

**CAREER OPPORTUNITIES IN HOME SCIENCE**

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Abstract

As the name suggests, home science is referred to the home, happiness and the health of the people living in it. When an individual takes up home science as a subject in higher educational institutions, he acquires knowledge about various areas, such as food and nutrition, resource management, human development, textiles and clothing and extension and education. The knowledge and the information regarding these areas not only helps a person in enriching his career but he also gains an understanding about how to adequately maintain his home, family and obtain a successful career. In an individual's life, his family and home plays an important part. Family and home are considered to be the first institutions, from where an individual learns various things such as, norms, values, ethics, and cultures. Good quality education and employment opportunities are provided to the individuals through his family and home, therefore, it is vital for the individuals to possess efficient knowledge regarding the management of family and home. The main purpose of this research paper is to understand the meaning and significance of home science in everyday life. The main areas that have been taken into account are, significance of home science, purpose and meaning of home science, constituent areas of home science, objectives of home science, and career opportunities in home science. The individuals are required to prepare themselves about how to make use of the resources in a proper manner to make their lives contented and well-to-do and this is improved through the subject of home science.

Keywords: *Home Science, Home, Family, Individuals, Management, Knowledge*

Introduction

Home Science the science of a home and its includes all the things that concern the person, Home, Family Members and recourses. It is the education for "batter living" and the core of this education is the family eco system. Home Science consists of 2 words that's 'Home' and 'Science'. The word 'Home' visit the place of residence wherever the family lives. The word science refers to data supported facts, principles & laws. By combining these 2 words the that means of Home Science is derived as Application of knowledge domain in an exceedingly systematic manner to words rising the standard of home and family life. Home Science includes all the things that concern the person, Home, Family Members and recourses. Home Science education is price life education from time immoral down the ages of civilization. "Home and Family" has been the core of all human development and therefore the society at giant. Home Science is outlined as "Education for higher living. It explores the plausible ness of the institution of the perfection within the social order ranging from the house life to the community level.

Home Science integrates the application is the various science and humanities to improve human environment, family Nutrition, Management of resource and child development and clothing style. This subjects includes hygienic community living, rural development, art and many more. Now days, this field of study is gaining much popularity among the inhabitants of India, the wide application of this subject in the various industries such a food preservation, Interior Decoration, Food tester etc. During the first all India women's conference which was held during 1932 at Lady Irwin collage, New Delhi, Home Science was defined it, "As a practical Science which makes the students to lead his family life successfully and solve social and economic problems easily as well."

Areas of specialization in home science:

There are five major areas of specialization in the Home Science:

- Food and Nutrition
- Resource Management
- Fabric and Apparel Science
- Human Development
- Communication and Extension

Today, Home Science is so advanced that each specialization is a domain in its own with its areas of specialization and vocation/professional opportunities. (nios). Home Science can be taken up as a subject at higher secondary level. Education in home science is offered at four levels viz diploma level, first degree level, post graduate level. The entry requirement for B.Sc. (Home Science) course is passing in 10+2 examination preferably with science subject. Students can also opt Home Science as one of the subject along with different combinations of subjects viz. Home Science, Psychology and Economics, then student will get B.A. H.Sc. degree. Thus, the study of home science helps each people to lead a more satisfying personal, family and community life because of the knowledge, understanding, skills and appreciation of cultural and spiritual values a pupil acquire through home science education (Ahlawat and Shekhar, 2010).

Career Opportunities in Home Science:

The career options after pursuing a home science course are below:

- **Service and Tourism Industry:** The courses in the home science discipline offer many opportunities in the tourism industry, tourist resorts, hotels etc. as an interior designer, cook, food analysts, catering agents, bakers as well as healthcare professionals.
- **Health Care Industry:** The health centres are specialized to provide advice for the dietary requirements of individuals suffering from diverse illness. Suitable nutrition and physical education enable the home science graduate to start their own support centres for people with special nutritional requirements. The support centres work to provide guidance and support to the individuals to stay fit by balancing their diet, exercise and management of obesity and related conditions.
- **Teaching and Research:** After pursuing a course in Home Science, candidates also have teaching options. The candidates have to pursue a master's degree in home science to become a teacher at the secondary level. For the undergraduate level posts like Assistant and Associate Professor, one must have cleared the UGC NET exam after completing a master degree in HSC. The research position are also open for applicants if they clear NET exam as per the JRF cut off score..
- **Production Industry:** In the production industry, there are different types of activities such as frozen food manufacturing, food preservatives, cooking, different food production which requires home science experts. The graduates can apply for the post of food analysts, quality controllers and quality managers in food preservation departments and food processing units.
- **Nutrition and Dietetics:** The demand for dietician is rapidly increasing in India. They are the professionals who are concerned about the individual requirements and suggest diet as per human physiology, caloric consumption and other factors. That main role is to provide food analysis, food therapy and food management.
- **Textile Industry:** It is one of the most successful in India with growth and attention on fashion and fabric. The job of Home Science individuals in the textile industry is for fabric construction, dyeing, printing and assessing, recognizing and selecting fabrics or products from dealers based on suitability

and checking for performance under various conditions. Home science candidates can be offered jobs like apparel and textile designers.

