

Impact of Ready to Eat Food Taken By Single Living Male and Female

Poonam Mukawat¹, Dr .NilimaVarma²

* Department of Home Science, Sri R.D.A.K.(P.G.)College Hathras (U.P.)

** Professor, Department of Home Science Govt. M.L.B. (P.G.) Girls College Bhopal (M.P.)

Abstract- The present study was made to assess the intake and preference of ready to eat food by single living male and female in Bhopal town. The study was conducted in selected areas in Bhopal town. A sample of 300 single living male and female (Widow/Widower, Divorcee, Unmarried and Separated) aged 25-45years were selected randomly for the study. The multistage stratified purposive technique was used for the selection of the sample. The developed questionnaire was used to collect the data. The data were analyzed by using chi- square, significant level. The result of the study showed that majority of single living male and female used different type of ready to eat food due to their own reason.

Index Terms- single living male and female, ready to eat food,widow

I. INTRODUCTION

This study is focused upon intake of ready to food by single living male and female. The single living male and female come under these categories i.e. unmarried, divorcee, widowed and separated. The food pattern of single living male and female may change in comparison to the male and female who live with their family. The cause of change of food pattern of single living persons may be work load, no interest in taking food and mainly tension with some other causes in life etc. Due to their improper food pattern, the health may be affected. Such people are not taking balanced diet, they may face the deficiency of nutrients and this may cause many diseases. The personality of single living person is entirely different from others. Depending on conditions, single living persons either take food more than normal or in a lesser quantity.

Ready-to-eat (RTE) foods are foods intended to be consumed as they are. These foods do not require additional cooking and are usually stored in refrigeration or at room. "Ready-to-eat food" means food that is in a form that is edible without additional preparation. Ready-to-eat foods are foods that will not be cooked or reheated before serving. These include salads, cooked meats such as ham, desserts, sandwiches, cheese and foods that you have cooked in advance to serve cold. Taste the combined benefits of convenience, health and variety. only with MTR Foods' Ready-To-Eat range. Our range of products cover wide range of delicious North Indian and South Indian recipes, to give you a taste of food which taste just like fresh home cooked food. It is your ready help in kitchen for authentic taste, variety of choices in different Indian cuisines and high on convenience. The range of currently comprises of Soups,

Vegetable curries, Paneer gravies and various rice items. Each item of Ready-to-eat menu is natural, preservative-free and 100% vegetarian. The brand of ready to eat food which are available in market i.e. amul, heritage food, mother dairy etc. Since 1990's, the number of marriages that end in divorce in the Netherlands as well as in other western societies has strongly increased. In the period between 1990 and 1995, the number of divorces in the Netherlands rose from 6,000 to 34000 a year. Recent estimates indicate that one in four of today's marriages will end in divorce. To cope with the insecurity and stress involved in a divorce, people usually seek support in relationships. The presence of a network of relationships and the support exchanged there in are there by important for adjusting success fully to the psychosocial effects of a divorce (Amato, 2000), after a divorce the personal network becomes smaller, and undergoes fluctuations, consolidating in a different composition, with different patterns of connections and interactions. They have successful carrier and high salaries; they are in metropolitan cities and come from upper class or at least higher middle class background. For most of these women, single hood is not forever, nor do single profession have it all that easy, there are extra burden and stresses to "going it alone" (Anjali Roy, 2004). Terhell (2004) explained in his study the differences in changes in the network of personal relationships over the long term after divorce. The study includes a comparison of network changes in the short and long term after divorce.

II. RESEARCH METHODS

The data were collected with the help of questionnaire cum interview technique. A pretested and predesigned questionnaire having all relevant information was collected from 300 single living male and female aged 25-45 years. These respondents were selected from 8 representative areas of Bhopal town. Purposive multistage stratified sampling technique was employed for selection of single living male and female respondents. The present study highlighted the single living male and female were taking ready to eat food. An interview schedule to elicit the information of the respondents was requested to fill the performa with full assurance about his confidentially and anonymity of his/her information.

III. RESEARCH FINDING AND DISCUSSION

The findings obtained from the present study have been presented and discussed under the following subheads:

- **General information regarding the respondents:**

It was found from table 1 that all 300 single living male and female who participated in this study. It was noted that out of all 300 respondents of this study, 122 single living male and 178 single living female were interviewed. Out of 122 single living male respondents, 8.20% male were of age group 25 - 30 years, 28.69% male were noted in age group 30 -35 years, 23.77% male of age group and 39.34% male of age group 40-45 years participated in this present study. Out of 178 single living female

respondents, 3.37 female were of age group 25 - 30 years, 25.84% female of age group 30 -35 years, 28.09% female of age group 35- 40 years and 42.70% female were of age group 40-45 years in this study. It was noted that 40.67% single living male respondents and 59.33% single living female respondents from all four age group participated in this study.

Table 1: Age group wise distribution of single living male and female.

Age group (years)	Male		Female		Total	
	No.	%	No.	%	No.	%
25-30	10	8.20	6	3.37	16	5.33
30-35	35	28.69	46	25.84	81	27.00
35-40	29	23.77	50	28.09	79	26.33
40-45	48	39.34	76	42.70	124	41.34
Total	122	40.67	178	59.33	300	100.00

$\chi^2 = 4.083, df = 3, p > 0.05$

Statistically, no significant difference was observed regarding the age groups between single living male and female. ($\chi^2 = 4.083, df = 3, p > 0.05$).

