

CHAPTER

1

## HOME SCIENCE: CONCEPT AND SCOPE

### KEY CONCEPTS

- 1.1 Evolution of the Discipline Home Science
- 1.2 Meaning and Importance of Home Science Education
- 1.3 Major Areas in Home Science.
- 1.4 Scope of Home Science- Educational and Vocational.

The concept of Home Science is based on the ardent desire to improve the well being of the community through every home. This can be achieved through the systematic arrangement of resources. Home Science can take a prominent role in developing good individuality and a good sense of personality in a person. Through modern scientific knowledge, an individual's potentialities can be utilized to the maximum.

The modern concept of Home Science is to bring up homes where peace, prosperity and progress prevail. One factor which has influenced the concept of Home Science is the awakening of women's issues. The philosophy of Home Science is to provide equal opportunities for both sexes, to achieve best familial and professional lives. The imbalance between the roles of man and woman can be avoided thus. Along with material and economical achievements, physical, spiritual and moral aspects of family living have to be promoted. This is one of the underlying principles of Home Science education. The home implants moral values of honesty, truthfulness, dependability and objectivity in a person.

## 1.1 Evolution of the Discipline of Home Science

Home Science is a new area of science. Its history is short. During the British Rule between 1920 and 1940, the then rulers introduced Home Science in some schools and colleges. In the beginning Home Science was referred to as Domestic Science. The princely state of Baroda was one of the first states to introduce Home Science in Schools, in Maharani Girls High School. The subject remained in the school curriculum in several states. After won independence India in 1947, many changes were brought about in its curriculum.

In the sixties and seventies, Home Science and related subjects were fused together at the school level. A stream was developed at the higher secondary level in Gujarat and some other states. Gradually Home Science became a popular subject in Delhi, Uttar Pradesh, Madhya Pradesh and some southern states. But courses were not offered at the college level at that time. Hence many institutions faced problems of providing further opportunities for students who completed Home Science at the secondary level.

In 1932 Home Science was started at the college level at in Lady Irwin College at Delhi. From 1938 onwards Madras University offered Home Science at the degree level. Queen Mary's College and Women's Christian College at Madras started

Home Science in 1942. The Agricultural Institute of Allahabad also started a Home Science Diploma course in 1935. In 1945 it turned into a University Department.

By 1950 Baroda became a significant nucleus of Home Science education. Since 1950 outstanding Home Science Colleges were started at Coimbatore (Tamil Nadu) Ludhiana (Punjab) Bombay (Maharashtra) New Delhi, Udaipur (Rajasthan) and Tirupathi (Andhra Pradesh)

In the mid 1960's and 1970's Agricultural Universities were established in most of the states. Teaching of Home Science was recognized in most of the Agricultural Universities.

There is a steady progress of Home Science education in India at the school and college levels. In 1920 only few students enrolled in Home Science. By 1980's many prestigious institutions in India offered B. Sc, M. Sc and Ph. D degrees in Home Science. At present thousands of post graduates and Ph. D degree holders are in prominent positions in prestigious institutions all over the country.

Home Science has now been claimed to be one of the important subjects in the school curriculum because it offers the fundamental opportunities to develop their best for promoting society.

In 1951 the Home Science Association of India was formed. The Constitution of the Home Science Association was framed by Miss Dorothy Pearson of Women's Christian College, Madras. Later the association became affiliated to the International Federation of Home Economics.

The main objective of the Association was to raise the standard of Home Science education in schools and colleges. Many branches of the Association were started in almost all states. The journal- *Indian Journal of Home Science* was first started in 1966.

### Let us do



*Collect more information regarding the status and history of Home Science in other developing and developed countries using internet facility.*

## 1.2 Meaning and Importance of Home Science Education

The study of Home Science helps each people lead a more satisfying personal, family and community life because of the knowledge, understanding, skills and appreciation of cultural and spiritual values a pupil acquire through Home Science education.

