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

**S Shahaver Bhanu, P Mounika, N Subhashini and Dr. Indira Arumugam**

### **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 poisoning. 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.

Sl. No	Data Analysis	Method	Remarks
1	Descriptive Statistics	Frequency, Percentage distribution, Mean and Standard Deviation *Distribution of socio demographic variables	*Distribution of socio demographic variables *To assess the knowledge regarding preservation of food
2	Inferential statistics	Chi-Square	*to find the association between knowledge regarding Preservation of food and socio demographic variables

**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 their selected socio demographic variables.

**Section-I**

**Frequency and percentage distribution of Socio demographic variables among working women**

Majority of working women with respect to age 11(36.7%) are between 21-30years of age and with regard to religion 15(50%) are Hindu, in relation to education qualification 9(30%) are illiterate, and with context to occupation 18(60%) are coolie, with respect to family income 13(43.3%) are rs.5000/-income, and with regard to marital status 28(93.3%)are married.

**Section-II**

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

Criteria	Level of knowledge	
	(F)	(%)
Inadequate knowledge	20	66.6
Moderately Adequate knowledge	6	20
Adequate knowledge	4	13.4
Total	30	100

**Part-I:** Consists of age, religion, educational qualification, family income, occupation, marital status

**Part-II:** Consists of semi structured questionnaire to assess the knowledge regarding preservation of food

**Plan for Data Analysis**

The data was analyzed in terms of objectives of the study using descriptive and inferential statistics.

**Section-III** Mean and standard deviation of knowledge scores regarding preservation of food among working women

Category	Mean	Standard deviation
Level of knowledge regarding preservation of food	17.1	5.7

**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.

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