Table 2: Marital Status of single living male and female.

Category	Male		Female		Total	
	No.	%	No.	%	No.	%
Unmarried	70	57.38	69	38.76	139	46.33
Widow	14	11.47	45	25.29	59	19.67
Divorcee	32	26.23	62	34.83	94	31.33
Separated	6	4.92	2	1.12	8	2.67
Total	122	40.67	178	59.33	300	100.00

$\chi^2 = 18.851, df = 3, p < 0.05$

Table 2 shows the distribution of all three hundred single living male and female respondents according to their status and marital category. All male and female respondents were divided into two category i.e. unmarried and married. The married category was further divided into widowed, divorcee and separated sub categories. Out of 122 single living male respondents 57.38% were unmarried. In married category of male respondents, 11.47% were widow, 26.23% were divorcee and 4.92% were separated. In 178 single living female

respondents of this study, 38.76% were of unmarried category. 25.29% widowed, 34.83% divorcee and 1.12% separated female respondents were of married class. 46.33% unmarried male and female respondents participated in this study while 19.67% widowed, 31.33% divorcee and 2.67% separated male and female of married class were included for study. Statistically, significant difference was observed regarding the marital status between single living male and female ($\chi^2 = 18.851, df = 3, p < 0.05$).

- Preference given ready to eat food

Table 3 shows the preference for ready to eat food by single living male and female. Out of 300 single living respondents, 25.34% respondents did not use any ready to eat food, 8.34% respondents used ready to eat food vegetable pulav and idli. 7.34% respondents preferred ready to eat shahi paneer, 6.34%

respondents used dalmakhni and palak paneer. 8.00% and 7.00% respondents used upma and dosa respectively. 5.00% respondents preferred methi aloo and chhole, 5.34% respondents used vegetable mix curry, 7.67% respondents preferred soup.

Table 3: Preference given by Single living male and female for taking ready to eat food.

Ready to eat food	Male		Female		Total	
	No	%	No	%	No	%
Vegetable pulav	10	8.19	15	8.43	25	8.34
Shahi paneer	8	6.56	14	7.86	22	7.34
Dalmakhni	7	5.74	12	6.74	19	6.34
Upma	9	7.48	15	8.43	24	8.00
Idli	8	6.56	17	9.55	25	8.34
Dosa	7	5.74	14	7.86	21	7.00
Methi aloo	5	4.09	10	5.62	15	5.00
Palak paneer	8	6.56	11	6.18	19	6.34
Vegetable mix curry	7	5.74	9	5.05	16	5.34
Chhole	6	4.91	9	5.05	15	5.00
Soup	11	9.01	12	6.74	23	7.67
None	36	29.50	40	22.57	76	25.34
Total	122	40.67	178	59.33	300	100.00

Out of 122 single living males, 29.50% males did not use ready to eat food, 8.19% males preferred vegetable pulav, 6.56% males used shahi paneer, idli and palak paneer. 5.74% males used dalmakhani, dosa and vegetable mix curry. 7.48% male respondents preferred upma, 4.09% males used methi aloo, 4.91% and 9.01% male respondents preferred ready to eat food chhole and soup respectively.

Out of 178 single living female respondents, 22.57% females did not use ready to eat food, 8.43% female respondents preferred in ready to eat food vegetable pulav and upma, 7.86% females used shahi paneer and dosa, 6.74% females used / dalmakhani, 9.55% females used idli, 5.62% and 6.18% female respondents preferred methi aloo and palak paneer respectively. 5.05% female respondents used vegetable mix curry and chhole. 6.76% females preferred soup.

because working class people do not want to spend more time on food preparations. Higher percentage of female respondents (25.85%) than male (19.78%) for upma, idli etc showed that low fat ready to eat south Indian food were preferred by females. Chhole, shahi paneer etc. were given more preference by male than female because they were careless for fat consumption. More females than males liked pulav, upma and soup etc because it was considered as light Indian food.

IV. CONCLUSION

The present study was restricted only to the single living males and females in Bhopal town. As regard the preferences given by single living male and female for taking ready to eat food, the result showed that majority of respondents 23.34% preferred upma, idli and dosa, followed by 22.02% liked vegetable pulao, shahi panner and dalmakhani. 16.68% respondents preferred methi aloo, palak paneer, vegetable mix curry. 12.67% respondents used chhole and soup. Now a day, the importance of ready to eat food or processed food is increasing

REFERENCES

- [1] 2000: P.R. Amato, "The consequences of divorce for adult and children", Journal of Marriage and the Family 62(1), p-1269-1287.
- [2] 2004: Erva Grzeszczyk and Anjali Roy, et.al. "Single professional women: A global phenomenon challenges and opportunities", Journal of International Women's Studies, vol.5, p-34-59.
- [3] 2004: E.L.Terhell, et.al., "Changes in the personal network after divorce", (Thesis): Net workdynamics in the long term period after divorce, Journal of Social and Personal Relationships, vol.21(6), 719-738.

AUTHORS

First Author – Poonam Muktawat, Department of Home Science, Sri R.D.A.K.(P.G.)College Hathras (U.P.)

Second Author – Dr. Nilima Varma, Professor, Department of Home Science Govt. M.L.B. (P.G.) Girls College Bhopal (M.P.) nvarma44@gmail.com