



Time Utilization Pattern among Hill Women

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ARTICLE INFO

Article history:

Received 17 June 2017

Revision Received 29 December 2017

Accepted 30 January 2018

Key words:

Time spent, Leisure time, Management

ABSTRACT

The present study was carried out in Karbi Anglong district of Assam, considering the women folk of the Karbi tribe. The socio-economic profile of the respondents showed that majority of the respondents belongs to the age group of 30-40 yrs of age and higher percentage of the respondents is found to be illiterate. Nuclear family is more prevalent and having large family size. Majority of the respondents resides in kutchra (mud floor and thatched) house and belongs to poor economic group. Observation showed that all the respondents performed almost all the activities while working towards upliftment the family. Time utilization pattern reveals that the majority of the respondents spent 11–13 h in home and allied activities during non-agricultural season and 7–9hrs during agricultural season and spend 5 -7 h in farm activities during agricultural season. Thus, it can be divulged that respondents engage themselves in economic activities from dawn to dusk in order to uplift their financial status to meet the family needs.

1. Introduction

Time is a highly valuable resource for achieving desired end. So, time management is of vital importance to each and every family of human society. Time utilization pattern declares the struggle that woman puts in to make a living. In every family, women have to perform numerous activities to achieve family goals within a limited time. Each stage of family life has different demands on the time of the women. Time of the day needs to be properly distributed among the works, rest and leisure. All periods of the day are not suitable for each and every type of work. A time plan shows what one expected to perform at a given period of time- morning, evening, daily or weekly. It also indicates the sequence of activities and the time allowed for each of the activity. Management of time entails the making of plans and their implementation. Effective management of time also allows an individual to enjoy life and one can find time to indulge in creative activities. Mullick (1995) said “a sense of time is a natural gift of God, but it can be acquired through perseverance and practice”. In farm families, the woman spends a substantial portion of her

Time in doing home, allied and farm activities, but utilization of time on different activities is not same for all homemakers. This variation occurs from family to family due to location and accessibility to the other resource. Growth and development of the family in the present context the human and time resources have been highly valued and proper use of the same is of vital importance because utilization of time in home management is closely related to management of energy. The findings of the study on time utilization pattern by hill women will help to know the hardship of the women to manage their life in hilly terrains and their extent of involvement in economic activities to fulfil the demands of the family members.

2. Materials and Methods

For selecting the representative samples for the study a technique of purposive sampling procedure was adopted. One percent of the total village under Lumbajong Developmental Block was selected, thus a total of 4 villages were selected. All the households were selected purposively. Thus, total of 200 household comprises the sample of the study. Interview schedule was used to collect the data.

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3. Results and Discussion

3.1 Socio-economic profile of the respondents

The findings of the study showed that 43.5% belongs to 30-40yrs age. Cent percent of the respondents are followers of Hindu religion. A major percentage (73.5%) of the respondents are illiterate. Majority (59%) belong to nuclear family having large family size with more than 7 members. A very less percentage (11%) of the respondents were having monthly family income above 6000/-. 58.5% of the respondents are found to have more than 8bighas of operational landholdings.

3.2 Time utilization pattern of respondents in home, farm and allied activities

The findings of the study show that none of the respondents do the job of sequencing the activities to be performed in a day, week or month. Respondents do their activities based

on the need of the hour. Further, the finding reveals that none of the respondents estimate the time to complete the task and respondents do not have the knowledge that sequencing of activities may save time.

3.3 Performance of the activities during different periods of the day

Performance of the activities in the due time is also an important part of time management. Majority of the respondents (35.5%) collect edibles during noon hours of the day. 51% of the respondents do cooking both in morning and evening hours. Higher percentage (27.5%) of the respondents cleans utensils during morning and noon hours of the day. Data in relation to fetching of water show that majority of the respondents (28.5%) fetch water during morning and evening. Majority of the respondents (56.2%) prefer noon hours for collection of firewood. Cleaning and sweeping is done by maximum percentage of the respondents (91.5%) in morning hours of the day.

Table 1. Performance of the activities during different periods of the day

Type of activities	**N	Time selected by the respondents to perform the day- to-day activities													
		M		N		E		MN		ME		NE		MNE	
		F	%	F	%	F	%	F	%	F	%	F	%	F	%
(a) Collection of edibles	172	46	26.7	61	35.5	59	34.3	-	-	6	3.5	-	-	-	-
(b) Cooking	200	25	12.5	-	-	-	-	4	2.0	102	51.0	7	3.5	62	31.0
(c) Washing of utensils	200	15	7.5	38	19.0	-	-	55	27.5	24	12.0	21	10.5	47	23.5
(d) Fetching of water	200	8	4.0	24	12.0	-	-	47	23.5	57	28.5	19	9.5	45	22.5
(e) Collection firewood	185	-	-	104	56.2	81	43.8	-	-	-	-	-	-	-	-
(f) Cleaning and sweeping	200	183	91.5	-	-	10	5.0	-	-	7	3.5	-	-	-	-
(g) Mud-plastering	200	-	-	194	97.0	6	3.0	-	-	-	-	-	-	-	-
(h) Washing of clothes	200	53	26.5	101	50.5	23	11.5	16	8.0	-	-	7	3.5	-	-
(i) Weaving	200	181	90.5	-	-	-	-	-	-	-	-	15	7.5	4	2.0
(j) Collection of fodder	200	-	-	108	54.0	45	22.5	5	2.5	15	7.5	27	13.5	-	-
(k) Looking after lives tock's	200	-	-	-	-	-	-	8	4.0	79	39.5	17	8.5	96	48.0
(l) Looking after silkworm	200	-	-	-	-	-	-	-	-	200	100.0	-	-	-	-

