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WHAT IS HOME SCIENCE?

As the name suggests, Home Science is concerned with the home, health and happiness of all the people living in it. As a field of specialization, Home Science draws its content from courses in both science and art. Thus, representing an interdisciplinary field that prepares young learners for the two most important goals in their lives – caring for their home and family as well as preparing for a career or vocation in life. Hence, its scope extends to activities associated with setting home based enterprises as well as consultancies.

Today, men and women share the responsibility of a home and family equally. They need an equal amount of preparation in making the best use of the resources available to make their lives comfortable. In this lesson, you will discover the scope of the science and art behind Home Science and the different professional avenues available to you after specializing in this field.



OBJECTIVES

After reading this lesson, you will be able to:

- explain the meaning and importance of Home Science;
- establish the relevance of Home Science to men and women;
- present some facts about Home Science as a discipline and profession, and
- identify various academic and vocational opportunities available to you after studying Home Science.

1.1 MEANING OF HOME SCIENCE

Home Science or the science of managing a home, includes all the things that concern ourselves, our home, our family members and our resources. It aims at getting maximum satisfaction for us and our family members through the efficient and scientific use of your resources. *Home Science means the art of managing your resources efficiently and the science of achieving a healthy and happy home as well as successful career.*

MODULE - 1

Home Science in Daily Life



Notes

What is Home Science?

You must have noticed the words 'art' and 'science' being used together in the definition given above. This is because Home Science teaches you the art of using things so that a harmonious whole is achieved and an overall pleasant effect is created. At the same time, it gives you all the scientific knowledge of the procedures involved in making a home aesthetic. Let us take an example- Home Science will teach you about the different nutrients required by the body and the different functions they perform. This is the 'science'. When you are able to select various dishes having those necessary nutrients and serve them attractively to your family and motivate them to eat the right foods, it is an 'art'.

Developing the ability to communicate effectively with all the family members including children and elderly, is an important skill and art that we all have to inculcate for harmonious interpersonal relationship and a happy and peaceful life. This essential skill is also learnt by studying Home Science.

Home Science draws an important part of its content from pure science disciplines such as physics, chemistry, biology, physiology and hygiene. It also draws its content equally from economics, sociology, anthropology, psychology, community development, communication, media and technology. Thus, making it an interdisciplinary field which draws from the strengths of science and arts courses.

This combination of science and art holds true in all the areas of Home Science. Some of these are as follows:

- the interpersonal communication amongst family members;
- the family that you care for;
- the food that you eat;
- the house that you live in;
- the clothes that you wear;
- the resources that you use;
- the environment around you and
- the skills and environment that can lead to successful career.



ACTIVITY 1.1

State the art and science in following activities you perform at home. The first two have been done for you:

<i>Activity</i>	<i>Art</i>	<i>Science</i>
to have a bath	feel fresh and clean	<ul style="list-style-type: none">• dirt and germs are removed from your body• pores on skin get open



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prepare breakfast	serve attractively	<ul style="list-style-type: none"> • select right food • use of correct method of cooking to preserve nutrients • enhance nutritive value of food.
wash clothes		
clean the house		
make grocery purchases		
use household appliances		
caring for children		

1.2 RELEVANCE OF HOME SCIENCE

Traditionally Indian society had clearly demarcated areas of work for both men and women. However, with the changing social and economic environment, managing a home requires the efforts of all the family members. Today, more and more women are working- whether they go to an office or work from home. Therefore, gender based stereotype roles do not hold relevance any longer. Today, you can learn to manage your own resources better by studying various areas of Home Science. If you face any problem, Home Science gives you the right tools to solve. In doing so, you become more organized and efficient. Home science opens up a large arena of possible job opportunities for both men and women. This knowledge helps in the improvement of not only your home and personal life but also your professional life.



