

Extent of problems faced by the homemakers regarding existing modern kitchens

SARJOO PATEL*¹ AND URVASHI PATEL²

¹Assistant Professor and ²Research Student & Practicing Interior Designer
Faculty of Family and Community Sciences,
The Maharaja Sayajirao University of Baroda, Vadodara (Gujarat) India

ABSTRACT

Kitchen is the most important place of a house where home-makers spend most of their time working in. Often the things that dissatisfy one about a kitchen are the things that could have been avoided by developing a plan to meet the needs of the family. A well designed kitchen can reduce the physiological strains faced by the home-makers during working in the kitchen. Modern kitchens are the best example for reducing the physiological strains as it makes the tasks easier and faster. Modern kitchen designs have revolutionized the kitchen décor all over the world. Depending upon the problems faced by the homemaker while working within the kitchen, certain renovations are needed. With the help of this data, guidelines can be formed for designing the modern kitchen. The modern kitchen designs and guidelines are proposed after knowing the problems faced by the homemakers while working in their modern kitchens. The findings of the study, the guidelines and the designed proposed for the modern kitchen would lead to the increment in the knowledge of the learners, interior designers and homemakers.

Key Words : Homemakers, Modern kitchen, Interior designer, Learners

INTRODUCTION

Kitchen as we all know is the most important centre of family life and on its successful functioning depends the health and vitality of the family members (Lal, 1964). With interior designing reaching new heights, in increasing competition and wider range of artistic innovation, kitchen designing has carved out a position for itself in today's market (Aggarwal, 2010).

With most of the families kitchen is the heart of the home. "Most of the time is spent in the kitchen performing various tasks like cooking, washing and cleaning" (Chandlen, 1985). The location of the kitchen in the home will determine the types of facilities and space available for different types of storages (Lal, 1964).

"Kitchen is that special place in every home meant to explore cookery passions and especially in India, everything related to food is esteemed" (Sarkar, 2009).

Kitchen is the most important place of a house where home-makers spend most of their

time working in. Often the things that dissatisfy one about a kitchen are the things that could have been avoided by developing a plan to meet the needs of the family. The design and placement of appliances, placement and amount of storage space needed to suit the work and the worker are continuing problems for homemakers. Homemakers suffer through various problems while performing their day-to-day tasks within the kitchen. Problems may be related to the space allotment, working spaces, working techniques, physiological strains, placements of units and storage spaces. All these create obstruction in the working patterns of the homemakers which directly leads to dissatisfaction. A well designed kitchen can reduce the physiological strains faced by the home-makers during working in the kitchen. Modern kitchens are the best example for reducing the physiological strains as it makes the tasks easier and faster. Modern kitchen designs have revolutionized the kitchen décor all over the world. Designs of such kitchens look organised as well as ample storage by optimizing the available space (Agrawal, 2014). Modernised kitchens not only produces the elegant look but also it brings out the well-organised kitchen room for effective cooking. Depending upon the problems faced by the homemaker while working within the kitchen, certain renovations are needed. With the help of this data, guidelines can be formed for designing the modern kitchen.

The findings of this study and the guidelines proposed for the modern kitchen would lead to the increment in the knowledge of the learners, interior designers and homemakers. The findings of the study would act as a guidance for the students, beginners in the field of interior designing and the home-makers for designing a well-planned modern kitchen which would help for efficient working within the kitchens. It would act as guidance for the layman to know how the designing of modern kitchen is done.

Objectives of the study :

1. To find out the problems faced by the homemakers with existing modern kitchens.
2. To prepare guidelines regarding planning of modern kitchen.

METHODOLOGY

Descriptive research design was adopted for conducting the present study. The study had two types of variables: Independent variables and dependent variables. Independent variables comprised of personal variables of the respondents (age, educational level and employment status) and family variables of the respondents (type of family, size of family and total family income). Dependent variable comprised of extent of problems experienced by the homemakers in using the modern kitchens. The sample of the study comprised of 80 homemakers from various areas of Vadodara City whose modern kitchens were constructed and were being used since January 2010 to December 2015. The purposive sampling method was used to select samples. Questionnaire and observation sheet were used as an instrument to gather the information from the respondents. The questionnaire was divided into two sections.

Section 1 dealt with the background information of the respondents and their family such as age, marital status, employment status, educational level, type of family, size of family, number of family members, and family income.

Section 2 dealt with the feedback of the respondents regarding extent of problems

faced in using the existing modern kitchen with different aspects like effects on human body, counter top, storage, working mechanism, materials used and lighting and ventilation. The respondents were asked to respond to a 3 point continuum in terms of “always”, “sometimes”, “never” and the scores from 3 through 1 were given to the respondents, respectively. To obtain the categories of extent of problem faced, the score range was divided on equal interval basis.

The reliability coefficient thus computed was 0.92 for the extent of problems faced in using existing modern kitchens. This showed that instrument had high reliability value. The data were analysed using descriptive as well as relational statistics. Descriptive statistics such as percentage, frequency and weighted mean were applied. Analysis of Variance (ANOVA), t-test and Scheffe’s test were computed to test the relationship between selected variables.