Total no. of respondents M=Morning; N=Noon; E=Evening; MN=Morning and noon; ME=Morning and Evening; NE=Noon and Evening; MNE=Morning, Noon and Evening

Mud plastering is done mostly (97.0%) in the noon hours. A little more than half of the respondents prefer to wash clothes (50.5%) and to collect fodder (54.0%) in noon hours. Majority of the respondents (48.0%) look after the domestic animals and birds preferably in morning, noon and evening. All the respondents of the study look after the silkworms in both morning and evening hours so as to provide feed and to clean the area. The analysis of the data upholds the fact that though the respondents do not serialize the activities to be performed daily but there is a common routine and accordingly the respondents perform it considering her duty towards meeting the basic needs of the family (Table 1).

3.4 Time spent in home and allied activities during non-agricultural seasons and agricultural seasons

During non-agricultural seasons majority of the respondents 59.5% are found to spend 11-13 hours in home and allied activities. 7-9 hours are found to spend on home and allied activities during agricultural season. 88.5% of the respondents spend 5-7 hours in agricultural field apart from daily household work of 7-9 hours. Thus, on an average a respondent works for 13.36 hours a day during agricultural seasons.

During non-agricultural seasons on an average a respondent's works for 11.87 hours per day. Further, it can be revealed that respondents put both physical and mental effort while managing household resources to meet the family demands. Most of the time is utilized in economic activities (Table 2).

3.5 Management of household work during agricultural seasons

To manage the household work during agricultural seasons 47.0% of the respondents get up early in the morning and do the necessities before leaving for agricultural field and remaining after returning from field. 28.5% manage their household activities by delegating certain responsibilities of works to others at home. It is also observed that a least percentage of the respondents (19.0%) manage their household works by performing simultaneously two or three works at the same time. 5.5% are bound to give up some particular activities during the agricultural seasons. The findings show that besides attending the agricultural field the respondents have to look after the household activities either by getting up early in the morning or by assigning certain responsibilities to others at home (Table-3).

Table 2. Time spent in home, allied and farm activities

Sl. No.	Time spent (in hrs)	Home and allied activities during non-agricultural season		Home and allied activities during agricultural season		Farm activities during agricultural season	
		F	%	F	%	F	%
1	5 - 7hrs	-	-	89	44.5	177	88.5
2	7 - 9hrs	4	2.0	109	54.5	23	11.5
3	9 - 11hrs	41	20.5	2	1.0	-	-
4	11 - 13hrs	119	59.5	-	-	-	-
5	13 -15hrs	36	18.0	-	-	-	-
	TOTAL	200	100.0	200	100.0	200	100.0

Table 3. Management of household works during agricultural seasons

Sl. No.		Response	
		No. of respondents	Percentage (%)
1	Assigning certain work responsibilities to other members at home	57	28.5
2	Get up early morning and do the necessities before leaving for agricultural field and remaining after returning from field	94	47.0
3	Doing work simultaneously	38	19.0
4	Give up some activities	11	5.5
		200	100.0

3.6 Management of time during peak period of the day

Higher percentages of the respondents i.e. 44.0% do their various works simultaneously at the same time to reduce the peak load. 27.5 % perform work based on the need of the hour. 19.0% are found to take help from family members. Further, the table shows that a lesser percentage of the respondents 5.0% pile up similar types of activities and do it at the same time. A minimum (4.5%) are found to give up certain activities to manage the peak period of the day (Table 4).

Table 4. Management of time during peak period of the day

Sl. No.	Ways of managing peak period	No. of respondents	Percentage (%)
1	Giving priority to need of the hour	55	27.5
2	Doing work simultaneously	88	44
3	Pile up similar type of activities and do at a time	10	5
4	Taking help from family members as they needs	38	19
5	Give up some activities on priority basis	9	4.5
	TOTAL	200	100

3.7 Utilization of leisure time

Findings showed that majority of the respondent's gets leisure time occasionally. More than half of the respondents (62.5%) enjoy the leisure time by chatting with family members and neighbours (Table 5). Thus, it can be concluded that the respondents hardly find leisure time, therefore most of the respondents utilize the time to entertain themselves by chatting with family members and neighbours.

Conclusion

From the findings, it can be concluded that contribution of women of Karbi tribe towards upliftment of their family is significant. Most of the hours of the day are utilized in economic activities. The time utilization pattern divulges the hardship the women take up to manage their livelihood. Thus, there is the need to impart knowledge about time management so as to reduce the hardship they acquire. Most of the activities are performed with traditional tools which consume time and energy of the worker. Therefore, ergonomic intervention of labour saving devices is the need of the hour to reduce the drudgery of the women folk.

Table 5. Utilization of the leisure time

Sl. No.	Activities take up during leisure period	No. of respondents	Percentage (%)
1	Needle work	10	5.0
2	Listening to folk songs	17	8.5
3	Chatting with family members and neighbours	125	62.5
4	Taking rest	11	5.5
5	Sexual pleasure	5	2.5
6	Social visits	13	6.5
7	Personal care	19	9.5
	TOTAL	200	100

Reference

Mullick P (1995). Text Book of Home Science. Kalyani Publishers, New Delhi. 24