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Home Science is for both Boys and Girls

- Both have to succeed in an increasingly competitive world
- Both have to share household responsibilities and tasks
- Both need to manage resources
- In case of a problem they have to solve it together with other family members.
- Home Science offers varied vocational and professional avenues for both boys and girls
- Joint knowledge and skills help to improve the standard of living.

You and your family members can achieve personal satisfaction and use the skills gained through Home Science to improve your family’s economic condition as well. As in Home Science you will learn several skills that can enable you to set up home based enterprises or consultancies like a boutique, catering unit, crèche, day care centre, etc. You will learn more about this aspect later in this chapter.



ACTIVITY 1.2

Do you agree with the following statements? Give reasons for your opinion?

<i>Situations</i>	<i>Agree/Disagree</i>	<i>Reasons</i>
Only a mother can look after a sick child	Disagree	Anyone with a caring attitude can look after a sick child. Gender does not play any role. Male doctors take equally good care of patients as female doctors do.
Purchasing of electronic appliances items should be preferably done by men		
Washing, ironing, folding and keeping away the weekly laundry is best handled by women		
Money is best managed by men		

Discuss your opinion with your friends. Find out their opinion also. Decide who needs to change his/her opinion and why.



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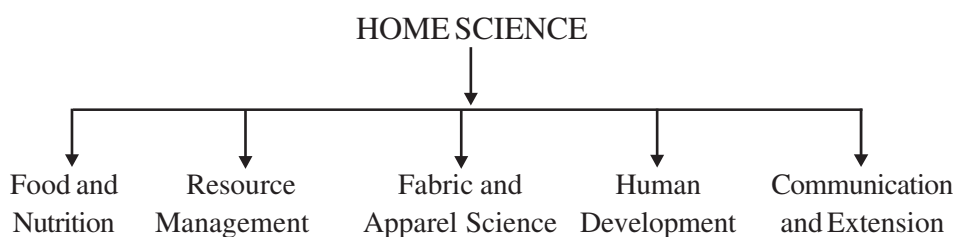
1.3. HOME SCIENCE- A DISCIPLINE AND PROFESSION

- Home Science covers a few areas of specialization such as Food and nutrition, Communication and Extension, Resource Management, Human Development, Fabric and apparel science. We learn and develop good interpersonal relationships within and outside the family. We also learn to manage our resources like time, energy and money so that we get maximum satisfaction. Home science also involves learning the skills intending all this useful to our family or community, especially the underprivileged for better life.
- We value our traditional knowledge, experiences offered to us by our parents and grandparents. We should continue and value this. The new advance in science and technology and management equip us better and deal with the changing social and economic environment and meet the challenges of the 21st century.
- Home science syllabus draws its strength from both science and arts discipline. This enables the student to develop the ability and understand the concept as well as apply them in various contents situation. This gives home science students an edge above all other disciplines. This prepares them for vast range of opportunities unlike other discipline.

1.4 AREAS OF SPECIALIZATION IN HOME SCIENCE

By now you must have understood that Home Science is an important area of study. Let us now find out in detail the specific areas that you have to study in this subject.

There are five major components or areas of specialization in Home Science:



Today, Home Science is so advanced that each specialization is a domain in its own with its areas of specialization and vocation/professional opportunities. Some of the areas of further specialization are as follows:

<i>Main Branch</i>	<i>Area of further specialization</i>
Food and Nutrition	<ul style="list-style-type: none"> • Food Science • Nutrition-Clinical Nutrition and Community Nutrition • Institutional food service

MODULE - 1

Home Science in Daily Life



Notes

What is Home Science?

