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Innovative & Common Teaching Methods In Home Economics

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Introduction :-

Home Economics is a mission-oriented field with goals of enabling families to be more self-sufficient, developing the full potential of all human beings and enhancing the quality life for individuals and families. Because of this mission oriented approach, much of the practice of Home Economics concerns the solution to practical problems of daily life. It is inter disciplinary field and centers around the families and functions. It constantly examines the changes in the environment which demand our attention in the body of knowledge as well as the approach we adopt in achieving our mission.

Skinner has said that teaching is an art as well as science. Since science is a systematic and scientific process, teaching is also based on certain principles.

Home Science, the science of home concerns itself with all the knowledge it could contribute towards the lasting happiness in the home. Strengthening of family life is a major component of the philosophy of Home Science. The changes affecting home and family life affect the philosophy of Home Economics and bring changes in it. A noteworthy change in the philosophy of Home Economics is that it has now broadened to reach the community and nation by relating the nucleus of the family to the national education system.

Home Economics as the discipline of study focuses on the management of human and non-human resources for the betterment of homes, families and community. It is concerned with the improvement of the overall quality of life in all the groups of

people. With its multi disciplinary approach it recognizes the need of all segregated and deprived groups.

Aims Of Home Economics Teaching

The Intellectual Aim :

Home Economics is a subject that emphasizes on original expression. When the individual gets the chance and knowledge in expressing itself in the best way, it exercises intellect, reasoning, expression, confidence and responsible personality. This provides enormous energy for working. It gives power to make decisions on the basis of clear thinking and judgment. It enables students to steer through the problems and looking the matter from all sides. The students become self-reliant in this manner. When they work independently in the practical classes they exercise their intellect in their proper way.

The National Aim :

Home Economics prepares the Iren to become responsible citizens of tomorrow. Psychologists lay stress that child's greatest school is the home. Home Economics emphasises to teach young children at home. The subject renders valuable service to the nation by ling the women to establish and maintain sound homes. Home does not mean the four walls but it extends into the community of people and nations. Inspiring in the home-makers a desire to serve the nation and to promote international goodwill and understanding is the most important contribution of Home Economic. Child Development and Mother Craft help the proper growth and development of the child.

Thus Home Economics prepares the healthy citizens of the country. The study of Home Management prepares the women to run their houses efficiently and to utilize the available resources and thus raising the standard of living. On the overall resources of the country are properly utilized and standard is upgraded. Clothing and Textiles gives the knowledge of fibres, fabric and clothing construction. It helps the students in proper dress-up and taking care of the clothes. Thus needs of the nation and the dreams of the future are realised and fulfilled by the study of Home Economics which fulfills the national aim of teaching the subjects.

The Practical Aim:

Home Economics is mainly a practical subject. All the aspects of the subject are related to even-: life. The major aspects of Home Economics are:

1) Foods and Nutrition 2) Housing and Home Management 3) Clothing, Textiles 4) Health, First-aid and Home nursing 5) Child Development and Mother craft 6) Human relationships 7) Housing, Home furnishing and household equipment.

All these subjects are taught with practicals. The students learn by doing. They become a land of researchers.

Methods Of Teaching Home Economics :

There are different methods of teaching Home Economics effectively. These have been discussed as such.

Demonstration

Demonstration is the visual explanation of pre-arranged series of events, equipment, facts, ideas or processes. The demonstrator shows how the things happen or work and this is accompanied by explanations. Demonstration is very effective method of teaching in Science, Home Economics and Fine Arts. Home Economics teacher can teach his students like cookery, stitching, home decoration etc. This method is used for giving information, knowledge and training.

It is difficult to talk about things which the pupils have to imagine. It is always easy

for the students to understand and remember the concrete things. Thus this method is in accordance with the maxim of teaching. "From Concrete to Abstract. The students observe the demonstration critically and try to draw inferences. Thus the power of observation and reasoning are also exercised.

Discussion

This method has been used in the teaching-learning since times immemorial. Discussion is defined as a thoughtful consideration of the relationships involved in a topic or problem under study. A problem, an issue, a situation in which there is difference of opinion, is suitable for discussion method of teaching. It is concerned with the analysis, comparison, evaluation and conclusions of the relationships. In this method facts to be studied are organised, outlined and related. In this ideas are initiated, there is exchange of opinion accompanied by a search for its factual basis. Here there is freedom of speech. It encourages the students to direct their thinking process towards the solution of a problem and to use their experiences for a further clarification and consolidation of learning material. Discussion is an ordered process of collective decision making. It searches for an agreement, if agreements are not reached it clarifies and shapens the agreement.

Discussion stimulates mental activity, develops fluency in speech, easy expression, clarity of ideas in thinking and training in the presentation of one's ideas and facts.

Project Method

Project method provides the community life activities on a small-scale in the school. It is new idea against the bookish knowledge which makes children passive listeners and are spoonfed. Bookish information is mostly not connected with the real life situations. Project method makes the students familiar with the real life situations.

Project involves mental and manipulative activities both. Project's

complexity depend upon the activity involved, children's development, level of intelligence, past experience of children etc.

Laboratory Method

'Learning by Doing' is one of the cardinal principles of teaching Home Science. Schools are the only social institutions that provide different resources for learning because students cannot get all physical facilities and equipments at home. Resources are all things and means that facilitate learning situations and are helpful in creating entire atmosphere for learning. Thus it can be said that learning resources are all those things such as people, programmes, instructional materials, physical facilities and necessary equipment and tools etc. A school cannot claim to have adequate Home Economics learning resources if it does not equip well with Home Economics laboratories. Learning in laboratories help children develop objective reasoning and thinking, to cultivate ability and appreciations and to apply the knowledge gained in the class-room to the outside world and to the various life situations, and thereby to learn

how to grow on his knowledge and understanding of new techniques and advance information of the subject.

Assignments

Assignment means the work to be done by the students at home. These give direction for learning. These facilitate transition from one lesson to another and make learning permanent. These also affect the attitude of students towards learning. The purpose of giving assignments is to provide opportunity to students to work independently. It helps them to become self-dependent and take initiative. To develop the habit of self study, use of library and study of extra books among students.

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