Unlike other subjects, Home Science is a practical science one applies in everyday life. As a practical subject it offers maximum opportunity to express one's ability to take up things and develop leadership qualities.

Home Science education develops qualities needed for responsible citizenship. Home Science Education helps pupil to recognise the importance of food in healthy living, teaches how to prepare food by retaining its nutrients and the importance of balanced diet. It also enables one to sort out family problems and find out solutions for them. Home Science education helps one to start self employment and become a wage earner at younger age. The curriculum empowers to take intelligent decisions concerning the use of materials and resources. The student becomes efficient to nurture and take care of the young, to foster their healthy growth and development. Moreover one gain technical knowledge and information from various branches of Home Science for both personal and professional use.

## 1.3 Major Areas in Home Science

There are five different areas of specialisation in Home Science. Each branch offers post graduate courses and facilities for research.

The five major areas in Home Science are

- Human Development
- Family and Community Resource Management
- Food and Nutrition
- Textile Science
- Extension Education

Observe and identify the areas in Home Science from the Figure 1.1.

Human development deals with the development of a child from conception to old age.



Fig. 1.1 Major Areas in Home Science

Physical, motor, emotional, language, cognitive and social developments of human beings are included in this. Behavioural problems of children, exceptional children, disorders, specific problems and issues that hinder the development of human beings are also dealt with. Geriatrics is also a part of the study since the life span of an individual is longer today.

Under Family and Community Resource Management, time, money, energy and space management are the main topics for study. A good time plan is essential for time management. For money management resources have to be utilised judiciously. A family budget fulfils this aim. Energy management is a difficult task as the activities in a person's life is different from another individual. Energy management study aims at reducing the amount of energy required for doing each work. A work simplification technique enables this process. Consumer education is also included under this subject. The consumer is provided with information regarding food safety, safety against adulteration, common adulterants, health hazards and Consumer Protection Act. Major principles and basics of design and arts are also detailed in this area.

In Food and Nutrition food science and nutrition are included. Chemistry of food, nutrient retention, sources of nutrients, nutritive value of food and judicious mixing of food are scientifically instructed in food science. Nutrition imparts the knowledge of various nutrients, their composition, functions, sources, requirements and deficiency status.

Textile Science includes all details about textile fibres and fabrics, fabric construction processes namely spinning, weaving, printing, dyeing etc. Basic principles of apparel designing and construction are also taught.

In Extension Education, basics of programme planning, preparation of audio visual aids, social work, applied nutrition; methods of communicating with the society etc. are included.

### **Check your progress**

1. List the major areas of Home Science.
2. State the importance of Home Science.

## **1.4 Scope of Home Science - Educational and Vocational**

Home Science teaching has sustained itself as a major employment sphere in research and in extension of social services. Nursery schools, family planning agencies, family counselling centres, pre-primary training centres, agricultural research centres, social

welfare departments, international agencies like United Nations International Children's Emergency Fund (UNICEF), Food and Agricultural Organisation (FAO), Cooperative For American Relief Everywhere (CARE) are some of the areas where Home Science graduates and post graduates can find suitable places. Nutritionist, Nutrition Consultants, Dieticians, Food Experts and Scientists in Central Food Technological Research Institute, National Institute of Nutrition are some of the other career opportunities.

Above all Home Science offers more scope for self employment opportunities compared to other subjects. Fashion designing, starting tailoring unit, catering units, nursery schools, family counselling centres, food processing centres and preservation units are some of the areas where a Home Science graduate can explore self employment.

Table 1.1 shows the educational and vocational scope of Home Science.

