

**UNIT : I**  
**CONCEPT AND SCOPE OF HOME SCIENCE**

**CHAPTER : 1**  
**MEANING, IMPORTANCE AND USEFULNESS**

The name '**Home Science**' itself suggests that it is concerned mainly with home and includes health and happiness of each and every person residing in it. It is an interdisciplinary field of science that equips its students for multiple vocational and career options. Home Science being a very vast field, is defined differently by various authors, practitioners and researchers. In simple words, Home Science can be defined, as "a multidisciplinary field of study that deals with health, diet, care of child, textile and garment designing, managing resources and other subjects concerned with a home."

During the first All India Women's Conference (1932), held at Lady Irwin College, New Delhi, Dr. A. H. Richard defined Home Science as "A multi-dimensional subject dealing with income and expenditure of family, cleanliness of food, adequacy of clothing and management of home with suitable resources." Home Science is a practical science, which prepares the students help to lead their family lives successfully and also help to solve social and economic problems easily. According to The Lake Placid Association, Home Science is the study of those principles, conditions and ideals which are concerned, on the one side, with immediate and physical environment of man and on the other, with his human nature.

The scholars of Home Science have defined Home Science while synthesizing ideas on the basis of their own experiences. According to Dr. Rajammal P. Devdas, Home Science includes human environment, family, nutrition, resource management, human development, science for improving consumer capacity and humanities.

Home Science is known by different names across the world, Domestic Art, Household Science, Household Art, Household Economics, Household Administration, Domestic Science, etc. In America, it is famous by the name of Home Economics while in England and India by Home Science.

According to Verma (2000), Home Science is focused on the adjustment of scientific and practical knowledge to develop the individual, family, community and nation.

The idea or concept of Home Science is based on the strong desire of improving community through households which can be achieved by systematic management of resources. Home Science can play an important role in the development of personality of an individual.

The modern idea of Home Science is to create a home where peace, prosperity and progress prevail. One factor which affects the idea of Home Science is

that of awareness towards issues of women. To both Modern Home Science gives equal opportunities to both genders to have good family and professional lives. Along with the material and economic achievements, upliftment of physical, spiritual and moral aspect of the family is also important. This is one of the fundamental principles of Home Science. It also implants moral values like honesty, truthfulness, dependency, and impartiality in the household.

### **OBJECTIVES OF HOME SCIENCE**

1. To practise scientific principles in daily life' by developing knowledge, skills and strength in students.
2. To develop an understanding of requirements, problems and solutions of family and community life
3. To enhance qualification and expertise of students to achieve a better improved standard of living.

### **SCOPE OF HOME SCIENCE**

There are five different areas of specialty in Home Science. Every branch provides graduation syllabus and facilities for research. The five departments with their subjects are as follows:

1. **Human development-** Human development is related to the study of developmental process starting from conception, going up, to old age. Physical, mental, emotional, language, cognitive, ethical and social development are also included. Problems related to the behavior of children, abnormal children, anomalies, factors affecting human development are also studied as a part of this branch. With the study of these aspects, a homemaker can keep a watchful eye on her children's health and other development related dimensions. Thus, she can

play an important role in making children healthy, and socially and responsible citizens.

2. **Family Resource Management-** Under the branch of Family Resource Management, time, money and space management are included. For time management, a good time planning is of utmost importance. For money management proper use of resources is done by preparing a family budget. By studying this subject, a person can use the time, labor, money and the available resources to the optimum in taking care of his family, decorating the home and for maintaining cleanliness of the environment. Consumer education is also a part of this subject. Information regarding food safety, awareness against adulteration, health hazards and Consumer Protection Act, main principles and basic knowledge of design and art are also an integral part.