RESULTS AND DISCUSSION

Major findings of the study are presented below.

Background information :

The mean age of the respondents was found to be 44.23 years. It was found that high majority of the respondents (92.5%) were married and very few respondents (7.5%) were widow. Data revealed that majority of the respondents (85.0%) were homemakers and very few respondents were in business (6.25%) and service (8.75%). Results showed that more than half of the respondents (58.8%) were graduate, little more than one-fourth of the respondents (28.75%) had education till higher secondary (12th pass) and very few of the respondents (12.5%) were post graduate. It was found that little more than half of the respondents (51.3%) lived in nuclear family and remaining respondents (48.8%) lived in joint family. Results also showed that three-fourth of the respondents (75%) lived in medium sized family, few of the respondents (16.3%) lived in small sized family and few of the respondents (08.8%) lived in large sized family. The data also revealed that little less than half of the respondents (47.40%) had total family income ranging from 40,001 Rs and above, little less then one-fourth of the respondents (21.30%) had total family income between 30,001 Rs. to 40,000 Rs. per month and little more then one-fourth of the respondents (31.30%) had total family income between 20,000 Rs to 30,000 Rs per month. The mean income was found to be 45266.67 Rs.

Problems faced by the homemakers in using existing modern kitchen :

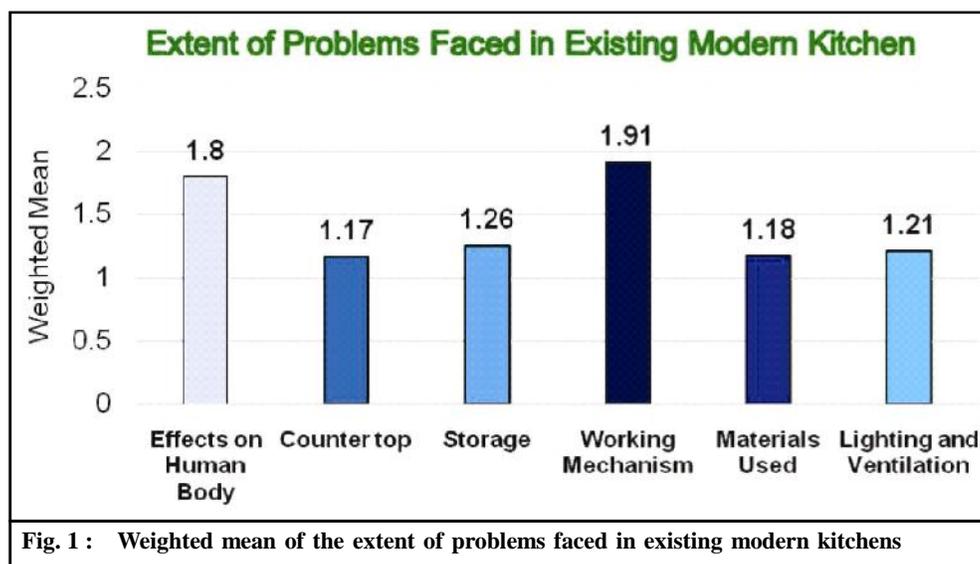
This section contained a scale to find out the extent of problems faced by the homemakers in using the existing modern kitchen with different aspects like effects on human body, counter top, storage, working mechanism, materials used and lighting and ventilation. The respondents were asked to respond to a 3 point continuum in terms of always, sometimes and never and the scores from 3 through 1 were given to the respondents, respectively. To obtain the categories of extent of problems faced, the score range was divided on equal interval basis.

The overall data for problems related to effects on human body revealed that 82.5% of

the respondents faced problems to moderate extent, 15% of the respondents faced problems to low extent and 2.5% of the respondents faced problems to high extent. The overall data for problems related to counter top revealed that 92.5% of the respondents faced problems to low extent and 7.5% of the respondents faced problems to moderate extent. The overall data for problems related to storage revealed that 90% of the respondents faced problems to low extent, 5% of the respondents faced problems to moderate extent and 5% of the respondents faced problems to high extent. The overall data for problems related to working mechanism revealed that 100% of the respondents faced problems to moderate extent. The overall data for problems related to materials used revealed that 90% of the respondents faced problems to low extent, 7.5% of the respondents faced problems to moderate extent and 2.5% of the respondents faced problems to high extent. The overall data for problems related to lighting and ventilation revealed that 82.5% of the respondents faced problems to low extent and 17.5% of the respondents faced problems to moderate extent. Weighted mean score was calculated for extent of problems faced by the respondents. The range of continuum was from 1-3. The range of mean weighted score was categorised into low, moderate and high extent. Looking into the intensities for the various problems of the respondents, it was observed that for effects on human body and working mechanism, problems faced were to moderate extent and for countertop, storage, materials used and lighting and ventilation problems faced were to low extent.