Fabric and Apparel Science	<ul style="list-style-type: none">• Clothing Construction• Textile Science• Textile Designing• Garment Designing• Care and Maintenance of Clothes
Resource Management	<ul style="list-style-type: none">• Resource Management• Housing and Equipment• Interior Decoration• Consumer Education
Human Development	<ul style="list-style-type: none">• Child - Welfare• Adolescence, Marriage and Family Guidance• Care of the Elderly• Care of special children
Communication and Extension	<ul style="list-style-type: none">• Media for communication• Programme planning and evaluation• Training and capacity building• Management of community service organisations

These options may be only at higher level of studies and not at school level. There are many Home Science colleges in India where you can study these courses. There are various vocational courses based on Home Science discipline like creative embroidery and tailoring, early childhood etc. You may visit the NIOS website www.nos.org for more information about this. The courses are available at graduate and post graduate level. You can conduct doctoral and post doctoral research and contribute to adding new content to Home Science. These courses are offered as regular programmes in colleges as well through distance education made through IGNOU.



ACTIVITY 1.3

Study the Home Science syllabus given at the end of this Book. Find out the areas that interest you. Make a list of three vocations that are available in that area of Home Science.

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INTEXT QUESTIONS 1.1



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1. Select the correct alternative from those given below.
 - (i) Home Science means _____ .
 - a) learning to build interpersonal communication
 - b) the art of managing your resources
 - c) developing a skill to start an enterprise
 - d) all the above
 - (ii) Which of the following is not a specialization area in Home Science?
 - a) Food Science
 - b) Garment Designing
 - c) Nursing
 - d) Interior Decoration

2. Read Section 1.1 and list any four ways by which Home Science can help you.
 - 1
 - 2
 - 3
 - 4
 - 5

1.5 CAREER OPPORTUNITIES IN HOME SCIENCE

Before you study the different opportunities available in the subject of Home Science, you must understand the concepts of wage employment and self-employment. To understand these concepts, let us take an example - a tailor who sets up a tailoring shop is self-employed whereas he/she is said to be in wage employment when he/she works in a garment factory and gets a salary or wage. **Wage employment** means that you work for another person and receive wages or salary for your services. **Self-employment** means that you are the owner of an enterprise which you run and finance.






You have already read that specializing in Home Science may choose to work in salaried jobs or as self-employed entrepreneurs or as consultants using any of the skills that they may have developed.

Table 1.1 lists these knowledge, skills and opportunities.






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Table 1.1 Job opportunities in Home Science

Knowledge/ Skills	Wage Employment Opportunity	Self-Employment Opportunity
Catering 	<ul style="list-style-type: none"> • Staff in canteen, restaurant • Cook; coffee/tea shop, etc. • Service Staff 	<ul style="list-style-type: none"> • Owner of a canteen, restaurant, coffee/tea shop etc. • Food Service from home • Conducting hobby classes
Food preservation / Bakery and Confectionery 	<ul style="list-style-type: none"> • Production • Training of Service Staff • In-charge of a community centre 	<ul style="list-style-type: none"> • Owner of a production unit • Home based production services • Conducting hobby classes • Training NGO functioning as a livelihood promotion initiative
Interior Decoration 	Work for an organisation <ul style="list-style-type: none"> • Interior Designer • Furniture Designer • Staff at show rooms • Conducting hobby courses/ classes • Show case and window display design 	Self employed as <ul style="list-style-type: none"> • Interior Designer • Furniture Designer • Staff at show rooms • Conducting hobby courses/ classes • Show case and window display design
Arts and Crafts 	<ul style="list-style-type: none"> • Staff at government emporiums/show rooms/ antique shops • Designer for arts and crafts items • Staff at production units 	<ul style="list-style-type: none"> • Running own shop/ enterprise • Home-based craft centre • Conducting hobby courses/classes
House Keeping and Laundry Services 	<ul style="list-style-type: none"> • Staff at hotels and guest houses • Facilities manager 	<ul style="list-style-type: none"> • Running a guest house • Home based paying guests service • Contract services



