

HOME BASED GARDENING – AN EMPIRICAL STUDY

Dr.S.Geetha¹ & E.Abirami²

¹Assistant Professor, Department of B.Com(CA) & M.Com., PSGR Krishnammal College for Women, Coimbatore.

²PSGR Krishnammal College for Women, Coimbatore.

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ABSTRACT:

“Let nature be in your yard.” -Michael P. Garofalo

Nowadays, more number of people in India is moving towards home gardening as a leisure time activity. Apart from being as a leisure time activity, people are moving towards organic food, due to its non-usage of harmful toxin and pesticides. In order to have organic food they started producing some vegetables and other plants with the purpose to improve their health. Gardening has been proven to reduce stress, anger, and depression, pain levels, enhance productivity and problem solving skills. Hence the research attempts to identify the factors that motivated towards home gardening, its impact and also the problems faced by them in and around Coimbatore city. Data was collected through questionnaire by snow ball sampling technique. It was found that it has been increased at a rapid rate among the people to have healthy food.

Key Words:

INTRODUCTION:

Home gardening provides direct access to food that can be harvested, prepared and fed to the family on a daily basis, poor or landless individuals can practice it on small patches of homestead land, vacant plots, roadsides or edges of fields or in containers placed around the house. Gardening can improve physical, psychological, and social health, which can, from a long-term perspective, alleviate and prevent various health issues facing today's society. Recent research carried out by the National Gardens Scheme (NGS) showed that more than a third of people questioned (39 per cent) said that being in a garden makes them feel healthier, while 79 per cent believe that access to a garden is essential for quality of life. Though overall gains were small, 2016 data indicates that consumers are feeling more confident in their discretionary spending of both time and dollars with regard to gardening.

Nowadays home gardening is considered as a sustainable strategy for improving food security, income generation; improve health etc., when the gardeners are well adapted to local agronomic and resources conditions, cultural conditions and preferences. It is that interest of home gardening has been growing faster in current scenario but due to some challenges faced by the people it has not reached to a greater extent.

OBJECTIVES OF THE STUDY:

- To examine the demographic profile of the respondents.
- To analyze the factors that influenced towards home gardening.

RESEARCH METHODOLOGY:

- Area of the study- Coimbatore city.
- Sources of information – Both primary and secondary data through questionnaire.
- Sample size – 200 respondents.
- Sampling technique – snowball sampling technique.
- Tools and technique – percentage analysis and chi-square test.

LITERATURE REVIEW:

Fabio da silva et al(2017) “Effect of home vegetable gardening on the household availability of fruits and vegetables”. The main objective is to evaluate the effect of planting herbs and vegetables on the household availability of fruits and vegetables through an intervention study combining various actions for promotion of fruit and vegetable consumption. Data has been collected using stratified random sampling technique. Data has been analyzed by using tools like regression, chi-square analysis. It resulted that planting of seeds and seedlings that received by families that did not grow fruits and vegetables before the

intervention had contributed a significant increase in household availability of fruits and vegetables consumption.

ChhianHuiLeng et al (2016) “Daily home gardening improved survival for older people with mobility limitations : an 11 year follow up study in Taiwan” to test hypothesis that gardening is beneficial for a survival after taking comorbidities, mobility and depression in to account of a middle aged(50-64 years) and older (> 65 years). It is found that daily home gardening for pleasure was associated with reduced the mortality rate for Taiwanese >50 years old with mobility limitations but without depression.

ANALYSIS AND INTERPRETATION:

OBJECTIVE1: To examine the demographic profile of the respondents.

Table 1.1 describes about the demographic profiles of the respondents by means of percentage analysis were used.

TABLE 1.1 DEMOGRAPHIC PROFILE - PERCENTAGE ANALYSIS

DEMOGRAPHIC PROFILE	PARTICULARS	FREQUENCY	PERCENTAGE
Age	Below 25 years	98	49.0
	26 Years – 50 Years	67	33.5
	Above 51 years	55	17.5
	TOTAL	200	100
Gender	Male	41	20.5
	Female	159	79.5
	TOTAL	200	100
Marital status	Married	103	51.5
	Unmarried	97	48.5
	TOTAL	200	100
Educational Qualification	No formal education	13	6.5
	School level	30	15
	Graduate	126	60.5
	Professional	36	18
	TOTAL	200	100
Occupational status	Business	27	13.5
	Employed	53	26.5
	Unemployed	120	60
	TOTAL	200	100
No. of Members	Below 3	24	12
	4 -6	111	55.5
	Above 6	65	32.5
	TOTAL	200	100
Family monthly income	Upto Rs.30000	84	42
	Rs. 30001 – Rs.60000	74	37
	Above Rs.60001	42	21
	TOTAL	200	100

Source: Primary data

INFERENCE:

- It is observed that most of the respondents (49 per cent) are in the age group of below 25 years which shows that they have been highly involved in home gardening as they have more leisure time and unemployment rather than the other age groups.
- Most of the respondents are female (79.5 per cent) are engaged in home gardening. As home gardening is one of the hobby among many, it has influenced female more than male.
- Majority of the respondents are married (51.5 per cent) which shows that married people have more responsibility on family health than unmarried.
- Most of the respondents are in the graduate level (60.5 per cent) which shows that they have been more interested in home gardening to reduce the stress in college work.