Weighted mean score was calculated for extent of problems faced by the respondents. The range of continuum was from 1-3. The range of mean weighted score was categorised into low, moderate and high extent. Looking into the intensities for the various problems of the respondents, it was observed that for effects on human body and working mechanism, problems faced were to moderate extent and for countertop, storage, materials used and lighting and ventilation problems faced were to low extent (Fig. 1).

Further it was observed that very negligible percentage of the respondents faced the problems to high extent related to effects on human body, storage and materials used.



Testing of hypotheses :

The hypotheses for the present study was tested using appropriate statistics. The hypotheses formulated was changed to null form and subjected for statistical analysis for which Analysis of Variance (ANOVA), t-test and Scheffe's test were computed to find out variance in the extent of problems faced by the homemakers due to their personal and family variables.

The computed F – value depicted that the extent of problems faced by the homemakers in existing modern kitchen varied due to educational level of the respondents. It was found to be significant at 0.05 level. Hence, null hypotheses was partially accepted and it was proved that problems related to human body differed due to educational level of the respondents. The computed F – value also depicted that the extent of problems faced by the homemakers in existing modern kitchen varied due to size of the family of the respondents. It was found to be significant at 0.05 level for problems related to effects on human body, storage and lighting and ventilation. Hence, null hypotheses was rejected and it was proved that problems related to human body, problems related to storage and problems related lighting and ventilation differed due to size of the family of the respondents. The computed F – value depicted that the extent of problems faced by the homemakers in existing modern kitchen varied due to total family income of the respondents. It was found to be significant at 0.05 level. Hence, null hypotheses was partially accepted and it was proved that problems related to working mechanism differed due to total family income of the respondents.

The results of Scheffe's test revealed that respondents who were graduates differed significantly in the extent of problems from those who were higher secondary (12th pass). It was concluded on basis of mean that the respondents who were graduates had higher extent of problems related to effects on human body then other groups. The results of Scheffe's test revealed that respondents who had medium sized family differed significantly in the extent of problems from those who had large sized family. The results of Scheffe's test also revealed that respondents who had small sized family differed significantly from other groups. It was concluded on basis of mean that the respondents who had small sized family, had higher extent of problems related to effects on human body then other groups. It also revealed that respondents who had medium sized family differed significantly from those who had large sized family. The results of Scheffe's test also revealed that respondents who had small sized family differed significantly from other groups. It was concluded on basis of mean that the respondents who had small sized family, had higher extent of problems related to storage then other groups. The results of Scheffe's test also revealed that respondents who had medium sized family differed significantly from those who had large sized family. The results of Scheffe's test also revealed that respondents who had small sized family differed significantly from other groups. It was concluded on basis of mean that the respondents who had small sized family, had higher extent of problems related to lighting and ventilation than other groups.

Development of booklet :

A Booklet was developed containing the guidelines for designing a modern kitchen. The booklet included the following contents: introduction, concept of modern kitchens, types of

kitchens, work triangle, aspects of modern kitchens, and characteristics of modern kitchens, benefits of modern kitchens and guiding principles of modern kitchens. A panel of experts from Faculty and Community Sciences and some practicing interior designers were requested to validate the importance of topic, content and language clarity of the text. The suggestions given by the experts were incorporated and changes were done accordingly.

Implications:

For the homemakers and interior designers :

The findings of the study would act as guidance for the home-makers and Interior designers for designing a well-planned modern kitchen which would help for efficient working within the kitchens. It would act as guidance for the lay-man to know how the designing of modern kitchen is done.

For the interior design students :

The findings of this study and the guidelines proposed for the modern kitchen would enrich the knowledge of the learners, and interior design students. It would help to the students to understand the importance of kitchen in the life of the home-maker, role of the home-maker in the kitchen, and designing a well-planned modern kitchen in order to work efficiently.

For Libraries/Documentation :

The findings of the study will enrich the research data base for the libraries, documentation centres and related institutes at National and International level which deal in Interior designing.

REFERENCES

- Aggrawal, R. (2010). *Basic Principles of Kitchen Design*. Delhi: Roshan Offset Printers.
- Agrawal, P. (2014). Assessing kitchen sink centre of middle class households of Vadodara city. Master's Dissertation. Department of Family and Community Resource Management. The M.S. University of Baroda, Vadodara.
- Chandlen, B. (1985). *Home Decorating and Design*. Hong Kong: Hennerwood Publication Ltd.
- Deshpande, R. (1960). *Modern Ideal Homes for India*. Poona 2: M. H. Patwardhan at Sangam Press Private Limited.
- Faulkner, R. and Faulkner, S. (1968). *Inside Today's Home*. 3rd Edition. Stanford University. U.S.A.
- Kothari, C. (2012). *Research Methodology*. Revised Edition. New Delhi: New Age International Publisher.
- Lal, D. (1964). The Acceptance of Specified Aspects of Kitchen Design by Indian Homemakers in the United States. Master's Dissertation. Department of Family and Community Resource Management. The M.S. University of Baroda, Vadodara.
- Sarkar, S. (2009). *Interior Design and Decoration*. New Delhi: Arise Publishers and Distributers.
