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Perception of beneficiaries regarding kitchen gardening under FSN project in Chandrapur district

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Abstract

The present research was undertaken on topic "Perception of beneficiary about kitchen gardening under farming system for nutrition project" was conducted in Delanwadi, Dhumankheda and Nandgaon villages of Sindewahi taluka in Chandrapur districts of Maharashtra state with exploratory research design of social research was used for study. The data were collected, examined, classified, quantified and tabulated by personally interviewing the 120 randomly selected beneficiaries with the help of structured interview schedule. Frequencies, mean, standard deviation and coefficient of correlation was employed for interpreting the results. Kitchen Gardening is an important component for household food security contributes to household income and savings and improves the health and nutritional well-being of the family. An exploratory design of social research was used for the present investigation aims at assessing the beneficiaries. The findings of the research study revealed that majority of the beneficiaries (70%) possessed high level of perception about kitchen gardening followed by medium (17.50%) and low (12.50%) extent of perception about kitchen gardening.

Keywords: Perception, *Kitchen gardening*, pest and disease free vegetables (Organic)

Introduction

Kitchen gardening is an important component for household food security contributes to household income and savings and improves the health and nutritional well-being of the family. It is commonly a family activity including women, men, children and elderly persons and one of the world's most ancient agricultural practices. Planting and maintaining a kitchen garden brings families together and kids naturally gravitate to gardening. It is cost saving activity that can be enjoyed as a hobby. It acts as a source of relaxation during high stress period and reduction in illness and stress. Further, it is important to stay healthy to minimize healthcare expenses. Eating vegetables and fruits in sufficient quantity will boost one's immune system which helps to stay healthy. It gives dual benefits of providing food and healthy life. Therefore, kitchen garden is like a doctor/ clinic/ medicine cabin wrapped into one, expanding fresh vegetable intake, supplementing the diet with vegetables containing rich nutrient which increases immunity, cures illness and improves the quality of life. One way to offer a great potential for improving household food security and elevating micronutrient deficiencies is to grow vegetables in own kitchen garden at home and eat fresh vegetables and fruits. This will enhance food security by direct access to a diversity of fresh vegetable at fingertips. Kitchen garden plays a vital role in the lifestyle of people

living in urban areas or small towns. The main point of building up a Kitchen garden is to safeguard formal beliefs and social character of joint families. Potential benefits such as income and enhanced rural employment through additional or off season production, enhanced food security, increased availability of food and better nutrition through food diversity. Others factors like decreased risk though diversification and environmental benefits, food cycling, water nutrients, controlling shade, dust and erosion and maintaining or increasing local biodiversity also indulge the households to practice this method. One of the easiest ways of ensuring access to a healthy diet that contains adequate macro and micronutrients is to produce many different kinds of food in the Kitchen garden. This is especially important in rural and semi urban areas where people have limited income earning opportunities and poor access to markets. Kitchen gardens are becoming an increasingly important source of food and income for poor households in semi-urban and urban areas.

The World Health Organization (WHO) defines health as a state of complete physical, mental and social well-being and not merely an absence of diseases. Good health can be described as a condition where both body as well as mind is functioning properly. The main causes behind poor health condition are diseases, improper diet, injury, mental stress, lack of hygiene, unhealthy lifestyle etc. Over the past few

years, our lifestyle has changed and we often tend to ignore the importance of healthy living in one day or the other. Health is directly related to food consumed. To maintain good health taking nutritious diet in adequate amount is essential. Balanced nutrition is of fundamental importance for the growth and development of human body. Vegetables can play an important role in human nutrition. Intake of fresh vegetables is must in our daily diet as they provide essential nutrients for good health. All nutritionists encourage people to consume recommended vegetables, pulses and fruits per day. Kitchen garden plays an important role for rural families to provide diversified vegetables, fruits and pulses in their daily diet. India is the second largest producer of fruits and vegetables in the world (Tuteja 2011) but the intake of vegetables in our daily diet is low. According to World Health Organization (WHO) the daily per capita intake of vegetables in India is 400g whereas for a balanced diet, an adult should have a minimum daily intake of 300g of vegetables. In rural areas majority of the farmers failed to fulfil their family requirement of vegetables and pulses from their own farm and they have to purchase these from local market.

Farming System for Nutrition (FSN) is UNICEF funded project in collaboration with ATARI, Zone-VIII (Under NARI Project), MCAER, Pune and Technical support from M.S. Swaminathan Research Foundation, Chennai. Farming System for Nutrition (FSN) is a model that entails mainstreaming the nutrition dimension in the design of the farming system based on locally available crop and animal husbandry resources and farming practices. The central objective of FSN project was to study the feasibility of a location-specific FSN approach to improve household dietary diversity. Farmer System for Nutrition (FSN) project provides agricultural remedies to the major nutritional deficiencies including micronutrients like zinc, iron, iodine, vitamin A etc. FSN will help to not only improve the yield of crops but also mainstream the nutrition dimension in the choice of crops.

FSN Strategies to fine-tune the farming system to address nutritional concerns were:

1. Promoting vegetable cultivation through household and community level gardens with naturally biofortified fruits and vegetables, species and nutrient-dense varieties especially green leafy vegetables to address micronutrient malnutrition.
2. Widen the on-farm crop diversity to improve the dietary diversity

To popularize the kitchen gardening among the farming community in rural areas, KVK Sindewahi conducted frontline demonstration (FLD) programmes for the farmers to aware them about the importance of kitchen gardening. As the part of this the beneficiaries selected were exposed to the training at KVK Sindewahi and were asked to implementing this demonstration at their own land. Accordingly, the present study was conducted to evaluate Perception about Kitchen gardening with the title "Perception of beneficiary about kitchen gardening under Farming System for Nutrition project".

