
Need of Proper Kitchen Lighting in Urban and Rural Area's

Renuka Budihal, Suhasini Rao and K.C. Shashidhar

*Department of Family Resource Management, College of Rural Home Science,
University of Agricultural Sciences, Dharwad 580 005, Karnataka, India*

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ABSTRACT Women spent their most of the time in the kitchen. Their work efficiency, cooking quality and the stress on women is more important in the kitchen. All these will be going to affect by lighting condition of the kitchen. Compare to bedroom, kitchen rooms ,need proper planning of lighting. But unfortunately due importance not given to the kitchen. To study this a study was conducted in both village and urban kitchen in order to have a comparative view of the affect of lighting condition in the kitchen on the house wives of rural and urban area while carrying out kitchen activities. The study indicated that there is a need to create awareness and educate housewives about the necessity of sufficient lighting condition for carrying out cooking activities with ease and comfort and also to impress upon them the unnecessary strain that they under go due to insufficient lighting and improper size and also right fixtures in the kitchen. So village panchayats, town municipalities and corporation as well as state Government should take necessary steps to issue proper planning guidelines for kitchen. This will helps to reduce the stress on women.

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