

# Family Science: Learning About Healthy Living

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**Abstract:** *Home Science is both an art and a science that promotes personal and social well-being and good citizenship. It can help individuals build a strong sense of self and personality. The modern aim of this issue is to create dwellings where peace, wealth, and progress prevail. Unlike other topics, this is a practical science that can be applied in everyday life. This practical course allows students to demonstrate their capacity to take initiative and develop leadership skills. Home science education promotes responsible citizenship and improves quality of life. Overall, the goals of this subject can be summarised as affluent life and obtaining the highest level of happiness.*

**Keywords:** food and nutrition, textiles, resource management, communication and extension

## 1. Introduction

Home science goes by many different names around the world. However, in terms of content and viewpoint, all are comparable. It has various titles, including Domestic Art, Household Science, Household Art, Household Economy, Household Administration, and Euthenics. Home Economics is the phrase used in America, while Home Science is used in the United Kingdom and India. The main aim of Home Science is to maintain and promote human relationships by utilising all available resources to provide a fulfilling existence for all family members. The growing awareness of women's issues has influenced the field of home science (Nidhi Sharma, 2016). It can be defined as the systematic application of scientific knowledge to improve the quality of home and family life. Home science covers five areas:

- Food and Nutrition
- Human Development and Childhood Studies
- Resource Management and Design Applications
- Fabric and Apparel Sciences
- Development Communication and Extension

Each of these topics contributes to the understanding of individuals and families in the Indian sociocultural setting. According to Lokita Gupta (2016), Home Science prepares future citizens to be responsible stewards of the nation's future by providing appropriate information and competencies.

### 1.1 Food and Nutrition

Eating well can help you build physical strength. Both quality and quantity of food should be considered. According to B. Srilakshmi (2005), dietetics is the science of nutrition that focuses on maintaining a healthy diet throughout life and making necessary changes during illness. Teachers, health professionals, administrators, and students of health sciences need to understand proper nutrition and diet. The purpose of studying food and nutrition is described below:

- Understanding the link between food, nutrition, and health
- Plan and prepare healthy meals based on nutritional requirements
- Creating therapeutic meals for the sick

### 1.2 Human Development and Childhood Studies

According to Elizabeth B. Harlock (2005), there are four main reasons for scientifically studying children: solving practical problems, proving or disproving traditional beliefs, developing theories and testing evidence from scientific studies. Studying children's growth aims to gain a deeper understanding of them. Understanding development concepts is crucial because:

- Understanding developmental trends for different age groups allows us to anticipate a child's behaviour and timing
- Knowing what to expect at a specific age group helps understand the standards or norms
- If parents and teachers are aware, they can appropriately guide their children from one stage to the next

### 1.3 Resource Management and Design Applications

Home management is a practical science. Effective management requires some level of competence. A home that achieves goals with satisfaction can be deemed well-managed. Management entails making the greatest use of available physical and human resources. The decision-making process involves using family resources to attain goals.

- Becoming more consumer-conscious
- Effectively managing family income and expenses
- Recognising the need for saving and investing.
- Implementing job simplification strategies to reduce fatigue and manage time and energy.
- Understanding the link between space organisation and aesthetics.
- Maximising energy efficiency and saving resources

### 1.4 Fabric and Apparel Sciences

Clothing is a key part of social interactions. While interacting with another person and forming an impression clothing has a big impact on how people perceive you. Clothes influence the actions of the person. We see people differently because the viewer's perception of an individual's attire and grooming may differ depending on their familiarity with the topic and the context. Our primary needs are food, clothing, shelter, and energy. Textiles meet the clothing needs of Individual, Home, and Country To better comprehend textiles, it's important to consider their role in India's overall planning and socio-

economic development goals. In recent decades, a new textile industry has evolved. New fibres, textiles, and finishes require further study and evaluation. This subject can help us attain the following objectives:

- Selecting appropriate fabrics for diverse applications
- Experimenting with various textile treatments and embellishment techniques
- Carefully selecting and preserving garments and textiles

### 1.5 Development communication and extension

It involves both adult and informal education. It is concerned with. Educating adults, such as farmers and homemakers, on how to raise healthier crops, animals, and fruit trees, as well as effective house management practices and maintenance. the family's nutrition, etc. Extension education has seen significant modifications globally over the past decade (Dahama and Bhatnagar, 2009). Home science extension education began in the late 1930s of the twentieth century with the following objectives:

- To effect desirable change in human behaviour, changes in knowledge, skill, and attitudes are required
- Promote kitchen gardening and small - scale industries as profitable occupations
- Create an environment for rural people to showcase their talent, leadership, and efficiency
- Provide farm wives with up - to - date technical information in a timely manner
- Offer effective solutions to their difficulties
- To bring scientists closer to farmers

## 2. Trends in Research in Home Science

Home science research encompasses several fields such as Resource Management, Human Development and Family Studies, Nutrition, Clothing and Textiles and Extension Education. These branches examine various elements of the same thing, i. e., human being, but are interconnected. Home science research is a systematic approach to understanding human behaviour and improving quality of life. Its functions are:

- Goals are to innovate and interpret new facts
- Diagnose and analyse issues
- Systemize knowledge
- Predict and control social phenomena
- Formulate policies for future development
- Provide social welfare

There is now a strong methodological innovation that was lacking before. Home science study provides vital background data to help planners appraise the current situation. Over the past two decades, various entities, including the University Grants Commission, Indian Agriculture Research Institute, Indian Council for Agricultural Research, State Government Bodies, and Voluntary entities, have increased funding for social science and home science research.

### Importance of Home Science:

- Promotes a scientific approach to work
- Facilitates waste reduction

- Enhances skills for students and housewives
- Promotes healthy citizenship
- Handles minor illnesses and emergencies with empathy and proper action
- Knowledge of child development, nutrition, and other topics enables them to share this information with those who are less fortunate

## 3. Conclusion and Suggestions

Home science probably requires more diverse skills than any other job. Today's home science education aims to build a nation, not just enhance families and households. It significantly contributes to human development, improved living conditions, and national well - being. Pallavi Yadav et al. (2017) found that home science teenagers have better eating habits than non - home science teenagers.

There are numerous job opportunities in the food industry, including teaching, research, auditing, and consulting. Possible career paths include boutique fashion design, school counselling, wellness clinics, corporate agencies, and entrepreneurship. According to Arti Sinha and Riti Aggarwal (2015), home science requires a diverse set of skills. Home science encompasses more than simply cooking and stitching; it also involves promoting global viewpoints and behaviour change. The vast expanse of this topic is difficult to convey in a single write - up.

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