



Ain Shams University
Faculty Of Specific Education
Home Economics Department

**The effectiveness of the Extension Education
Program for the development of awareness housewife
with Ergonomics considerations In household chores
and its effect on their Managerial efficiency**

Presented by

Shimaa Ahmed Ahmed Alwary

Assistant lecturer in Home Economics Department Faculty of
specific education -Alfayom University

Assistant lecturer in Home Economics Department Faculty of specific education -Alfayom
University In Partial Fulfillment of The Requirements for Philosophy Doctorate Ph.D.in Home
Economics (Home Management), Faculty of specific education Ain Shams University

Supervised by

Prof.Dr.

Kamel Omar Arif

Professor in Institution Management,s
Deputy of Community Affairs Service and
Environmental Development-
Faculty of specific education
Ain Shams University

Prof.Dr.

Abeer Mahmoud EIDwaik

Pro. of Management-Family Institutions
Management & Childhood Department
Faculty of Home Economics -
Helwan University

Dr.

Amira Hassan abdelaal

Dr.of Home Management
Home Economics Department
Faculty of specific education Ain Shams
University

Dr.

Wafaa Mohamed Kalil

Assoc.Professor of Home Management
Faculty of specific education
Alfayom University

ABSTRACT

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The Researcher Name: Shaimaa Ahmed Ahmed Noueiri

The Search Title: Effectiveness of Educational Program for the development of awareness of the goddess of family considerations Ergonomic in household chores and their impact on administrative efficiency.

The Research authority: Department of Home Economics - Faculty of Specific Education - Ain Shams University.

Aim of the research: This research aims to develop awareness of the goddess of family considerations Ergonomic in household chores and their impact on administrative efficiency. It also aims to ensure the effectiveness of the counseling program prepared for this purpose.

The researcher used the following tools (public data form the head of the household - the tools and appliances form - Ergonomic considerations questionnaire in household chores - the administrative efficiency of the head of the household - a pilot program to develop awareness of the goddess of family considerations Ergonomic in household chores and their impact on the administrative efficiency of scale).

Search results:

The presence of statistically significant differences in awareness considerations Ergonomic in household chores between heads of households performance differences sample basic research at the level of significance (0.01), (0.05) for the benefit of both: (urban residents, housewives married households aged from 30 to less than 40 years in physical ergonomics, over 40 years in mental Ergonomics "cognitive", environmental, for the benefit of widows in Environmental Ergonomics, in favor of the marriage of 10 years and over time, the level of higher education, the high level of the profession, a small family with fewer members than 4 members, in favor of income average in physical Ergonomics The mental, environmental, the best is high income level the head of the household work in physical and environmental Ergonomics in favor of heads of household is employed, Ergonomics mental favor of heads of household workers).

And no statistically significant in raising administrative efficiency between the heads of households sample basic research at the level of significant differences (0.01), (0.05) for the benefit of both: (urban population, female heads of households aged ≥ 40 years and older and married for a period ranging from 10 years and above, with higher education and professional workers in the high-level monthly income is high and the number of family members at least ≥ 4 members).

And no statistically significant correlation between the areas of administrative efficiency of the head of the household scale and between the axes considerations Ergonomic questionnaire in household chores for heads of household sample of basic research at the level of significance (0.01), (0.05).

The presence of correlation statistically significant housewives sample basic study of families at the level of significance (0.01), (0.05) in the awareness of the syllabus considerations Ergonomic questionnaire in household chores and the areas of administrative efficiency of the head of the household and variables demographic scale of the study (residence - age - marital status - for marriage - the level of education of head of the household - work - the level of the profession of head of the household - a monthly income - the number of family members).

The relative importance of the variables independent studied (education housewife - duration of marriage - the profession - people) with two variables followers (considerations Ergonomic in household chores), (the administrative efficiency of the head of the household), depending on the regression coefficients and correlation coefficients as the value (V) and the values of (P) function when (0.01).

The results also confirmed the effectiveness of the program developed for the development of awareness of female-headed households considerations Ergonomic in household chores and their impact on administrative efficiency, where they found statistically significant

differences at the level of significance ($p < .05$) between the scores of the experimental sample before and after the application of the program, for post-application, which demonstrates the effectiveness of the extension programs in the development of consciousness heads of households.