Significance of Home Science

Home Science provides knowledge to the individuals to deal with new challenges and advancements. In the present existence, there have been modernization, introduction of innovative techniques and methods, experiencing new challenges, how to deal with knowledge generation, technological advancements, new developments and increasing requirements of the individuals for a positive existence within the society. Home Science is one such subject that trains an individual to deal with all the tasks with self-reliance, resourcefulness and self-sufficiency, the challenge of changing times for achieving contentment and pleasant living. The important areas have been stated below (Home, Family and Home Science, n.d.).

Importance for Individuals - Home Science enables an individual to understand the scientific knowledge and develop skills that are required for illustrating an efficient performance of the household responsibilities. Whether an individual is managing a small household or a big household, management of the household always requires capabilities, proficiency and hard work. Skill is referred to as the process of applying theory based knowledge into one's day to day life. For example, opposing social pressures to adopt unhealthy eating practices by rejection is a skill. Seeking services for assistance with marital issues or problems with the children is another skill. Development of positive skills leads a person towards contentment and gratification. It will also prepare a person to take up wage or self-employment.

Importance for Home and Family Life - The emphasis laid upon the subject of home science is to support home and family life by creating an optimum use of the obtainable resources. It will assist a person to apply the information of various sciences for enlightening home and family environment, healthy growth and development of the individuals and in the management of the household resources. This is the only subject that deals with food, attire, shelter, health, human relationships, communication terms, household resources and concerns of the individuals that exist within the home and within the family. Family is the smallest social unit of a community. The involvement of home science in the complete enrichment of the family assists in the development of community and nation on the whole.

Importance for Economic Stability – Various areas of home science prepares an individual for a variety of jobs. The economic stability of a home and family can be ensured by attaining a job or self-employment. It is essential for the individuals to generate a source of income, as all the functions and operations of the home can be implemented in an efficient manner when individuals will have an appropriate source of income. Sources of income, jobs and employment opportunities would largely contribute in increasing the living standard of the family and quality of life.

Purpose and Meaning of Home Science

The understanding of home science helps an individual to lead a more satisfying, personal, family and community life. The areas regarding which this subject enhances the knowledge and information of the individuals contributes in maintaining effective communication, terms and conditions with the family members, as well as community members, implementing one's household tasks and functions in an operative manner, an individual learns to become self-sufficient, he acquires understanding of various areas, develops skills amongst himself in order to carry out the daily life activities and learns to inculcate cultural norms and values amongst himself. When an individual learns home science, he makes this field applicable in putting into operation all the activities of his daily life. The subject of human science makes available maximum opportunities for the individuals to develop leadership skills amongst themselves (Home Science: Concept and Scope, n.d.).

Home science education leads to the development of all the qualities needed for responsible citizenship and also to become efficient leaders in various areas, such as nutrition, garments designing, teaching, women and child development and so forth. Home science education assists in obtaining recognition of the

significance of food that is required for a healthy living, it also teaches how to prepare food by retaining its nutrients and the significance of a balanced diet. The problems that exist within the family and household are numerous, such as relating to growth and development of children, purchasing of household items, marital relationships, paying bills, obtaining good education and employment opportunities, organization of functions and events, cultural norms and values and so forth. What is important is that individuals should obtain an understanding regarding how to provide solutions to these problems in an appropriate manner (Home Science: Concept and Scope, n.d.).

Individuals in some cases find problems in obtaining jobs and employment opportunities. In this case, home science education helps an individual to instigate self-employment and become a wage earner at a young age. The curriculum and the instructional methods in this subject enables an individual to take wise decisions regarding the utilization of materials and resources. The person who takes up home science as a subject, learns how to nurture the young and lead to their healthy growth and development. In the present existence, it is also essential for an individual to obtain technical knowledge for both professional and personal use, hence, this subject contributes in acquiring an understanding of technical knowledge (Home Science: Concept and Scope, n.d.). This education leads to personal and professional development of not only an individual who is acquiring training in this subject, but all the members of the family (Shekhar, & Ahlawat, 2013).

Constituent Areas of Home Science

The major constituent areas of home science have been stated as follows: (What is Home Science n.d.).

Food and Nutrition – Food and nutrition is a fundamental concept within the lives of the individuals and all individuals are required to possess efficient knowledge regarding this concept. Food provides energy and essential nutrients to the human body, which enable a person to implement all the tasks and functions in an efficient manner. In this area, food science, clinical nutrition, community nutrition and institutional food service are the main concepts that are focused upon. The preparation of food is an important area in the case of food and nutrition, when the food is adequately prepared only then the individuals take pleasure in the consumption of food and obtains all the nutrients.

Textiles and Clothing – Textiles and clothing contribute an important part in forming the personality of the individuals. When an individual visits some place, goes to work, educational institutions or even shopping malls, it is important that he should dress and present himself in a clean and a tidy manner. The personal appearance of an individual gets enhanced by his clothing and sense of dressing. The main areas in this case are, clothing construction, textile science, textile designing, garment designing, and care and maintenance of the clothes. The clothes which require ironing should always be ironed before they are made use of. The status and background of an individual is judged through the clothes that he wears.

