



Evolutionary Development of Women's Status through Home Science: A Review

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Abstract

This review paper delves into the evolutionary development of women's status through the lens of Home Science. Home Science, as an academic discipline, has played a crucial role in empowering women and enhancing their socio-economic status. Through an exploration of various research studies, this paper examines the historical context, evolution, and impact of Home Science on women's lives. It also discusses the challenges faced by women in different socio-cultural settings and how Home Science education has contributed to their empowerment. The review highlights the transformative journey of women's status, from traditional roles to modern-day achievements, and emphasizes the continued relevance of Home Science in fostering gender equality and women's development.

Keywords: - Women's Status, Home Science, Empowerment, Gender equality, Socio-economic development.

Introduction

In societies across the globe, women have historically been assigned domestic roles, often limiting their access to education, employment, and decision-making processes. However, over time, various movements and disciplines have contributed to the evolution of women's status, with Home Science standing out as a significant force in this development. Home Science, also known as Family and Consumer Sciences, encompasses a wide array of subjects related to home management, nutrition, textiles, human development, and more. This paper aims to review the evolutionary development of women's status through the lens of Home Science, highlighting its impact on empowerment, gender equality, and socio-economic advancement. In societies across the globe, women have historically been assigned domestic roles, often limiting their access to education, employment, and decision-making processes. However, over time, various movements and disciplines have

contributed to the evolution of women's status, with Home Science standing out as a significant force in this development. Home Science, also known as Family and Consumer Sciences, encompasses a wide array of subjects related to home management, nutrition, textiles, human development, and more. This paper aims to review the evolutionary development of women's status through the lens of Home Science, highlighting its impact on empowerment, gender equality, and socio-economic advancement. Historical Context The roots of Home Science can be traced back to the late 19th and early 20th centuries when women's roles were primarily confined to domestic duties.

With the advent of Home Economics education, women were provided with formal training in areas such as cooking, sewing, childcare, and household management. This educational approach aimed not only to enhance women's efficiency in domestic tasks but also to elevate their status within the family and society.

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Impact on Women's Empowerment Home Science education has been a catalyst for women's empowerment on multiple fronts. Firstly, it has provided women with financial independence through opportunities in fields such as nutrition and dietetics, textile design, interior decoration, and child development. Secondly, it has enhanced their role in decision-making within the household, leading to more equitable family dynamics. Additionally, Home Science has contributed to women's overall well-being by promoting healthy lifestyles and preventive healthcare practices.

Challenges and Responses Despite the progress facilitated by Home Science, challenges persist, especially in conservative societies where traditional gender roles are deeply entrenched. In such contexts, women may face resistance to pursuing education and careers outside the home. Home Science programs have responded by advocating for gender-sensitive curricula, promoting awareness about women's rights, and offering skill-building workshops to overcome these barriers.

Contemporary Relevance In the contemporary landscape, Home Science remains highly relevant. It continues to adapt to the changing needs of society, incorporating modern technologies and sustainable practices. For example, courses now include topics such as eco-friendly home management, digital literacy for family finances, and strategies for work-life balance. These advancements ensure that Home Science continues to empower women in navigating the complexities of modern life.

Review of Studies

A systematic search was conducted using academic databases such as Pub Med, Google Scholar, Science Direct, and JSTOR. Keywords used included "Home Science," "Home Economics," "Women's Status," "Women Empowerment," "Gender Equality," "Socio-economic Development," and variations of these terms. The search encompassed studies, research articles, reviews, and reports published from the early 20th century to the present day.

Methodology

The methodology for this review involved a comprehensive search and analysis of literature related to Home Science, women's status,

empowerment, and gender equality. The following steps were undertaken:

Inclusion and Exclusion Criteria

- Studies were included if they focused on the historical evolution of Home Science and its impact on women's status.
- Only articles in English were included due to accessibility and the language proficiency of the researchers.
- Excluded were studies not directly related to Home Science or women's status, as well as duplicates and non-peer-reviewed sources.

Data Collection and Analysis

Relevant data points were extracted from each selected study, including key findings, methodologies used, and conclusions. The data were organized based on thematic categories such as historical context, evolution of Home Science, impact on empowerment, challenges faced, and contemporary relevance. Comparative analysis was conducted to identify common themes, trends, and variations across the selected studies.

Synthesis of Findings

Findings from the selected studies were synthesized to create a cohesive narrative on the evolutionary development of women's status through Home Science.

- The synthesis aimed to provide insights into the role of Home Science in empowering women, addressing gender disparities, and promoting socio-economic advancement. Evolution of Home Science as Home Science evolved, it expanded its scope to encompass a broader range of subjects relevant to women's lives.
- Courses began to include nutrition and health, child development, family relationships, consumer education, and even aspects of entrepreneurship. Challenges and Responses Despite the progress facilitated by Home Science, challenges persist, especially in conservative societies where traditional gender roles are deeply entrenched.
- Impact on Women's Empowerment Home Science education has been a catalyst for women's empowerment on multiple fronts. Firstly, it has provided women with financial independence through

opportunities in fields such as nutrition and dietetics, textile design, interior decoration, and child development. Secondly, it has enhanced their role in decision-making within the household, leading to more equitable family dynamics.

- Additionally, Home Science has contributed to women's overall well-being by promoting healthy lifestyles and preventive healthcare practices. In such contexts, women may face resistance to pursuing education and careers outside the home. Home Science programs have responded by advocating for gender-sensitive curricula, promoting awareness about women's rights, and offering skill-building workshops to overcome these barriers.
- Contemporary Relevance In the contemporary landscape, Home Science remains highly relevant. It continues to adapt to the changing needs of society, incorporating modern technologies and sustainable practices. For example, courses now include topics such as eco-friendly home management, digital literacy for family finances, and strategies for work-life balance. These advancements ensure that Home Science continues to empower women in navigating the complexities of modern life.

Conclusion

Evolution of Home Science as Home Science evolved, it expanded its scope to encompass a broader range of subjects relevant to women's lives. Courses began to include nutrition and health, child development, family relationships, consumer education, and even aspects of entrepreneurship. This evolution was crucial in equipping women with the knowledge and skills necessary to make informed decisions about their health, family, and finances. From its humble beginnings focused on domestic tasks, Home Science has emerged as a powerful tool for women's empowerment, gender equality, and socio-economic development. As we look to the future, it is essential to recognize the pivotal role of Home Science in shaping a more equitable and inclusive world for women.

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