Key words:

- Indicative Programme
- Administrative efficiency.
- Ergonomics (physical - mental "cognitive" - environmen

SUMMARY

Research Summary

The effectiveness of a guidance program to develop awareness of the goddess of family with ergonomic considerations in doing household chores and their impact on her administrative efficiency

Introduction and Study problem:

Women represent a significant entrances for development if properly invested, in light of the scarcity of resources and social and economic changes have become an urgent need to her preparation to enjoy a high level of capacity for facing her responsibilities, that helping her to be able to play an active and vital role in all development processes and makes her capable of administrating her family affairs. (Hend Ibrahim, ٢٠٠٧)

The goddess of family does not only assume her responsibilities as a wife and mother, but also go beyond that to enter the field of employment, which doubled to a large extent of her responsibilities and duties that require a combination of her mental and physical efforts to promote her, also requires a lot of time and effort which displays her for the feeling of tiredness and fatigue and hitting troubles and pressures. (Wafaa Saleh, ٢٠٠٣)

Hence the importance of the management begin for both the individual and the family for being contribute to the achievement of the objectives sought by the individual (Abdel Hamid Abdel Fattah, ٢٠٠١)

Knowing the principles and foundations of household administration granted individual understanding and clear insight of life system, and the head of the household become, with the abilities that she own, a major tool in transforming challenges to the competitive capabilities and transform ideas into products and services. (Wafa Shalabi and Mannar Abdul Rahman, ٢٠٠٣)

Here the role of guidance comes as a basic and fundamental key and vital pillar for the dissemination of proper awareness among individuals and human development by providing the knowledge and skills to develop methods and improving standard of living. (Abir Dweik, ٢٠٠٣)

The head of the household is a need for guidance to severe, it is making energy and effort Evoukan what you need home as a business and public so as not to be taken into account for some of the key foundations of the movement of the body where they are working and moving against the nature of the body rather than the exploitation of that nature to facilitate and simplify its business. (Kausar Kojak, ١٩٩٥)

Domestic work is considered one of the vehicle because the business performance includes many sub-actions that lead in the end to be completed exhausted a large part of the effort Any work that needs to be physical, psychological and mental effort. (Deacon & Firebaugh, 1988)

Includes effort mental knowledge and ways of thinking and skills when the head of the household to perform domestic work they are doing, you know, not as it should, and in order to reach sound in the performance of work the way it will have to understand the environment, tools and materials contained on domestic work, and play information an important role in the completion of domestic work. As the housewife its work based on the experience they need to information based on scientific research and good planning. (Baker, G., 1990)

Since all the activities and actions of the head of the household to deal with many of the tools and modern instruments and products in all areas of domestic work is may be more onerous than that of any other business instigated by men outside the home, but the community is not considered work tasks within the home real work in spite of the powers that be muscle and energy consumption in a traditional household work of times that that characterizes many acts such as sitting at office and administrative tasks. (Smaa Wheed, 2007)

Hence, it was necessary that is available with maximum comfort and safety, and that's what interested him aware of Ergonomics, Valerjohnumiks is the science of human relationship or live with the innovations era of tools and appliances, furniture and other side in addition to the study of human body movement and its relationship to these things or tools serious study graduated pursuant combines aesthetic and functional flexibility. (Ahmed Mustafa, 2007)

It must when designing work environments that include both lighting, heat and ventilation to suit the person who does the work and tasks that must

be performed to provide rest periods and design suitable for existing devices to work and work the same. (Zaki Hassan, Syed Nasar, ٢٠٠٤)

With so many family responsibilities carried out by the wife and the problems that are offset in order to perform their work, making it difficult for them to reconcile their duties and responsibilities. (Iman Ahmed, ٢٠٠٢)

A study confirmed (Abir Samir ٠.٢٠٠١), it must be the availability of information and skills that will help pass the head of the household on the difficulties faced.

Because the goal of the technology is to provide many types of devices and tools that can increase the capacity of head of the household to control the environmental elements and processed as the interdependence between these devices and tools and the consumer has become one of the most important features of reality in which we live. (Ahmed Mustafa single ٠.٢٠١١)

The modern tools and devices used by the consumer are increasing in complexity by the day and the greater the amount of physical or mental effort by the consumer has increased the need to ensure consistency and compatibility between him and the tools to ward off the danger of error and to increase the accuracy and efficiency of performance. (Ahmed Mustafa, ٢٠٠٧)

Because Ergonomics is a study of human performance and building physical and how it relates to the rules and considerations and techniques of technological systems that target quality in use and this is the main reason we need to have specialized in this field of knowledge to achieve safety and comfort in each intake or deal with the human.

In light of previous studies and researches it was not exposed to the application areas of Ergonomics in the household chores as well as not covered by a study in the impact on administrative efficiency has been shown.