Resource Management – The management of resources within the house is regarded to be an imperative area. There are numerous kinds of resources that are managed within the house, these include, equipment, furniture, kitchen appliances, electronics, machines, devices, utensils, finances, wealth, property, valuables and so forth. An individual who is utilizing all the resources within the house is required to possess adequate knowledge and information about how to make use of them. Within some households, there are gardens and plants, hence, the management of gardens and the plants is an important area, which requires efficient management of resources. Proper water management and management of electricity and other civic amenities are vital areas.

Human Development – In the case of human development, the growth and development of the children, care of the elderly individuals, care of the individuals who are not having good health, and aspects like adolescence, marriage and family welfare and guidance are the areas that are an integral part of human development. The proper values, ethics and cultural traits are communicated to an individual within his family. When an individual communicates with his teachers, colleagues, employers, friends, neighbours and

relatives in a polite and a respectful manner, then he makes his parents feel elated and makes use of all the values that they have taught him in an appropriate manner.

Extension and Education – The family and the house of the individual is the first and the foremost institution that provides him all the knowledge about how to become a good human being. The measures that are vital for an individual to become successful in educational institutions, employment opportunities and leading to an overall wellbeing are provided to the individuals through his family. In the area of education and extension, the main aspects are, preparing of home science educators, community services and welfare and non-formal education. An individual may be interested in a number of areas, such as preparation of meals, making of handicrafts and artworks, playing various sports and so forth. He may not always join educational institutions and training centres in order to develop these skills amongst himself, but his parents and other family members may contribute in leading to development of these skills and talents.

Objectives of Home Science

The main objective of home science is to enable the learners to improve the quality of their personal and professional lives and contribute towards the betterment of the family and community. The main objectives have been stated as follows: (Curriculum in Home Science (Secondary Level), n.d.).

- An individual learns to identify his own strengths and weaknesses. The weaknesses are always needed to get improved, hence, a person also becomes aware of the measures that are needed to get utilized in order to improve the weak areas.
- Within the household, implementation of important tasks and functions do require efficient decision making and problem solving skills; these are essential to make informed choices. Hence, through home science, an individual learns how to make wise decisions and selections within the household.
- An individual learns to develop sensitivity towards the needs of the family and society. In a family, there are number of problems that come up, for instance, putting into operation the household tasks, looking after the health conditions of the elderly members of the household, helping the children with their homework assignments and so forth.
- The knowledge and the information that an individual obtains within his house are required to get efficiently implemented in all walks of life and throughout one's life. For instance, when a person is taught by his parents that he should always keep himself calm and peaceful in all kinds of difficulties, problems, and crisis situations, never show anger at anybody, and he understands these, then he would always implement these aspects throughout his life.
- The individuals are also required to play an important part in maintaining the cleanliness of the environment within and outside one's home. For this purpose, it is recommended that there should be greenery around, various kinds of pollution should be prevented, etc. The health requirements of the individuals are also important and one needs to possess the basic skills which are required to improve them.
- The occurrence of disputes and conflicts are common within the households, these may occur sometimes between parents and children, between spouses or between siblings. Therefore, it is important that conflicts and disputes should be resolved in a peaceful manner. Peaceful conflict resolution procedures enable in strengthening interpersonal relationships and maintenance of peace within the house.

- An individual experiences number of problems, difficulties and negative situations in his life, these negativities arouse feelings of anger, frustration, antagonism, stress, depression and anxiety amongst the individuals. Their family and households are regarded to be the areas that help an individual in overcoming these attitudes and behavioural traits. Family members are the ones that are available to make provision of support and assistance in case of all difficulties and problems, therefore, it is vital to maintain effective relationships with the family members.
- There are number of organizations and institutions with which individuals form connections and associations, such as, educational institutions, workplaces, community centres and so forth. In all the places, he is required to maintain effective terms and conditions in order to learn to lead to growth and development. Therefore, the subject of home science enables individuals to acquire understanding of the human developmental processes and how to utilize them in order to strengthen interpersonal relationships.

Conclusion

Home Science being a unique discipline with a blend of science and art, moulds a student with a variety of life skills. Home Science academician has numerous employment as well as self employment opportunities in both academic and corporate sector. Home Science covers a few areas of specialization such as food and nutrition, communication and extension, resource management, human development and fabric and apparel science. Home science syllabus draw its strength from both science and arts discipline. This enables the students to develop the ability and understand the concept as well as apply them in various situations. This gives home science students an edge above all other disciplines. This prepares them for vast range of opportunities. Home Science professionals can opt wage employment opportunities. They can work in service and tourism industry, health care industry, production industry, textile industry and can also go for teaching, research and nutrition and dietetics profession. In spite of various wage employment opportunities, home science student can also start self employment ventures like open catering business, hobby classes, child care centre, grooming centres, coaching classes and work as an interior designer. Thus, Home Science prepares you to take up a job outside the home as well as set up a home enterprise. It is to be remembered that to be successful one need to have thorough knowledge of the subject, some practice and experience.

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