3. **Food & Nutrition-** In the branch of Food & Nutrition, food science and nutrition are included. In food science, properties of food, protection of nutrients, sources of nutrients, nutrient value of food and preparation of various food, combinations etc are the main points. Food & Nutrition provides information about various nutrients, their structure, functions, sources, requirements, and deficiency. Education related to different physical stages of human life like pregnancy, infancy, childhood, adolescence, the motherhood, old age, and food related requirements and changes are given under this branch.

In addition to this, knowledge about storage and preservation of food products, nutrition related problems of the community and

information regarding different nutrition programmes are also imparted.

4. **Textile Science-** In Textile Science, fibers, thread, weaving of different textiles and specialty of different textiles is studied. Fundamental principles, design and manufacturing of garment is also taught.
5. **Home Science dissemination and communication management-** Main principles of programme planning, use of audio-visual aids, social work, development of society and different forms of conversation are included in this branch. Disseminating knowledge on various subjects to rural community based on their requirements is also its objective.

### **Importance of Home Science**

Knowledge, understanding, skills, cultural and spiritual values obtained from Home Science helps people lead a satisfactory personal, domestic and community life. Contrary to other subjects, home science is practical knowledge that can be used in day-to-day life. Home science gives an opportunity for showcasing one's capacity to be a leader.

Home science education develops in an individual the quality of becoming a responsible citizen. It provides information related to the importance of food for leading a healthy life. It also, It provides solutions to problems related to family life. Home science education is auxiliary to self employment. Knowledge gained from various branches of Home Science can be used by a student for personal and occupational benefits.

### **Usefulness of Home Science**

Home science education has established itself

as an important employment domain in the field of education and research. Nursery school, family planning agencies, family counselling centres, pre-elementary education training centres, agricultural research centres, social welfare department, UNICEF, FAO, CARE, etc are some organizations where graduates and post graduates of Home Science can find employment. Nutrition consultant, dietician, food expert, and National Nutrition organization are some of the career opportunities. Home science also provides more possibilities of self employment. Fashion designing, sewing centre, nursery school, toy industry consultant, catering unit, family counselling centre, food processing centre, are some of the other areas where Home Science graduates can seek employment.

### **IMPORTANT POINTS :**

1. Home science is interdisciplinary field of science that provides students with multiple vocational and career options.
2. Home science is known by various names such as Domestic Art, Household Science, Household Art, Household Economics, Household Administration, etc.
3. To both genders modern Home Science gives equal opportunity to have good family and professional lives.
4. Home science increases qualification and expertise of students by developing knowledge, skills and strength for meeting the requirements, understanding problems and seeking solutions of family and community life to achieve a better standard of living.
5. Five branches of Home science are Human development, Family Resource Management,

Food & Nutrition, Textile Science and Home Science dissemination and communication management.

6. Students of Home Science can find employment in nursery school, family planning agencies, family counselling centres, agricultural research centres, fashion designing etc.

**EXERCISE :****1. Choose the correct option:**

- (i) Home Science is-  
(a) Practical science (b) Family science  
(c) Art science (d) All of these
- (ii) Which of the following is studied in the branch Family Resource Management of-  
(a) Culinary skills  
(b) Fashion designing  
(c) Family planning  
(d) Time, money, energy
- (iii) Home science was defined during the first All India Women's Conference (1932) by  
(a) Dr. A.H. Richard  
(b) Dr. G. Subbulakshmi  
(c) Flemma Pansy Kittrell  
(d) Both (b) and (c)

- (iv) Which of the following is not a branch of Home Science-

- (a) Human development and family relations  
(b) Engineering department  
(c) Dissemination and communication management  
(d) Textile science

**2. Fill in the blanks-**

- (i) Home Science has .....branches.  
(ii) Human development is related to the development from ..... To .....  
(iii) Home science education is auxiliary to .....  
**3.** Define home science.  
**4.** Describe the objectives of Home Science and any two branches in short.  
**5.** Throw some light on importance and concept of Home science education.

**Answers:**

1. (i) d (ii) d (iii) a (iv) b  
2. (i) five (ii) conception, old age  
(iii) self-employment