Hence, the researcher believes that there is a need to study the work environment and performance through Ergonomics.

As well as pay attention to the extent of awareness of the goddess of family considerations Ergonomic in household chores and their impact on administrative efficiency. In light of the results are indicative program for the development of awareness of the goddess of family considerations Ergonomic in household chores and their impact on the preparation of administrative efficiency.

And crystallized research problem in fundamental question is "how effective mentoring program for the development of consciousness housewife family considerations Ergonomic in household chores and their impact on administrative efficiency."

Through answering the following

١. To what extent awareness housewives study sample households considerations Ergonomic in household chores Its axis (physical - mental "cognitive" - environmental)?
٢. Are there significant differences between the awareness of heads of households sample study basic considerations Ergonomic in household chores Its axis depending on the difference in some of the demographic variables (place of residence - age - marital status - duration of marriage - the level of education of head of the household - work - the level of the profession of head of the household - Monthly Income - The number of family members)?
٣. Are there significant differences between the heads of the household sample basic study in response to the scale of the administrative efficiency of the head of the household areas (food, health - clothing and furnishings - housing and Materials - home appliance technology and maintenance of facilities) depending on the difference in some of the demographic variables (place of residence - Age - social status - duration of marriage - the level of

education of head of the household - work - level career housewife - monthly income - the number of family members)?

- ξ. Are there any significant differences between the awareness of housewives sample households fundamental study considerations Ergonomic in household chores Its axis (physical - mental "cognitive" - Environmental) management and efficiency of the head of the household areas (food, health - clothing and furnishings - housing and Materials - hardware and tools technology household and maintenance of facilities)?
- ο. . Are there significant differences between the awareness of housewives sample households fundamental study considerations Ergonomic in household chores its axis (physical - mental "cognitive" - Environmental) management and efficiency of the head of the household areas (food, health - clothing and furnishings - housing and Materials - hardware and tools technology and home maintenance facilities) and the study variables (place of residence - age - marital status - duration of marriage - level of education housewife - work - level career housewife - monthly income - the number of family members)?
- ϛ. What is the contribution of demographic variables studied combined ratios (level of education of head of the household - age - duration of marriage - the profession of head of the household) for the heads of the study sample of households that affect consciousness variables subsidiaries (considerations Ergonomic in household chores and administrative efficiency of the head of the household) under study?
- Ϝ. To what extent workers of the application of the proposed Indicative Programme for the development of awareness of the goddess of family considerations Ergonomic in household chores and their impact on administrative efficiency?

Research objectives:

The current research aims to identify the effectiveness of the application of a pilot program intended to develop awareness of the goddess of family considerations Ergonomic in household chores and their impact on administrative efficiency, and through the following objectives:

١. identify the relative importance of the awareness of the heads of households study sample basic axes considerations Ergonomic in household chores.
٢. to identify the relative importance of the priority housewives responses basic study sample households areas of administrative efficiency of the head of the household.
٣. clarify the percentages between the scores of heads of basic study sample households in the level of awareness of considerations Ergonomic in household chores.
٤. percentages between grades housewives shows a sample of households in the study of basic level of awareness of the administrative efficiency of the head of the household.
٥. Identify the extent of awareness of family considerations Ergonomic housewife in household chores Its axis (physical - mental "cognitive" - environmental).
٦. Verification of significance differences between the heads of the household sample in the study of basic awareness considerations Ergonomic in household chores depending on the difference in some of the demographic variables (place of residence - age - marital status - duration of marriage - the level of education of head of the household - work - the level of the profession of head of the household - income Monthly - The number of family members).
٧. study aspects of the differences between the heads of the study sample households in the responses to gauge the administrative efficiency of the head of the household areas (food, health - clothing and furnishings -

housing and Materials - appliances, household items and facilities maintenance technology) depending on the difference in some of the demographic variables (place of residence - age - marital status - for marriage - the level of education of head of the household - work - the level of the profession of head of the household - a monthly income - the number of family members).

٨. clarify the nature of the correlation between awareness housewives sample households basic considerations Ergonomic study in household chores Its axis performance (physical - mental "cognitive" - environmental), and the areas of administrative efficiency of the head of the household

(food, health - clothing and furnishings - housing and Materials - home appliance technology and maintenance of facilities).

٩. clarify the nature of the correlation between awareness housewives sample households basic considerations Ergonomic study in household chores with its axis performance, the areas of administrative efficiency of the head of the household and demographic variables under study.

