

Time Use Pattern of Adolescent Girls in Gujjar Community

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ABSTRACT Time use pattern of 30 adolescent girls in the age group of 12-15 years in Gujjar community was studied with the help of interview schedule and observation. The result revealed that adolescent Gujjar girls start doing work both indoor and outdoor after the age of 5 years. About 5 hours and 55 minutes were consumed in indoor household activities which includes cooking, serving, cleaning, washing of clothes and utensils and about 6 hours and 16 minutes were consumed in outdoor household activities which were milking, grazing, fodder cutting, collection and making of cow dung cakes and washing of animals whereas they were able to spend only 1 hour and 40 minutes for rest and they have to manage their time for sibling care and self care from this rest period only.

INTRODUCTION

Adolescence is a process of achieving the desirable growth, attitude beliefs and methods for effective participation in society as the emerging adult. It is the transition period between childhood and adulthood. It is a period when through physical maturation, social expectations and personal comforts, many skills, knowledge and functions as well as attitude have to be acquired. This phase is important in the life of both boys and girls. Girls are directly trained to play the varied roles of domestic helpers, sharing their mother's household responsibilities, thus taking the first direct lesson in moulding themselves to fit into stereotype roles by society (Goparaju, 1988). An adolescent period of development is that it allows the individual to learn other non-work related adult activities and skills. Time has a great importance in the life of an adolescent. It is an invisible factor that influence the activity pattern of people. It is one resource that is equally distributed among all persons and the most perishable of all resources. Adolescents have to manage their time for their family, peer group, education and minor household chores. Goyal et al. (1991) found a significant association between the age of the students and the time spend on household activities.

The present research was undertaken to study the time use pattern of adolescent girls of a nomadic tribe of Jammu and Kashmir. Gujjars is an ancient races of India and are pursuing a pastoral life since ages i.e. they migrate with their herds from hilly regions to plains and visa-versa

during the whole year. A need was felt to explore the type of activities performed by Gujjar girls extent of participation and time utilization in various activities in early adolescent period.

MATERIAL AND METHOD

A sample of 30 adolescent girls in the age group of 12-15 years was selected from two blocks of Jammu District i.e. R.S. Pura and Bishnah. Sampling technique used was purposive and the tools used for the data collection were :

Interview Schedule: It was used to derive detailed information about the daily time schedule of the adolescent girls including indoor and outdoor household activities, sibling care, recreation, education, personal care, social gatherings and how they manage their schedule during migration.

Observation: Observations were made to explore the type of activities performed and time used in doing various activities by the adolescent girls.

Data was analysed both quantitatively and qualitatively. Time used for each activity was noted and then mean time taken was calculated so as to get a clear picture of time spent by adolescent girls in different activities.

RESULTS AND DISCUSSION

The present study revealed that majority of the respondents (60%) started doing household work after the age of 5 years. The work load at such a tender age was due to their mother's economic activity outside the home. This is consistent with the study of Arora (2001). Due to

this majority of the adolescent girls (63%) were unable to attain formal education. National Institute of Family Planning (1978) revealed that due to poor economic condition, mothers are forced to work outside and children are detained to assist them in household chores and child care responsibilities. Household activities both indoor and outdoor took most of the time of Gujjar adolescent girls. A high proportion of the sample (60%) manage their household activities themselves and guidance was provided by their elder siblings and parents. The average time utilized in the indoor household activities was 5 hours and 55 minutes and the activities which are included in indoor household activities were cooking, serving, washing clothes and utensils and cleaning. Majority of the respondents took 30-40 minutes in performing indoor household activities and minimum time was taken only for serving food that was about 10-20 minutes (Table 1, 2) Cooking took 2 hours and 32 minutes, serving 57 minutes, washing clothes 31 minutes, utensils washing took 1 hour and 58 minutes and floor cleaning they took 40 minutes in a whole day.

A majority of the time in a day about 6 hours and 16 minutes was utilized in outdoor household activities which included milking, washing of animals, fodder cutting, collecting and making of cow dung cakes and grazing. The mean time utilized in each outdoor activities was 16 minutes in milking, 18 minutes for washing of animals, 1 hour for fodder collecting and cutting, 1 hour and 12 minutes were utilized for collecting and making of cow dung cakes and about 3 hours

and 10 minutes utilized in grazing. Grazing take most of their time because they have to take the buffalos for grazing to far of places and being them back carefully. Finding of Goparaju (1988) was consistent with the findings of present study and it revealed that adolescent girls share their mother's household responsibilities. They help in washing, keeping accounts, cleaning, cooking, care of children, fetching of fuel, fodder, water and nursing of sick persons etc.

Along with this 1 hour and 40 minutes were utilized for rest and all the respondents took care of themselves (bathing, combing, changing of clothes) during the rest hour. All the activities regarding the sibling care which were, feeding, bathing, dressing care during illness, taking and bringing back them from the school were also performed by the respondents and these activities were performed during rest hours or along with indoor household activities.

