

CHAPTER-V

Conclusion

CHAPTER – V

CONCLUSION

As observed from the study results that the educational qualification of women was strongly associated with their choice of ancient or modern kitchen, in view of the findings reported by Vendrusculo et al., (2010) that risk factors for occupational hazards (burn accidents) are related to domestic environment and educational levels of women, a more concerned effort is needed to make the women aware of the benefits of education. In addition to above, Dutta et al., (2011) reported that there is a need to take measures for improving the indoor air quality by improving housing, kitchen ventilation, and cook stoves for reducing the accidents in kitchens. Thus, it is evident that regular programs are needed for monitoring as well as improving the educational status of women for minimizing their risk of occupational hazards due to unsafe kitchen designs (Sandhu et al., 2008) or equipments.

Since, the study results indicated that the activities performed in the modern as well as ancient type kitchens are completed with the help from others, the design of kitchens need to be delineated by taking into consideration the space requirement by the helpers. The choice of source of heat was directly related to the type of kitchen. Also, it is evident from the data that the modern kitchens have gadgets that are safer than those appear in the ancient type kitchen. Hence, along with other factors, such as number of family members, space, education, profession etc. (Wang et al., (2010)), the source of heat should also be selected wisely, for improving efficiency and productivity in the kitchens.

High level of platform was reported to be the main cause of inconvenience by majority of modern as well as ancient type kitchen women. In view of the inconvenient height of platforms in the ancient and modern type kitchen, majority of study participants reported that the major body related problems (Backache, Pain in arm, Headache, etc) were related to the posture. A substantial number of women reported that the wooden soot emanating during the cooking activities does create inconvenience in ancient type kitchen.

As reported by Tamara (2005) and Gupta (2000), ergonomics of cooking and kitchen design are very useful for work efficiency, which allows a person to get closer to the work at hand without extra effort. Gupta (2000) had evaluated ergonomics of a kitchen, and reported that the workplace layout, material used and finishes used in interiors, flooring, walls and ceilings etc. are important aspects for an efficient kitchen. Hence, the problems reported by the women from Indore city, predominantly point towards the necessity to have a greater look into the designing aspect of the kitchens.

As the findings revealed that the modern kitchens had relatively better ventilation (due to exhaust fans), specific efforts are needed in the ancient type kitchens so as to minimize the indoor air pollution. This in turn will have positive impact on the health of women using ancient type kitchens. The design aspects pertaining to areas, such as cleaning centers, the ancient type kitchens are better than the modern type kitchen with respect to the sanitation and hygiene. Also, it is parent that convenience has been given more importance in modern type kitchens which may have serious implications with respect to the sanitation and hygiene.

Sanghavi (2009) reported that high frequency of fire-related deaths in young women can be attributed to kitchen accidents. Mashreky (2010) reported that cooking in an open place and use of the traditional kerosene lamp are the major determinants of burn, indicating that the source of heat plays an important role in determination of accidents. Thus, the choice of heat source, especially in the ancient type kitchens needs to be given importance in view of the prevention of accidents in kitchens.

The health problems, which appear due to the posture, are generally chronic in nature. Their severity is directly dependent on the posture. As per the study results, both the types of kitchens, i.e. ancient and modern type present situations wherein the women using these facilities can acquire some health related problems. This warrants further studies regarding identifying the specific cause of the problem.

It was observed from the data that, majority of women, using ancient and modern type kitchen required one to two hour time for cooking on gas stove. Besides, the oxygen consumption, heart rate and time required by women during vegetable preparation, kneading of flour, Chapati making, preparation of pulses and rice in modern and ancient type kitchens was significantly different. Though not any one type of kitchen had completely appropriate setting, it appears that certain changes as described by Sharma and Mishra (1982) that the cooking methods of homemakers need work simplification, which will save time, motion, steps, trips and total distance walked along with the energy expenditure during the working in kitchens.

The study results showed that there is inherent difference between the modern and ancient type kitchens (hypothesis 1). Hence, it is apparent the guidelines and policies that are laid down for the Indian kitchens need to be drawn after considering prevailing differences. Besides, the educational background of the women was found to be a determinant in their selection of type/facility in their respective kitchens (hypothesis 2 and 3). Thus, in view of the benefits of modern kitchens, it may be concluded that the educational background of women in study region should be improved. Furthermore, the anthropometric measures, which show the health status of women, indicated that there is an urgent need to redesign the existing kitchens (modern as well as ancient type) so that it can help the user i.e. women to improve their health.