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<p>Dress Designing, Garment Construction; Textile Designing</p> 	<ul style="list-style-type: none"> • Staff in a Production unit/export house • Staff at textile designing unit • Staff at boutique 	<ul style="list-style-type: none"> • Owner of a shop or boutique • Home based services • Conducting hobby classes
<p>Teaching</p> 	<ul style="list-style-type: none"> • Staff at crèche, play school, day care centre • Teaching in a school/college • Teaching in polytechnics 	<ul style="list-style-type: none"> • Owner of a crèche, play school etc. • Day-care or after care in school for young children • Conducting tuitions at home • Conducting short term in areas of Home Sci. courses
<p>Communication and Extension</p> 	<ul style="list-style-type: none"> • Staff in development organisation • Counsellors • Researchers • Social Entrepreneurs • Trainers and facilitators • Staff in Public Relations and Human relations department 	<ul style="list-style-type: none"> • Counsellors • Establishing development organisation • Market research agencies. • Media production and management. • Communication and development consultant • Offering short-term courses- content development, theatre, puppetry etc.
<p>Resource Managers and Consumer Education</p>	<ul style="list-style-type: none"> • Staff in retail outlets • Staff in event management firms 	<ul style="list-style-type: none"> • Event managers • Small savings agent

Having read Table 1.1 you will agree that besides providing education for your overall development, Home Science prepares you to take up a job outside the home as well as set up a home enterprise. For example, as a Home Science trained person, you can join a garment export house as a wage employee but if you are not able to leave the house, you can set up a tailoring boutique at home. You will also agree that you can be engaged in both wage and self-employment in all areas of Home Science.

You must remember that to be successful you need to have thorough knowledge of the subject, some practice and experience. The school level course in Home Science gives you only basic knowledge in the subject. In order to get ready for a job, you need to



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do specific advanced courses offered by a number of institutes. The National Institute of Open Schooling also offers a number of vocational courses in the area of Home Science. You can consult the counsellor at your PCP or visit the NIOS website for further information.



INTEXT QUESTIONS 1.2

1. Give any four examples of home-based self-employment opportunities in the area of Home Science.

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

2. List any one wage-employment opportunity in the five specialisation areas of Home Science

Specialisation	Employment Opportunity
(i) Food and Nutrition	
(ii) Resource management and Designing	
(iii) Clothing and Textiles	
(iv) Human Development	
(v) Communication and Extension	

3. Classify the following either as wage-employment (WE) or as self-employment (SE). Tick mark the option you choose.

		WE	SE
i.	Pre-school teacher		
ii.	Owner of a home accessories showroom		
iii.	Production unit staff		
iv.	Consultancy service provider		
v.	Research Assistants		
vi.	Conducting hobby classes		
vii.	Owner of a boutique		
viii.	Guest House manager		
ix.	School teacher		
x.	Development Consultant		



WHAT YOU HAVE LEARNT

- teaches everything concerning the home
- is useful for both men and women
- needs to be studied formally

HOME SCIENCE

has five basic component areas

Food and Nutrition Resource Management Textiles and Clothing Human Development Communication and Education

Academic Courses at Graduate and Post Graduate level

Research

can lead to self and wage-employment



TERMINAL EXERCISES

1. Discuss in 10 lines the relevance of Home Science in your day-to-day life.
2. What are the various components or areas of Home Science? List areas of further specialisation in any one of these areas?
3. List the various opportunities for people in wage-employment and self-employment capacity in any one area of Home Science.
4. State whether the following statements regarding Home Science are correct or incorrect. Give reasons for your answer if marked as incorrect. Write T for true and F for incorrect.
 - (i) Study of Home Science does not lead to a career.
 - (ii) Home Science equips both girls and boys to perform their dual role as home makers and as professionals.



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ANSWERS TO INTEXT QUESTIONS

- 1.1** 1. (i) d (ii) c
2. (i) resources efficiently (ii) beautiful, well managed (iii) successful career
- 1.2** 2.
(i) Catering, Home based production services
(ii) Interior decoration and Furniture Designer
(iii) Dress/Textile designing, Owner of a shop or boutique
(iv) Social welfare, Day-care or school after care for young children
(v) Researcher, Organisation communication consultant
3. Wage-employment Self-employment
 i, iii, v, viii, ix ii, iv, vi, vii, x