they determine how much and what kind of energy should be mobilized.

OBJECTIVES:

The present study was conducted with the following objectives:

1. To study the Socio-economic status of Low income group of females of Jandaha block in Vaishali district of Bihar.
2. To ascertain the co-relation between time and energy management practices of low income group of females with their daily working routine.
3. To examine the housing pattern of poor females

RESEARCH METHODOLOGY AND RESULT

Keeping in view this broad aspect is applied on low income group females of Jandaha block in Vaishali district has been conducted to examine the existing pattern.

Three panchayats of Jandaha block in Vaishali district of Bihar was selected for present study, from each panchayat as four villages are included in this study.

Here, I have cited name and number of three selected panchayats for the study area.

Figure :1- Name and number of selected Panchayats for the study area:

S.No.	Name of the selected Panchayat	No. of respondents	Percentage of respondents
a	Hajrat Jandaha	140	41.06
b	Rasalpur Puroshotam	59	17.30
c	Pirapur Panchayat	142	41.64
Total		341	100.00

Total 12 villages were selected for the study of low income group of females among this four villages were selected from each panchayat.

Figure : II- Number of village selected for the study.

S.No.	Name of the native place	No. of respondents
1	Jandaha	35
2	Chakdewan	35
3	Jhamanganj	35
4	Arniya	35
5	Chakmahdin	21
6	Rampur	21
7	Rasalpur	08
8	Saraiya	09
9	Pirapur Pokhara	35
10	Hirapur	36
11	Jagdishpur	36
12	Pirapur West	35
	Total	341

All the low income group of families of the selected (12) villages were included in the study one female from each family formed part of the sample thus, the sample size of the study was a total of 341 females which has been shown in above figure-11

In this part questions were included to collect information regarding the time expenditure in food preparation, house keeping, child care, clothing care, agriculture activities, social activity, earning activities, personal care activities and decision making.

This included questions dealing with the housing pattern of study area.

The data was collected through observation and interview schedule as well as time record in questionnaire in which the timing for the whole days activities were recorded for rainy, winter and summer seasons separately.

Such type of collected data helped me to approach the low income group of families informations.

A door to door survey was conducted and keen observation were made. The data thus collected was consolidated, tabulated and analysed here:-

Table - 1
Allocation of time (minutes) and energy (K. calories) day spent on animal care activities by low income group of females in different season according to the age.

Sl. No.	Age group (Years)	No. of Respondents	Rainy season		Winter seasons		Summer season		Average time and average energy	
			Mean value of time (minutes)/day	Mean values of energy (K.calories)/day	Mean value of time (minutes)/day	Mean values of energy (K. calories)/day	Mean value of energy (K. calories)/day	Mean values of energy (K.calories)/day	Average time (minutes)/day	Average energy (K.calories)/day
1	<30	74	58.64	162.55	64.10	180.34	72.32	199.02	65.02	180.63
2	30 - 40	159	49.65	136.53	56.79	156.15	63.91	175.74	56.78	156.14
3	40 - 50	64	49.63	136.47	56.33	154.82	63.31	174.11	56.42	155.13
4	50 - 60	38	23.03	63.32	28.08	77.09	32.16	88.43	27.75	76.28
5	> 60	6	12.67	30.25	15.33	42.17	18.50	50.83	15.50	41.08
	Total	341	193.62	529.12	220.63	610.57	250.20	688.13	221.47	609.26

The study was conducted in Jandaha block of Vaishali District among 341 low income group of families of three panchayats. Four villages was selected from each of the panchayats.

The data were collected through observations and interview schedules as well as time (Minutes) recorded in schedule which was the timing for the whole days activities were recorded for rainy, winter and summer seasons separately.

Energy calculations based on Nickel and Dorsey (1967) the three categories of work have been scientifically defined and mentioned in above table-1

FINDINGS OF THE STUDY:-

1. Majority of the respondents (46.63%) belonged to age group of 30-40 years. The Mean \pm of the respondents was 37.46 ± 9.74 years.
2. Majority of the respondents (63.34%) were from nuclear family.
3. Majority of the respondents (56.30%) and monthly income between the range of Rs. 3000-6000 per cases it was also recorded to be above rupees 9000 per month by the service.
4. The time and energy expenditure on health care activities were maximum 76.05 Minutes and 294.84 Kcal per day respectively among the respondents.
5. The Low income group of Females in the age group of below 30 years were more conscious about their clothing Management.
6. The animal care activities was maximum mean value of time 72.32 Minutes and energy 199.02 Kcal respectively per day was recorded in whole of the year.
7. The Majority of the respondents (33.66%) become tired in harvesting the paddy and minimum of

respondents 12.32% were tired by storage of grain.

8. Majority of Low income group of females 32.84 percent resides in Kacha house.
9. Majority of the respondents (88.327%) had fixed time and duration for each activities.

On the basis of above mentioned findings I have concluded that Low income group of females enhance their per capita income with socio-economic status of their families and nation also by proper utilizing time and energy Managements.

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