

SUMMARY

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Setting the Problem :

Studies have showed that comprehensive planning and mobilization of all the available human and material resource in society is the right way for development. The best investment in life is undoubtedly the human investment, which is a must and can't be drained as it renews generation after generation as long as there is life.

The problem of improving the nutritional pattern is among the problems that raise an increasing concern. The world is directed for making balanced policies and planning integrated programs aiming at dealing with and solving this problem. Since the rural woman shoulders the total responsibility of taking care of her family nutritionally and healthily, so raising her knowledge level will effectively raise the level of the rural families. Rural extension is greatly interested in the rural woman and families by educating her, stimulating her consciousness and soundly preparing her to enable her to carry out her role perfectly well.

Objectives of the Study :

The main targets of the study are knowing the role of rural extension in improving the rural women's nutritional pattern. To achieve this main objective, a group of sub-objectives had to be carried out :

- 1- Knowing the main socio-economic characteristics of the rural woman in Menoufia and Qalubia Governorates.

- 2- Knowing the nutritional habits of the rural woman related with the rural woman's nutritional pattern in Menoufia and Qalubia Governorates.
- 3- Knowing the rural woman's knowledge level of the technical recommendations about the improvement of the nutritional pattern in Menoufia and Qalubia Governorates.
- 4- Knowing the rural woman's information sources of the technical recommendations about the improvement of the nutritional pattern for rural woman in Menoufia and Qalubia Governorates.
- 5- Determining the relationship between the rural woman's knowledge level about the technical recommendations for improvement of the nutritional pattern and the independent variables studied.

Method and Procedures :

The study was carried on rural married women with children resident at Salamoun-Upper, Shuhada'a, Menoufia Governorate and at Safayna, Tikh, Qalubia Governorate. They were chosen from rural land-owning families according to the records of agricultural co-operations. The total number of land-owning families at Salamoun-Upper is 1700, those in Safayna are 1027. A random sample was chosen from among the rural married woman with land-owning by 10% from the total number. The sample reached 170 from Salamoun-Upper and 103 from Safayna, with a total of 273 women, giving the required data.

A questionnaire with interviews was used to collect the data specially prepared for this purpose . It was initially tested before generally using it on the simple women . A group of statistical tools were also used to analyze the data . These are ; percentages, mean, standard deviation, frequency distributions, simple correlation coefficient (Pearson) and (t) test .

Results of the Study :

The results of the study include :-

- 1- Dealing with the knowledge level of technical recommendations on improving the nutritional pattern of the rural woman in Menofia and Qalubia Governorates that the percent of women with low knowledge level in both governorates were (20% , 15.5%) respectively and the average level (69.4% , 66.2%) consecutively and the high level (10.6% , 18.45%) – The thing that indicates the higher level of knowledge in rural women in Qalubia than in Menoufia .
- 2- There are significant statistical differences at level (0.01) between the knowledge levels of technical recommendations on improving the nutritional pattern of the rural women in Menoufia and Qalubia in favour of Qalubia rural women .
- 3- There is a positive significant correlation at probability level (0.01) between the knowledge level in rural women in Menoufia as a dependent variable and the following variables: age, status of education for them and for the husband, work status, degree of social participation, degree of leadership and the attitudes towards the innovations.

In Qalubia, there was a positive significant correlation with the following independent variables: age, education status of both wife and husband, the degree of social participation, degree of leadership, exposure to information sources and the attitudes towards the innovations. There was an inverse proportional correlation at the same probability level with the work profession.

- 4- There is a positive significant correlation at probability level (0.05) between the rural women's knowledge level in Menoufia and the contact with change agents, whereas there is an inverse proportion with the family type variable . In Qalubia, there is a positive correlation with land-owning and contact with change agents.
- 5- There is no significant correlation between the rural women's knowledge level in Menoufia and the technical recommendations on nutrition as a dependent variable and the job, land-owning and exposure to information variables . In Qalubia, there is no significant correlation between the job and family type variables.

Applied benefits of the study:

- 1- Planning and designing extension programs for the rural women to raise her knowledge level in the field of the improving the nutritional pattern. The study results showed that about 90% in Menoufia Governorate and 82% in Qalubia Governorate rural women are completely or partially in need of supplying them with correct knowledge and information in the field of food and nutrition.

- 2- Planning and designing extension programs for the rural woman to inform her with the right bases of the importance of applying the practices of improving the nutritional pattern. The study results showed the lower level of applying the nutritional technical recommendations than their knowledge level of them.
- 3- The importance of condensing the efforts done by the extension, information and the environmental authorities and coordinating between them to make the strategies, Programs and plans to carry out the desired behavioral changes in the rural women specially, and in her family members generally .
- 4- The importance of presenting educational programs on the Radio and TV on nutritional education for rural women specially to introduce to them the right nutritional patterns, their causes, symptoms and treatment.
- 5- Making housewives aware of the alternative high value foods and how to serve balanced and cheap meals.
- 6- Making housewives aware of the importance of complete and balanced food for all family members and the best methods to feed children and how to protect them against diseases.

**ROLE OF THE AGRICULTURAL EXTENSION FOR
IMPROVING FOOD PATTERN OF THE RURAL WOMAN
AT MENOUFIA AND KALUBIA GOVERNORATES**

By

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**B.Sc. Agricultural Sciences - Faculty of Agriculture –
Menoufia University (1993)**

**A Thesis Submitted in Partial Fulfillment of The Requirements For The
Degree of Master of Science in Agricultural Sciences (Agric. Extension)
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Date of Examination: 12 / 5 / 2009

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