

RURAL' WOMEN PRACTICES WHEN DEALING WITH FOOD RATIONALLY AND ITS RELATIONSHIP TO SOME VARIABLES IN SOME VILLAGES IN Al Gharbiah GOVERNORATE

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ABSTRACT

The research aimed at determining the level of rural women practices for rational handling of food in some villages in Al gharbiah Governorate, and the nature of the relationship between the independent studied variables and the overall degree of rural women's implementation of practices related to rational handling of food, the sources of information from which rural women derive their information and knowledge related to rational handling practices with food, and finally, to identify the most important obstacles facing rural women when implementing practices related to rational handling of food.

The research was conducted in Al gharbiah governorate, where three administrative districts were selected; from each district one village was selected with simple random manner, so the village of Kafr Al hama from Tanta district , Kafr Dima from Kafr Al zayat district, and the village of Mehallet Abu Ali from Al mahalla Al kobrah. The sample size was amounted to 314 respondents from rural women wives of holders, representing 10% of the overall size of population by using simple fraction. Data were collected by using interviewing personal questionnaire from the rural women wives respondents, some statistical tools and methods were used, represented in: Pearson' simple correlation coefficient , "T-test" for the difference between two means, tabular presentation in numbers and

percentages, and alpha coefficient to estimate the degree of stability of measures of multiple item variables. , To explain and interpret the results.

The most important results were as follows:

- 1- 51% of the respondents were found in the middle level of rural practices for rational handling of food.
- 2- The percentage of rural women implementing practices related to reducing food loss and waste was high for three practices, medium for fifteen practices, and low for twelve practices.
- 3- The percentage of rural women implementing practices related to home manufacturing of food was high for one practice it is: manufacturing old cheese and mesh, medium for ten practices, and low for seven practices.
- 4- The percentage of rural women who implement practices related to the use of food alternatives was high for two practices of trying to substitute cheaper food alternatives that give the same nutritional value, breeding birds at home due to the high price of meat, medium for four practices, and it is low for three practices.
- 5- There was a positive statistically significant relationship at a level of 0.01 between the total degree of rural women's practices for rational handling of food as a dependent variable, and the following social and economic independent variables: respondent' Age, number of years of education of the respondent and her husband, total amount spent on food per month, And Information sources and the respondent's benefit from them. However the correlation relationship was statistically significant at the level of 0.05 for the variables of the mean of sons' education of the respondent's, ownership of electrical devices, Size of animal's tenure, and between the total degree of rural women's practices for rational handling of food, where the values of the simple correlation coefficient for each of them were

amounted to 150.0, 142.0, 181.0, 147.0, 199.0, 128.0, 127.0, 133.0 respectively.

- 6-The most important sources which rural women derive their information on rational handling of food were: television and the media with percentage amounted to 67.2%, followed by family and relatives with percentage amounted to 54.8%, then personal experience and trails with percentage amounted to 50.6%.
- 7-Among the obstacles that rural women face when implementing practices related to rational handling of food are: lack of necessary skills to carry out these practices, with percentage amounted to 76.1%, weakness of awareness of the importance of doing the right practices with percentage amounted to 72.3%.