Vocational area	Job opportunities after senior secondary	Opportunities of further education	Job opportunities after advanced course
Food and Nutrition	Food laboratory aide, dietary aide, food product tester, kitchen food assembler, quality control technician, short order cook, baker helper, waiter/waitress, dining room attendant, cake decorator	Diploma in hotel management and catering, BSc Home Science, diploma from polytechnics/vocational institutions, diploma in related subjects through distance education	Food technician, dietary assistant, dietetic technician, food technologist, nutritionist, caterer, food service manager, specialty cook, chef
House Keeping	Guest service clerk, housekeeping maid, host/hostess, establishment guide, lodging facilities, attendant	Diploma in hotel management and catering, BSc Home Science, diploma from polytechnics/vocational institutions, diploma in related subjects through distance education	Guest house manager, housekeeping manager, hospitality supervisor, hotel/motel manager, convention coordinator

<b>Vocational area</b>	<b>Job opportunities after senior secondary</b>	<b>Opportunities of further education</b>	<b>Job opportunities after advanced course</b>
Interior Designing, Furnishing and Maintenance	Showroom Assistant, Interior Design Aide, Furnishings Sales Associate	Diploma in Hotel Management and Catering, BSc Home Science, Diploma from Polytechnics/ Vocational Institutions, Diploma in related subjects through Distance Education	Window Display Designer, Interior Design Assistant, Photo-stylist, Furnishings Buyer, Housekeeping Instructor
Consumer Services	Advisor Consumer rights, Product Demonstrator, Sales representative, Consumer Reporter, Personal Shopper, Staff of Consumer Forum	BA/BSc Home Science, Diploma in Communication and Journalism, Diploma in Public Relations, Diploma in consumer Protection Law	Food/Consumer Products Tester, Product Representative, Public Relations Representative Consumer News writer
Family and Human Services	Adult day care worker, residential care aide, elder care worker, family aide, personal home care aide, home maker's aide	BA/BSc Home science, diploma of Special Educators/ child development Counsellors	Social Service technician/Aide, Community Worker
Child Development and Education	Pre-school Aide, Family child care provider, recreation aide, teacher Aide	Diploma of Special Educators/Child Development Counsellors, Child guidance and counselling certificate course, BSc Elementary Education	Child Day care Supervisor, Pre-school teacher, Special Education Aide, After-school Programme Supervisor

Vocational area	Job opportunities after senior secondary	Opportunities of further education	Job opportunities after advanced course
Fashion Design, Manufacturing and Merchandising	Fashion Design Aide, Fabrics/Accessories Estimator, Sales Associate Costumer Assistant, Employee in a dry cleaning shop, Employee in a garment manufacturing firm, Employee in a textile industry, Employee in an Embroidery unit	BSc Home Science, Fashion Designing from Institution of Fashion Technology, Polytechnics/ Design Schools	Assistant Designer, Fashion Illustrator, Textile Technician, Computer Imaging Consultant, Merchandise Displayer, Fashion Buyer

Table 1.1 Educational and Vocational Scope of Home Science

Source: Module 1 National Open School

### Let us do



Conduct a class seminar on the topic “Employment opportunities in Home Science”. (Hints: Special care should be given to Self Employment).

### Let us sum up

Home Science is an art as well as a science. Though it is a recently developed branch of science it has achieved tremendous development through years. It helps everyone to lead a happy and satisfying personal and social life and also to develop qualities of good citizenship. There are five major areas in Home science with various educational and vocational prospects.

The five major areas in Home Science are human development, family and community resource management, food and nutrition, textile science and extension education. Human development deals with the development of a child from conception to old age. Family and community resource management gives an idea about managing various resources mainly time, money, energy and space properly. Consumer education, principles and basics of design are also included in this area. In Food and nutrition, basics of Chemistry of food, basics of meal planning, dietetic management during disease condition etc. are detailed. Textile science deals about the properties of various fibres, fabric construction methods and basic principles of apparel designing.

### Learning Outcomes

- ◆ Identifies the evolution, meaning, importance, major areas in Home Science and scope of Home Science

### Evaluation Questions

1. Home Science education develops qualities needed for responsible citizenship. Justify.
2. Imagine that you are a graduate in Home Science. If you want to choose a self-employment, identify the area and justify the reason for your selection.