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## An observational study on practices of kitchen garden in NTR Nagar at Nellore

**Jayanthi V, B Kavitha, N Subashini and Dr. Indira S**

**Abstract**

**Back Ground:** Health is a precious possession and an asset for the individual, family, community and even the nation. Only healthy people are able to put in efforts and competencies for their own as well as nations socio economic and cultural development. People need to adopt and modify various factors to sustain a state of equilibrium and there by promote, protect, regain and maintain their health.

**Objectives:** To observe the practices of kitchen garden in NTR Nagar Nellore.

**Materials and Methods:** Descriptive research design was used to observe the kitchen garden in NTR Nagar, 100 houses were selected by using convenience sampling method. Data was analyzed by using descriptive and inferential statistics. The results revealed that with regard to practices of kitchen garden in NTR Nagar, 27 (27%) are good in practicing Kitchen garden, 70(70%) are Average in practicing kitchen garden and 3(3%) are poor in practicing kitchen garden.

**Keywords:** Observation, practices, kitchen garden

**Introduction**

From day one to till we die nutrition plays the vital role for our survival. We need to nourish our body with good food and nutrients. But the modern world with its fast food mantra, food adulteration and pesticide usage has led us to innumerable health problem. The current status calls for a return journey- a walk, back to nature. It is worldly wisdom that we should eat our greens. That is the way to health, and if we grow our own greens, we will have health and happiness. Whenever you take up any creative activity you are bound to be happy, gardening included. Kitchen gardening add so much spice to one's life. Our elders laid much emphasis on the importance of garden produce for good diet, well before doctors started advising us about vitamins, minerals, and fibers.

The World Bank estimates that India is ranked 2nd in the world for the number of children suffering from malnutrition, after Bangladesh, where 47% of the children exhibit a degree of malnutrition. The prevalence of underweight children in India is among the highest in the world, and is nearly double that of Sub-Saharan Africa with dire consequences for mobility, mortality, productivity and economic growth.

Creating own kitchen garden saves a lot of money. Instead of buying fruits and vegetables in the market, you can grow your own; therefore, saving you a lot of money. Remember that healthy lifestyle is at high demand, so products that actually promote them have a high price tag on them. For those interested, you should not worry at all on how you can make your own kitchen garden. You do not need a huge strip of land to come up with one. This must be a good exercise for the house hold members and for old age peoples.

**Objectives:** To observe the practices of kitchen garden in NTR Nagar at Nellore.

**Materials and Methods**

**Research Approach:** Quantitative research approach was adopted in this study.

**Research Design:** Descriptive Research Design Was Used.

**Setting of the Study:** The study was conducted in NTR Nagar at Nellore.

**Sampling Techniques:** The 100 houses are selected by Non probability convenience sampling technique method.

**Sampling Size:** The sampling size was 100 houses in NTR Nagar.

**Research variables:** Observation regarding Kitchen garden.

**Description of Tool:** The investigator developed observation checklist for observation on practices of Kitchen garden in NTR Nagar at Nellore. It consists of 26

questionnaires. The developed tool was evaluated by experts in nursing department.

**Score Interpretation**

The observation checklist consists of 26 questions. Each correct answer was given by 1 mark. Based on this score the practices of kitchen garden.

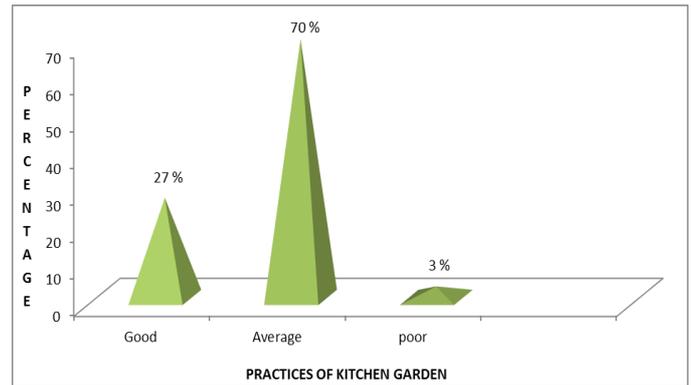
Sl. No	Observation of practices regarding kitchen garden	Score
1	Good practices	8-26
2	Average practices	9-17
3	Poor practices	1-8

**Results and Discussion**

**Table 1:** Frequency and percentage distribution of practices of kitchen garden in NTR Nagar.

Practices of kitchen garden	Frequency (f)	Percentage (%)
Good practices	27	27
Average practices	70	70
Poor practices	3	3
Total	100	100

**Table no-1:** shows that with regards to practices of kitchen garden in NTR Nagar, 27 (27%) of households have good practices in Kitchen garden, 70(70%) of households have Average practices of kitchen garden and 3(3%) of households have poor practices in kitchen garden.