١٠. determine the contribution of the independent variables studied ratios (level of education of head of the household - age - duration of marriage - the profession of head of the household) for housewives sample basic study of families and that affect the interpretation and awareness considerations Ergonomic in household chores and administrative efficiency of the head of the household variation (variables followers).

١١. planning, implementation and evaluation of a pilot program proposal for the development of awareness of female-headed households (core sample study) considerations Ergonomic in domestic business performance and its impact on administrative efficiency.

١٢. study the impact of the application of the indicative program for the development of consciousness heads of households (the pilot study

sample) considerations Ergonomic in household chores and their impact on administrative efficiency.

The importance of research:

Contribute to current research in:

١. try to identify the science of ergonomics cares adapted the things needed for the rights and relations in the field of specialization to help the head of the household in the performance of its business efficiently.
٢. aware applications to take advantage of Ergonomics to simplify household chores found less time and achieve administrative efficiency of the heads of households in different areas of family.
٣. The results of the study contribute to the design of outreach programs to raise awareness of the importance of knowledge of female-headed households considerations Ergonomic in household chores and their impact on administrative efficiency.
٤. benefit from the results of this study to strengthen the planning and home economics curriculum different educational stages, which are scarce in the specialty of the house, particularly in terms of their approach to science of ergonomics and its role in streamlining the household chores and its impact on the efficiency of the administrative head of the household.

Research hypotheses:

The current research assumes the following:

١. - Environmental) the relative weights of the different heads of the study sample basic considerations Ergonomic families with household chores depending on the degree of awareness axes (physical - mental "cognitive."
٢. The relative weights of the heads of the household sample vary the basic study of administrative efficiency of the head of the household depending on the degree of awareness of areas (food, health - clothing

and furnishings - housing and Materials - home appliance technology and maintenance of facilities).

ϣ. The percentages vary between the scores of heads of basic sample survey of households in the level of awareness of considerations Ergonomic in household chores.

Ϙ. The percentages vary between the scores of heads of basic sample survey of households in the level of awareness of the administrative efficiency of the head of the household.

ϙ. There are significant differences between the heads of the household sample in the study of basic awareness considerations Ergonomic in household chores depending on the difference in some of the demographic variables (place of residence - age - marital status - duration of marriage - the level of education of head of the household - work - the level of the profession of head of the household - monthly income - the number of family members).

Ϛ. There are statistically significant differences between the heads of the household sample basic study in response to the scale of the administrative efficiency of the head of the household in the areas of (food, health - clothing and furnishings - housing and Materials - home appliance technology and maintenance of household utilities) depending on the difference in some of the demographic variables (place of residence - Age - marital status - duration of marriage - the level of education of head of the household - work - level career housewife - monthly income - the number of family members).

ϛ. No statistically significant correlation between the heads of the household sample basic study in the unconscious considerations Ergonomic in household chores Its axis performance (physical - mental "cognitive" - Environmental) management and efficiency of the head of the household to their areas (food, health - clothing and furnishings -

housing and Materials - Hardware and home appliances and maintenance of household utilities).

∧. There are significant statistical correlation between the heads of the household sample in the study of basic awareness considerations Ergonomic in household chores Its axis administrative efficiency of the head of the household and their areas between some demographic variables under study.

∧. Contribution of the independent variables studied ratios vary (level of education of head of the household - age - duration of marriage - the profession of head of the household) with the dependent variable (the awareness of female-headed households considerations Ergonomic in household chores, the administrative efficiency of the head of the household), depending on the weight of the gradient and the degree of correlation coefficients.

∧. No statistically significant differences between the means of measuring pre and post scores differences for the application of the proposed Indicative Programme on experimental sample for the post application.

Research Methodology:

This research follows a descriptive analytical method and experimental approach.

Borders Search:

This research is determined as follows:

First, the geographical scope in:

Sample of heads of households of the population of the province of Beni Suef (Urban and Rural) and socio-economic levels and live in different residential neighborhoods.

Second, the human scale:

Find sample consisted of four groups:

١. Find the exploratory sample: and strength (٥٠) heads of families of Beni Suef were selected randomly in order to legalize the research tools.
٢. Find the core sample: and consisted of (٢٥٠), a housewife from family (Urban and Rural), Beni Suef governorate belonging to different social and economic levels to study the application of tools.
٣. experimental research sample: and strength (٦٠) heads of families from the research sample core was selected deliberate way of the basic sample and study population for the implementation of the counseling program was selected than the minimum spring to the level of awareness considerations Ergonomic in household chores to raise the administrative efficiency of the head of the household for basic sample.
٤. Sample Experts: The strong () experts from different disciplines and are known for their efficient service to the subject of research management professors, professors Ergonomics.

