Assess the knowledge regarding preservation of food among working women in selected areas in Nellore, Andhra Pradesh

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Abstract
The study aims are to assess the knowledge regarding preservation of food among working women and to identify the relationship between the knowledge level and socio demographic variables of working women. The quantitative research approach and descriptive design was adopted for the study. The study was conducted in selected areas in Nellore. 30 working women’s were selected by using Non Probability Convenience Sampling Technique. Semi structured Questionnaire method was used for collecting the information from samples. Data analysis done by using descriptive and inferential statistics. The results revealed that 4(13.4%) women had adequate knowledge, 6(20%) had moderately adequate knowledge and 20(66.6%) women had inadequate knowledge regarding preservation of food. The study concluded that majority of women has inadequate knowledge regarding preservation of food

Keywords: knowledge, preservation of food, working women

1. Introduction
Food is any substance consumed to provide nutritional support for the body. It is usually by plant or animal origin and contains essential Nutrients, such as fats, Proteins, vitamins, or minerals. The substance is ingested by an organism and assimilated by the organism’s self to provide energy, maintain life or stimulate growth. Historically people secured food through two methods hunting and gathering and agriculture. Today, the majority of the food is required for the increasing population of the world in supplied by the food industry. Food preservation enhances the shelf life of food and it involves preventing the growth of micro-organisms, to store the food items, to increase the taste to the food. Improper storing of food increasing the food borne diseases and food poisiong. Hence the researcher felt there is an need to identify the knowledge levels of working women who are pre scheduled with their work in home and at working place.

2. Objectives
• To assess the level of knowledge regarding preservation of food among working women.
• To find out the association between the level of knowledge regarding preservation food with their selected socio demographic variables.

3. Materials and Methods
This cross sectional descriptive study was carried out to assess the knowledge regarding preservation of food among working women in selected area, Nellore. After obtaining ethical clearance 30 working women were selected by using non probability convenience sampling technique. The data collected from sample by using Semi structured Questionnaire method and documented. Statistical analysis was performed by using descriptive and inferential statistics.

Criteria for Sample Selection
Inclusion Criteria
Working women who are
• Present during the study
Interested to participate in the study
literate

Exclusion Criteria
Who are not present during the time of data collection?
Not willing to participate in the study.

4. Description of the Tool
The tool was developed with the help of related literature from various text books, journals, website, discussion and guidance from experts.

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<td>1</td>
<td>Descriptive</td>
<td>Frequency, Percentage distribution, Mean and Standard Deviation</td>
<td>*Distribution of socio demographic variables</td>
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<td>Statistics</td>
<td>*To assess the knowledge regarding preservation of food</td>
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<td>2</td>
<td>Inferential</td>
<td>Chi-Square</td>
<td>*to find the association between knowledge regarding Preservation of food and socio demographic variables</td>
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4. Results
The data were organized and presented under the following Headings.

Section-I
Frequency and percentage distribution of Sociodemographic variables among working women

Section-II
Frequency and percentage distribution based on the level of knowledge regarding preservation of food among working women.

Section-III
Mean and standard deviation of level of knowledge regarding preservation of food

Section- IV
Association between the level of knowledge regarding preservation of food among working women with socio demographic Variables.

The study finding reveals that there is an association between the level of knowledge with socio demographic variables such age obtained calculated value 20.062 table value16.92 at P<0.05 level, education qualification obtained calculated value 47.60 table value16.92 at P<0.05 level, occupation obtained calculated value 24.42 table value16.92 at P<0.05 level family income obtained calculated value 29.64 table value16.92 at P<0.05 and remaining variables has shown non significant association.

Conclusion
The study findings revealed that majority of working women have inadequate knowledge regarding preservation of food. It indicates that there is need to conduct awareness programmes for educating public regarding importance of preservation of food and ill effects of improperly preserved food.

5. References
6. Subhashini N, Anjali Raj, Arumugam Indira. Assess The Knowledge Regarding Prevention Of Hypertension Among Adults At Tertiary Care Hospital, Nellore;
