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Constraints faced by the tribal families in food consumption pattern and suggestions to overcome the constraints

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Abstract

This paper examines the profile of the tribal families from Palghar district. The study was conducted at the Palghar district. A sample of 120 tribal families were considered as respondents for present study. The respondents were interviewed with the help of specially designed schedule. The constraints like non availability of wild vegetables during summer season, lack of awareness programmes conducted to provide knowledge about food consumption pattern, lack of milk availability, scarcity of water in the villages in summer season, non-availability of ration card, lack of transport facilities to visit market for buying groceries, insufficient availability of food to overcome hunger of the family were reported by the tribal families and suggestions to overcome these constraints were provided by them. The extension workers should consider these facts while planning and executing programmes for development of the tribal families living in Palghar district.

Keywords: Constraints, suggestions, tribal families, food consumption pattern

Introduction

Food consumption pattern and food habits is an essential part of any culture. An important part of healthy lifestyle is proper intake of food. The benefits of proper intake of food are observed in wide range of studies. There is a large difference in food consumption pattern of our country India. A balanced diet is required because organs and tissues need proper nutrition to work effectively. The tribal communities have vast knowledge about the importance of consumption of wild plants. These groups are homogenous, culturally firm and wish to survive and live their own lifestyle. The choice of food is deeply related to the lifestyle of an individual. Food habits and consumption pattern is greatly influenced by thoughts, beliefs, notions, traditions and taboos of the society. Apart from these socio-cultural barriers, the religion, education, and economic factors do alter the food behaviour. Government has taken number of measures to overcome hunger and malnutrition. The National Food Security Act, 2013, is the Act of Parliament of India which aims to provide subsidized food grains to approximately two third of India's population. It includes Midday Meal Scheme, Integrated Child Development Services scheme and the Public Distribution System. Even though there are many schemes and nutritional programmes to serve the people, there is a great bulk of illness in our country. Hence, eating good food is one of the pleasures of life.

Objective

To know the constraints faced by the tribal families in food consumption pattern and suggestions to overcome these constraints.

Methodology

The research work was purposively conducted in Palghar district of Konkan region of Maharashtra State. Two Tahasils Mokhada and Vikramgad having maximum tribal population were selected to carry out the research. Six villages from each tahasil were selected randomly to carry out the present study. A total of 120 tribal families were considered as respondents for the present study. The data was collected with the help of a specially designed interview schedule by keeping in view the objective of the study. 'Ex- post facto' research design was used to conduct the present study.

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Result and Discussion

The present study accessed the constraints that are experienced by the tribal families in their food consumption

pattern. The information received by the respondents is ranked as per maximum number of respondents obtained.

Table 1: Constraints faced by the tribal families in food consumption pattern

S. No.	Constraints	Frequency	Percentage	Rank
1.	Scarcity of water in the villages during summer season	38	31.66	IV
2.	Lack of milk availability for consumption	42	35	III
3.	Non availability of wild vegetables during summer season	48	40	I
4.	Quantity of food is not sufficient to overcome hunger of the family	9	7.5	VIII
5.	Lack of transport facilities to visit market for buying groceries.	14	11.66	VII
6.	Non availability of ration card	16	13.33	VI
7.	Lack of awareness programmes conducted to provide knowledge about food consumption pattern	45	37.50	II

It is observed from the Table 1 that 'majority' of the respondents (40 per cent) reported 'Non availability of wild vegetables during summer season' and 'lack of awareness programmes conducted to provide knowledge about food consumption pattern'

(37.50 per cent). '35 per cent' respondents mentioned 'Lack of milk availability for consumption' followed by '31.66 per cent' of the respondents reporting 'scarcity of water in the villages in summer season' followed by '13.33 per cent' of the respondents reporting 'non availability of ration card'.

'11.66 per cent' respondents reported that 'Lack of transport facilities to visit market for buying groceries. '7.5 per cent' of the respondents reported the constraint 'Quantity of food is not sufficient to overcome hunger of the family'.

Suggestions by the tribal families to overcome the constraints in food consumption pattern

The tribal families in the study area were also asked about their suggestions to overcome the constraints faced by them in food consumption pattern.

Table 2: Suggestions by the tribal families to overcome the constraints in food consumption pattern

S. No.	Suggestions	Frequency	Percentage	Rank
1.	Strategies of saving water should be introduced in the villages	40	33.33	I
2.	Wild vegetables should be preserved	34	28.33	III
3.	Transport facilities should be available at remote place.	29	24.16	IV
4.	Village panchayat should take the initiative and help tribal people in making available ration cards to all the families	25	20.83	V
5.	Awareness programmes should be conducted by village panchayat to spread knowledge about food consumption pattern	37	30.83	II

It is observed from table 2 that 'majority' (33.33 per cent) of the respondents suggested that 'strategies of saving water should be introduced in the villages' followed by, '30.83 per cent' respondents suggesting that 'awareness programmes should be conducted by village panchayat to spread knowledge about food consumption pattern'. 'Wild vegetables should be preserved' was suggested by '28.33 per cent' of the respondents. '24.16 per cent' of the respondents suggested that 'Transport facilities should be available at remote place' so that they can visit market in short time to buy groceries as an when needed for the family. '20.83 per cent' of the respondents suggested that 'Village panchayat should take the initiative and help tribal people in making available ration cards to all the families'.

Conclusion

The constraints like non availability of wild vegetables during summer season, lack of awareness programmes conducted to provide knowledge about food consumption pattern, lack of milk availability, scarcity of water in the villages in summer season, non-availability of ration card, lack of transport facilities to visit market for buying groceries, insufficient availability of food to overcome hunger of the family were reported by the tribal families and suggestions like strategies of saving water, wild vegetables should be preserved, transport facilities should be available at remote place, village panchayat should take the initiative and help tribal people in making available ration cards to all the families and awareness programmes should be conducted provided. The

extension workers should consider these facts while planning and executing programmes for development of the tribal families living in Palghar district.

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