Recreation and work go hand by hand in case of Gujjar adolescent girls. They all play to the extent that their work is not disturbed (Arora, 2001). For this they mostly play during the grazing period in which they spend 3-4 hours in a day. But majority of the sample (60%) spend only ½ - 1 hours for playing in a whole day which was very less and the reason behind this was that they have more work load as their mother go out for economic activities and they have to take the charge of household responsibilities in the absence of their mothers. They play few games and uses whatever play material is easily available in their environment like small pebbles, marbles. They also play with their buffalos during grazing period.

Table 1: Information regarding indoor and outdoor household activities

	Respondents involvement in the activities		Time Taken (in minutes)								Helped by others					
			10-20		20-30		30-40		240-360		Mother		Siblings		Yourself	
	No	%	No	%	No	%	No	%	No	%	No	%	No	%	No	%
<i>Indoor Household Activities</i>																
Cooking	29	(97)	-	-	6	(20)	23	(77)	-	-	5	(17)	4	(13)	20	(67)
Serving	30	(100)	30	(100)	-	-	-	-	-	-	-	-	11	(37)	19	(63)
Washing Clothes	22	(73)	-	-	18	(60)	4	(13)	-	-	8	(27)	-	-	14	(46)
Utensils	30	(100)	-	-	22	(73)	8	(27)	-	-	-	-	11	(37)	19	(63)
Cleaning	30	(100)	-	-	-	-	30	(100)	-	-	-	-	5	(17)	25	(83)
<i>Outdoor Household Activities</i>																
Milking	24	(80)	17	(57)	7	(23)	-	-	-	-	-	-	-	-	24	(80)
Selling	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fodder Cutting	30	(100)	-	-	11	(37)	19	(63)	-	-	9	(30)	21	(70)	-	-
Collecting and making of cow dung cake	29	(97)	2	(7)	17	(57)	10	(33)	-	-	12	(40)	-	-	17	(57)
Washing of animals	12	(40)	3	(10)	9	(30)	-	-	-	-	4	(13)	7	(23)	1	(3)
Grazing	23	(80)	-	-	-	-	-	-	23	(77)	6	(20)	17	(57)	-	-

Although Gujjar adolescent girls don't get much free time due to the work load but whatever time is available they utilize it in various activities like gossiping, sleeping, singing folk songs and outings. Majority of the respondents (60%) utilize their leisure time in gossiping with friends and sibling and the topics they discuss in gossiping were related to household equipments, clothing and joking with friends. The results of the study of Sandhu and Mehrotra (1999) on Time pattern of female students with special reference to leisure time activity indicated that majority of the students spend 1-3 hours daily for recreation, 1-3 hours in personal care, 3-5 hours in studies and 1-3 hours in leisure activities. Khanna and Singh (2000) studied that girls prefer listening to stories/ children programmes whereas the boys prefer news and sports programmes.

Table 2: Time taken in various activities

S. No.	Activities	Mean time taken (in minutes)
1	Defecating	7
2	Washing of hand & face	5
3	Litting of hearth	10
4	Tea making	15
5	Kneading of flour	10
6	Making of Chapati	30
7	Serving	15
8	Cleaning floor	40
9	Collecting Cow dung	40
10	Cleaning utensils	40
11	Grazing	90
12	Taking lunch	15
13	Rest	45
14	Making Cow dung cake	32
15	Washing of clothes	31
16	Washing of utensils	15
17	Litting of hearth	15
18	Making Tea	15
19	Serving	12
20	Fodder Collecting	60
21	Rest	30
22	Rice Cleaning	10
23	Vegetable cutting	20
24	Prepare dinner	40
25	Washing of animals	18
26	Fodder Cutting	20
27	Milking	16
28	Defecating	20
29	Rest	55
30	Serving of Dinner	15
31	Serving of Milk	15
32	Cleaning of utensils	32

There was no time left for activities like stitching or embroidery, although they wanted to learn these activities. As opined by one of the respondent that "I am interested in this type of work, will you (researcher) give me training about this?" But her mother interrupted her and said "No, No. She cannot spend time for this work because our daily routine work will get disturbed due to the tight schedule and moreover she is happy with the routine work.

There is a slight change in the regular work pattern of adolescent girls when they migrate from one place to another with their families. Many activities are not performed during migration like fodder cutting collection and making of cow dung cake, cleaning, washing of animals (due to scarcity of water). Only grazing is done and fodder is purchased from the market. When they migrate to new places, then they spend 20-30 days for making new Kulla's and all arrangement for the animals (shed) etc.

It can be concluded from the present study that adolescent girls in Gujjar Community acts like "little mothers", who perform all the activities including sibling care. For them work is more important than education and recreation and as such work both indoor and outdoor takes most of their days' time.

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