- It is observed that (60 per cent) of the respondents are unemployed as due to unemployment they have been involved in home gardening.
- Most of the respondents are belong to 4-6 members in the family (55.5 per cent) which shows that to reduce the food expenditure they have been engaged in home gardening.
- It is observed that (42 per cent) of the respondents are earning upto Rs.30000 which shows that they have been spending more on home gardening than other income groups.

OBJECTIVE 2: To analyze the factors that influenced towards home gardening.

H₀: There is no significant relationship between the demographic factors and the factors that influence home gardening.

TABLE 1.2 RELATIONSHIPS BETWEEN DEMOGRAPHIC PROFILE AND FACTORS THAT INFLUENCED TOWARDS HOME GARDENING – CHI-SQUARE ANALYSIS

DEMOGRAPHIC PROFILE	STATEMENTS	INFLUENCE LEVEL				TOTAL (%)	CHI-SQUARE VALUE	Df	Sig.
		N	Low (%)	N	High (%)				
Age	Below 25 years	78	79.6	20	20.4	100	3.357	2	.187
	26 years – 50 years	59	88.1	8	11.9	100			
	Above 51 years	26	74.3	9	25.7	100			
	TOTAL	163	81.5	37	18.5	100			
Gender	Male	30	73.2	11	26.8	100	2.373	1	.123
	Female	133	83.6	26	16.4	100			
	TOTAL	163	81.5	37	18.5	100			
Marital status	Married	87	84.5	16	15.5	100	1.239	1	.266
	Unmarried	76	78.4	21	21.6	100			
	TOTAL	163	81.5	37	18.5	100			
Educational qualification	No formal education	8	61.5	5	38.5	100	5.565	3	.135
	School level	25	83.3	5	16.7	100			
	Graduate	103	85.1	18	14.9	100			
	Professional	27	75	9	25	100			
	TOTAL	163	81.5	37	18.5	100			
Occupational status	Business	24	88.9	5	11.1	100	4.921	2	.085
	Employed	38	71.7	12	28.3	100			
	Unemployed	101	84.2	19	15.8	100			
	TOTAL	163	81.5	37	18.5	100			
No. of members	Below 3	20	83.3	5	16.7	100	.592	2	.744
	4 - 6	92	82.9	18	17.1	100			
	Above 6	51	78.5	14	21.5	100			
	TOTAL	163	81.5	37	18.5	100			
Family monthly income	Upto Rs.30000	68	81	16	19	100	7.238	2	.027
	Rs.30001- Rs.60000	66	89.2	8	10.8	100			
	Above Rs.60001	29	69.0	13	31.0	100			
	TOTAL	163	81.5	37	18.5	100			

Source: Primary data

From the above table it is clear that,

- 88.1 per cent of the respondents under the age category “26 years – 50 years” are influenced towards home gardening.
- 83.6 per cent of the respondents are female where they are influenced towards home gardening than male.
- Most of the respondents are Married (84.5 per cent) are influenced towards home gardening.
- Graduate (85.1 per cent) are influenced towards home gardening than other qualified people.

- Most of the respondents are business people (88.9 per cent) are influenced towards home gardening.
- 83.3 per cent of the respondents are under the category below 3 members are influenced towards home gardening.
- 89.2 per cent of the respondents whose earning capacity “Rs. 30001- Rs. 60000” are influenced towards home gardening.
- **TABLE 1.2 RELATIONSHIPS BETWEEN DEMOGRAPHIC PROFILE AND FACTORS THAT INFLUENCED TOWARDS HOME GARDENING – CHI-SQUARE ANALYSIS**

INFERENCE:

The chi-square test applied to find the relationship between demographic profile and factors influence towards home gardening. The result of chi-square reveals that except family monthly income all other demographic profile does not have relationship between factors influenced towards home gardening. Hence the hypothesis is accepted except family monthly income.

SUGGESTION:

- It is suggested that based on findings home based gardening which helps to improve the nutritional benefits can be increased by growing vegetables.
- There should be proper measures to be taken by the people to protect their home based gardening even if they are employed.

CONCLUSION:

It is concluded that many women have been noticed to be highly involved in gardening. Apart home gardening as a leisure time activity, it helps the people by contributing immensely in enhancing household food security and income generation activity. Main factors that influence people towards home gardening are interaction with nature, hobby and its nutritional benefits that are involved without any toxic fertilizers in it. Thus the study focused to examine the factors influenced towards home gardening. It is based on the income level the respondents have to decide whether they can have their own home garden even though it may or may not influence.

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