**Fig 1:** Percentage distribution of practices of Kitchen garden in NTR Nagar.

**Table 2:** Frequency and percentage distribution of Practices of kitchen garden in NTR Nagar

Sl No	observation	Frequency (f)	Percentage (%)
I	<b>Garden Area</b>		
1	Adequate place for maintaining kitchen garden	57	57%
2	Availability of water source	92	92%
3	Free from pet animals	38	38%
4	Have good sun light exposure	91	91%
5	Maintenance of clean garden area and reduction in weeding	40	40%
6	Provision of shelter for maintenance of kitchen garden against predators	39	39%
7	Watering the garden regularly	80	80%
8	Practicing mulching to make soil cool and to then into compost	50	50%
9	Availability of good soil for kitchen garden	83	83%
II	<b>Usage of Fertilizer</b>		
1	Practicing natural fertilizer for kitchen garden	75	75%
2	Practicing artificial fertilizer for kitchen garden	20	20%
3	Have any benefit with natural fertilizer	48	48%
4	Have any ill effect with the usage of artificial fertilizer	28	28%
III	<b>Financial Benefit of Kitchen Gardening</b>		
1	Reduce the burden of purchasing vegetable /fruits from the market	29	29%
2	Early availability of fresh vegetable /fruits	44	44%
3	Free from health effect	38	38%
4	Get any profit by kitchen gardening	29	29%
5	Any loss of money	73	73%
IV	<b>Effect of Health By Kitchen Gardening</b>		
1	Reduce the stress level to the individual	96	96%
2	Improve psychological pleasure to the individual	88	88%
3	Greenery improves the vision	93	93%
4	Reduce the disease burden by eating fresh vegetable grown in kitchen garden	86	86%
V	<b>Maintenance of Kitchen Garden</b>		
1	Have a interest in maintenance of kitchen garden	47	47%
2	Dose he/she get help from family members	20	20%
3	Dose he/she alone maintenance kitchen garden	75	75%
4	Dose he/she satisfies in maintenance of kitchen garden	32	32%

**Table 3:** Mean and standard deviation of practices of kitchen garden in NTR Nagar, Nellore.

Criteria	Mean	Standard deviation
Practices of kitchen garden	14.75	3.24

**Table no-3:** Shows that practices of kitchen garden in NTR Nagar mean is 14.75 with standard deviation of 3.24

**Nursing Implications:** The scientific knowledge and skills regarding kitchen garden. The use of checklist was accepted as one of the best way to practices of kitchen garden.

**Nursing Research:** The essence of research is to build up skills and knowledge regarding kitchen garden extensive research can be carried out to assess the kitchen garden.

**Nursing Practice:** Nursing practices should develop proper skills on knowledge regarding importance of kitchen garden

**Nursing Education:** Nursing education helps the people to develop more insight on new knowledge regarding kitchen garden

#### Nursing Administrations

In service education/workshop/CNE on knowledge regarding kitchen garden to improve knowledge of children's.

- ✓ Nursing administration should develop certain plans and polices to be implemented to improve the knowledge regarding kitchen garden

**Future Recommendations for the Study:** On basis of the findings of the study recommendations are:

- A similar study can be replicated with a large sample to generalize findings
- A similar study can be done in different settings
- The intervention can be made as regular to improve the knowledge regarding kitchen garden
- A study can be conducted to assess the kitchen garden

**Conclusion:** The present study concluded that the practices of kitchen garden in NTR Nagar, 27 (27%) of households have good practices in Kitchen garden, 70(70%) of households have Average practices of kitchen garden and 3(3%) of households have poor practices in kitchen garden. Based on this study most of the households have average practices of kitchen gardern as a nurse we have to educate the households importance and benefits of kitchen garden.

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