Search Tools:

The researcher prepared the following tools:

- Public data form the head of the household,
- Data tools and appliances owned by the family include (tools and utensils and kitchen appliances - Tools and equipment cleaning and washing clothes) form.
- Ergonomic considerations questionnaire in household chores and includes: (Physical Ergonomics - Ergonomics mental "cognitive" - Environmental Ergonomics).
- The administrative efficiency of the head of the household scale and includes the areas of: (Food and Health - clothing and furnishings - housing and Materials - home appliance technology and maintenance of facilities).
- Indicative Programme for the development of awareness of the goddess of family considerations Ergonomic in household chores and their impact on administrative efficiency.

A summary of the main search results:

١- The presence of statistically significant differences in awareness considerations Ergonomic in household chores between heads of households performance differences sample basic research at the level of significance (0.01), (0.05) for the benefit of both: (urban residents, housewives married households aged from ٣٠ to less than ٤٠ years in physical ergonomics, over ٤٠ years in mental Ergonomics

"cognitive", environmental, for the benefit of widows in Environmental Ergonomics, in favor of the marriage of ١٥ years and over time, the level of higher education, the high level of the profession, a small family with fewer members than ٤ members, in favor of income average in physical Ergonomics Ergonomics The mental, environmental the best is high income level the head of the household work in physical and environmental Ergonomics in favor of heads of household is employed, Ergonomics mental favor of heads of household workers).

٢- And no statistically significant in raising administrative efficiency between the heads of households sample basic research at the level of significant differences (0.01), (0.05) for the benefit of both: (urban population, female heads of households aged ٤٠ years and older and married for a period ranging from ١٥ years and above, with higher education and professional workers in the high-level monthly income is high and the number of family members at least ٤ members).

٣- And no statistically significant correlation between the areas of administrative efficiency of the head of the household scale and between the axes considerations Ergonomic questionnaire in household chores for heads of household sample of basic research at the level of significance (0.01), (0.05).

٤- The presence of correlation statistically significant housewives sample basic study of families at the level of significance (0.01), (0.05) in the awareness of the syllabus considerations Ergonomic questionnaire in

household chores and the areas of administrative efficiency of the head of the household and variables demographic scale of the study (residence - age - marital status - for marriage - the level of education of head of the household - work - the level of the profession of head of the household - a monthly income - the number of family members).

•- The relative importance of the variables independent studied (education housewife - duration of marriage - the profession - people) with two variables followers (considerations Ergonomic in household chores), (the administrative efficiency of the head of the household), depending on the regression coefficients and correlation coefficients as the value (V) and the values of (P) function when (•,•').

∩-The results also confirmed the effectiveness of the program developed for the development of awareness of female-headed households considerations Ergonomic in household chores and their impact on administrative efficiency, where they found statistically significant differences at the level of significance (•,•') between the scores of the experimental sample before and after the application of the program, for post-application, which demonstrates the effectiveness of the extension programs in the development of consciousness heads of households.

Research Recommendations:

According to the results of the current study, the researcher recommends the following recommendations and proposals:

First: General recommendations:

- ∩. Studies and research programs that are interested Rob family support, areas that can assist them in managing the affairs of her home.
- ∩. the integration of science Ergonomics many studies in home economics departments faculties quality education.

٧. seminars and meetings that contribute to solving the problems faced by female heads of households living in different areas.

Secondly, the recommendations in the field of specialty home management:

١. The training courses for specialists in the field of home management to raise awareness of the importance of the integration of modern science, including being taught.

٢. creativity and innovation in the design of outreach programs for women heads of households cope with the challenges of the times to help them tap out.

٣. strengthen college libraries references and studies and research on the science of ergonomics to make it easier for students to access.

Third: Recommendations for Universities:

١. The introduction of a private home management curriculum modifications to make them keep pace with the developments of modern science.

٢. take advantage of the counseling program port in this study for the development of awareness of female-headed households Ergonomic considerations in the training sessions.

٣. attention to publish the results of scientific studies and research with respect to areas of Ergonomics as important in our modern life sciences with a proposal to have it in a simplified image through a small guidebooks distributed through family centers.

The proposed research:

١. The effectiveness of a pilot program using multimedia technology to develop the awareness of students Ergonomic considerations.

٢. The study of the relationship between the use of the family goddess of applications Ergonomics and simplify household chores.

٣. study the impact of the use of considerations applications Ergonomic in housing furnishing.

