



## AWARENESS REGARDING MEAL PLANNING AMONG WORKING AND NON WORKING MOTHERS- A COMPARATIVE STUDY

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### ABSTRACT

Eating a balance diet and at the same time, meeting ones nutritional need, requires judicious menu planning, that eventually saves time and money. The task of menu planning becomes more challenging for a working mother as she plays a dual role- at home as well as at work. Her resources are limited as compared to non working mother, especially resources like time and energy. The present study has been conducted in Gondia district of Maharashtra.

The main objective of the study is to examine if there is any diversity in meal planning of working & non-working mother and if all the necessary factors, while meal planning are taken into consideration .

**Keywords:** Meal planning, food, health

### INTRODUCTION

Food is one of the basic need of human begins. Man needs energy to do works in day to day life & this energy is met through food. The demands of nutrients for each person according to age, sex, type of work, surrounding differs. And all the useful nutrients that are essential for us could be met through appropriate meal planning.

Generally meal planning is a job of house wife. But in modern era so many mothers play dual

role in the society. She is a house wife as well as working mother. So she has more responsibility as compare to non-working mother. She has limited resources as compare to non-working mother like time & energy. The present study was conducted in Gondia district of Maharashtra.

Enjoying meal together as a family is valued among Indians. Eating together as a family has many nutritional, social, & psychological benefits. Studies



show that children who eat with their families have higher intakes of vegetables, fruit & dairy products, which are foods we often don't eat enough.

Every house wife in her daily life does meal planning. Meal planning is important for a house wife as she can achieve the following things-

- Balance diet for all the members of the family.
- Saving of fuel.
- Variety in meals.
- Control on food budget.
- Tasty & attractive food
- Use of leftovers.
- Personal likes & dislikes
- The day as a unit.

A meal plan can be made for a week or it can be made for several weeks at a time. Meal planning decreases the chances of a person eating unhealthy items because it's more convenient. It's a good way to save money because planning ensures all the ingredients that have been bought will be used, minimizing the amount of food that goes to waste.

The main objective of the study is to examine if there is any diversity in meal planning of working & non-working mother and if all the necessary factors, while meal planning are taken into consideration .

### **Objective**

- 1) To examine any diversity in meal planning of working & non working mother.

### **Research method**

The study was conducted in Gondia district. A predesigned & pretested interview schedule was used for collecting the data from each selected working & non-working mother of Gondia district by personal interview method. The sample selection was done by using multistage random sampling procedure. The total sample size of the study was 100 respondents in which 50 mothers are working & 50 are non-working mothers. The collected data was processed, tabulated & presented in the form of table after giving appropriate statistical treatments.

### **Research findings and Discussion**



Table 1 shows that 94% working & 84% non working mothers take care of the nutritional requirements of family member planning meal. 98% working & 100% non working mothers consider health factor. In accordance with financial status it is found that 100% working & 98% non-working mothers consider the income while planning meal. 70% working and 78% non working mothers consider climate while planning meals in different seasons. 80% working & 90% non-working mothers take care of gender while doing meal planning. Considering age, it was found that 90% working mothers & 82% non-working mothers keep it in mind while meal planning. In reference to type of work they do it was found that 98% working as well as 96% non working mothers doing meal planning it was found that 96% working & 90% non working mothers consider body surface of family members while they make a meal plan. In reference to number of family members table showing

that 90% working & 80% non working mothers consider this factor. Table also shows that 96% working & 80% non mothers consider personal like & dislike while doing meal planning.

The present data shows that 100% working & non-working mothers considering physical state of person & balanced diet.

The statistical analysis envisaged that there is insignificant difference between working & non-working mothers. Regarding various factor of meal planning such as nutritional requirement ( $\chi^2= 2.55; P>0.05$ ), health ( $\chi^2= 0.00; P>0.05$ ), financial status ( $\chi^2= 0.00; P>0.05$ ), climate ( $\chi^2= 0.83; P>0.05$ ), sex ( $\chi^2=1.96; P>0.05$ ), age ( $\chi^2= 1.32; P>0.05$ ), Type of work ( $\chi^2= 0.00; p>0.05$ ), physical state of person ( $\chi^2=0.00; P>0.05$ ), body surface ( $\chi^2= 1.38; P>0.05$ ), number of family members ( $\chi^2=1.83; P>0.05$ ), balance diet ( $\chi^2= 0.00; P>0.05$ ). This difference was found insignificant it means working as well as non-working mothers are aware about family



meal planning & keep their families happy.

**Conclusion**

It can be concluded that there is no significant difference

between working & non working mother regarding menu planning as both keep in mind the essentials of menu planning.

**Table: 1 Factors to be consider while doing meal planning**

Factors	Working				Nonworking				Total				Statistical significance $\chi^2$ value at Df = 1
	Yes		No		Yes		No		Yes		No		
	Freq	%	Freq	%	Freq	%	Freq	%	Freq	%	Freq	%	
1. Nutritional requirement	47	94	03	06	42	84	08	16	89	89	11	11	$\chi^2= 2.55;$ $P>0.05$
2. Health	49	98	01	02	50	100	00	00	99	99	01	01	$\chi^2=0.00;$ $P>0.05$
3. Financial status	50	100	00	00	49	98	01	02	99	99	01	01	$\chi^2= 0.00;$ $P>0.05$
4. Climate	35	70	15	30	39	78	11	22	74	74	26	26	$\chi^2= 0.83;$ $P>0.05$
5. Gender	40	80	10	20	45	90	05	10	85	85	15	15	$\chi^2=1.96;$ $P>0.05$
6. Age	45	90	05	10	41	82	09	18	86	86	14	14	$\chi^2=1.32;$ $P>0.05$
7. Type of work	49	98	01	02	48	96	02	04	97	97	03	03	$\chi^2=0.00;$ $P>0.05$
8. Physical state of person	50	100	00	00	50	100	00	00	100	100	00	00	$\chi^2=0.00;$ $P>0.05$
9. Body surface	48	96	02	04	45	90	05	10	93	93	07	07	$\chi^2=1.38;$ $P>0.05$
10. Numbers of family member	45	90	05	10	40	80	10	20	95	95	15	15	$\chi^2=1.83;$ $P>0.05$
11. Personal liking-dislikes	48	96	02	04	40	80	10	20	88	88	12	12	$\chi^2=6.06;$ $P<0.05$
12. Balance diet	50	100	00	00	50	100	00	00	100	100	00	00	$\chi^2=0.00;$ $P>0.05$

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