Materials and Methods

Locale of the study

The present study was undertaken in Chandrapur district of Vidarbha region of Maharashtra state. The above district was selected purposively on the basis of major area under kitchen gardening where KVK Sindewahi conducted frontline demonstration (FLD) under FSN project.

Selection of respondents

The forty beneficiaries were selected randomly from each village with well-maintained kitchen gardens and who adopted the frontline demonstration (FLD) of KVK Thus, total 120 beneficiaries were the sample size for the study.

Sr. No.	District	Taluka	Name of village	No. of Beneficiaries
1	Chandrapur	Sindewahi	Delanwadi	40
			Dhumankheda	40
			Nandgaon	40
Total				120

The whole sample was considered as respondents and they were interviewed for collection of data.

Measurement of Beneficiaries perception about kitchen gardening under Farming System for Nutrition project:

Perception is an activity through which an individual becomes aware of objects around him and of events taking place (Ray, 1990).

It is the process by which impressions or what they feel or think about vegetables grown for their own purpose in terms of improvement (beneficial) in human health.

It may be defined as the way in which the farmers understand or interpret various aspects of Kitchen Gardening such as its benefits and constraints etc. The measurement of perception teacher made scale was used. The perception of the farmers was measured on a three-point continuum of Agree, undecided and Disagree which score 3, 2 and 1 respectively.

Then beneficiaries were classified into three categories on the basis of mean and standard deviation

Results and Discussion

Beneficiaries' perception regarding kitchen gardening under FSN project

Perception is defined as a process by which organize and predict their sensory impressions in order to give meaning to other environmental risk. It is the process by which impressions or what they feel or think about vegetables grown for their own purpose in terms of improvement (beneficial) in human health.

The data shown in Table 1 revealed that all the beneficiaries agreed that fresh vegetables are available for consumption from kitchen garden. 41.67 per cent of the beneficiaries agreed that it is easy to maintain kitchen garden for producing pest and disease free vegetables. 70 per cent of the beneficiaries undecided that eating vegetables from the kitchen garden increases daily intake of family members. 75per cent of the beneficiaries agreed that vegetables produced in kitchen garden are better in quality than market

bought vegetables, followed by all the beneficiaries agreed that vegetables obtained from kitchen garden are beneficial for health. 70 per cent of the beneficiaries agreed that vegetables obtained from the kitchen garden are sufficient for family. 68.33 per cent of the beneficiaries agreed that

growing vegetables in the kitchen garden saves money on purchasing vegetables from the market. More than half of the beneficiaries (57.50) agreed that vegetables are available from kitchen garden throughout the year.



Fig 1: Statement wise distribution of beneficiaries according to perception under FSN project

Table 1: Statement wise distribution of beneficiaries according to their perception about kitchen gardening

Sr. No.	Statements regarding perception	Agree	Undecided	Disagree
		Frequency / Percentage	Frequency / Percentage	Frequency / Percentage
1.	Fresh vegetables are available for consumption from kitchen garden	120(100)	0	0
2.	It is easy to maintain kitchen garden for producing pest and disease free vegetables	50(41.67)	31(25.83)	39(32.50)
3.	Eating vegetables from the kitchen garden increases daily intake of family members.	21(17.50)	84(70)	15(12.50)
4.	Vegetables produced in kitchen garden are better in quality than market bought vegetables.	90(75.00)	30(25.00)	0
5.	Vegetables obtained from kitchen garden are beneficial for health	120(100.00)	0	0
6.	Vegetables obtained from the kitchen garden are sufficient for family	84(70.00)	0	36(30.00)
7.	Vegetables produced in the kitchen garden are chemically free.	120(100)	0	0
8.	Growing vegetables in the kitchen garden saves money on purchasing vegetables from the market.	82(68.33)	35(29.17)	3 (2.5)
9.	Vegetables are available from kitchen garden throughout the year	69(57.5)	46(38.33)	5 (4.17)

Table 2: Distribution of the beneficiaries according to perception level

Sr. No.	Perception	Beneficiaries (n=120)	
		Frequency	Percentage
1	Low (up to 66)	15	12.50
2	Medium (67-75)	21	17.50
3	High (above 75)	84	70.00
Total		120	100.00

It was observed from the Table 2 that, majority of the beneficiaries (70%) possessed high level of perception about kitchen gardening followed by medium (17.50%) and low (12.50%) extent of perception about kitchen gardening. This finding is in the line with finding of Kaur Iqbal *et al.* (2020) ^[6], Badhe (2012) ^[1], Madhu (2013) ^[3] and Preeti (2014) ^[4]

Conclusion

It can be concluded that majority of the farmers had good perception regarding kitchen gardening practices on that fresh vegetables are available for consumption from kitchen garden. 41.67 per cent of the beneficiaries agreed that it is easy to maintain kitchen garden for producing pest and disease free vegetables. 70 per cent of the beneficiaries undecided that eating vegetables from the kitchen garden increases daily intake of family members. 75per cent of the beneficiaries agreed that vegetables produced in kitchen garden are better in quality than market bought vegetables, followed by all the beneficiaries agreed that vegetables obtained from kitchen garden are beneficial for health. 70 per cent of the beneficiaries agreed that vegetables obtained from the kitchen garden are sufficient for family. 68.33 per cent of the beneficiaries agreed that growing vegetables in

the kitchen garden saves money on purchasing vegetables from the market. More than half of the beneficiaries (57.50) agreed that vegetables are available from kitchen garden throughout the year.

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