

ABSTRACTS

The role of women in the development of fisheries in Panay: Focus on the socio-cultural and economic variables. De Castro, L. (College of Arts and Sciences, University of the Philippines in the Visayas, Iloilo City, Phils.) Technical Report, 1986.

The study is focused on the role of the rural women in the development of fisheries resources in Panay, with a view to their integration in the fisheries development program in Western Visayas. Several government development programs have not been effectively beneficial because the beneficiaries, mostly rural people including women have not been involved in these programs.

Specifically, the subsidiary problems are:

1. To identify the socio-cultural activities variable which affect the economic activities of women in Visayas fishing villages to make their participation more responsive and effective.
2. To ascertain the practices of Visayan rural women in the field of production, handling, processing and marketing of fishery resources.
3. To assess existing capabilities of Visayas rural women in their preparation, processing and utilization of family fish food resources so as to provide the necessary assistance which will enable them to contribute effectively to the family's well-being.

For the purpose of the study, a survey was conducted which involved 814 women coming from 4,783 households distributed in 23 coastal marine fishing barangays found in 11 coastal municipalities of the four provinces of Panay and subprovince of Guimaras.

The sample is roughly 17% of the household population of the survey area. Women who were eighteen years old and above and were engaged in fisheries and related activities were the respondents. The provincial aggregate of data became the basis of the island analysis.

Data analysis based on the results of the interview schedules used frequency distribution and cross tabulations.

The study has brought to light the need for society to give recognition to the role to be played by women in production, marketing

and preparation of fish food for themselves and their families. The women's education, religion, marital status, decision making function and community participation do seem to be selectively related to the roles they play in these activities. At the moment most women are helpmates of their husbands in the fishing industry. However, the division of labor existing in the fishing activities in the island showed the dominance of men in the production function and the salience of the women in post-production activities.

The study also brought out the fact that the women of Panay fishing villages are productive but on a part-time or seasonal basis, being predominantly occupied with their traditional household activities. The practices followed by the women in their assistance to the men related to production, handling, processing and marketing of fishery resources are traditional and are mostly family and household based rather than community and collectively oriented. Dietary child and health care practices are still traditional but are slowly being influenced by the coming of more recent practices and technology. The main factor in the women's future plans seems to be for the economic upliftment and well-being of their families.

At this point, it is therefore most imperative as this study has indicated that action at the national policy level be taken, if women are to be harnessed positively for national development. The national government should always consider women's participation in the development plan provision for education, training and involvement of women on equal basis with men in fish production and technology, marketing and distribution, as well as consumer and credit information and participation in community economic and social organization.

In this connection, the policy and program initiatives which might be undertaken include the following:

1. Review of national policy, especially fisheries policy to harness capabilities of women to help alleviate unemployment and malnutrition.
2. Provide more researches, extension and funding support for subsidizing fishing activities of women including capture and culture fisheries jointly or independently with their men folk.
3. Rationalize fish marketing processes by developing non-marketing means of distributing fisheries products by means of cooperatives, social marketing and subsidiaries.

It is a fundamental truth that rural women have never been recognized, supported and compensated in their roles as fish producers, processors and distributors. Only when steps have been taken by those in authority who are in position to implement them

and take their lead in putting them into effect, can women make their full contribution to national development.

Nutrition education and dietary management practices of rural women. *Formacion, C.* (College of Arts and Sciences, University of the Philippines in the Visayas, with funding support from NSTA, UPV-Program D) Oct. 1984-Dec. 1985.

In line with the sectoral thrust of nutrition and health research, the study on "Nutrition Education and Dietary Management Practices of Rural Women" was undertaken to examine the consumption patterns of rural households, determine the type and level of nutrition education exposure of the mothers and identify the relationship between nutrition education and selected dietary and child feeding practices.

A questionnaire-interview technique was used to gather data on household socio-economic and demographic characteristics, type and level of nutrition education participation of rural mothers, family dietary and child feeding practices and food resources availability. Relevant data indicators were collected among 564 households with children 0-3 years of age.

Data on consumption and dietary practices were analyzed descriptively and frequency count was used when applicable. Cross tabulations were made on the type and level of nutrition education and selected dietary practices. Chi-square statistical test for independence and homogeneity of the data was also used and significant level was set at .01 - .05 to determine relationships between groups.

The main findings of the study reveal the following observations:

1.0 Socio-Demographic and Economic Characteristics

- 1.1 More than half (52%) of the mothers had only elementary education (Grades I-VI). Only 14% had finished high school.
- 1.2 Almost three fourths (80%) of the mothers were between 15-40 years of age. Average age was 30.
- 1.3 Almost half (42%) of the mothers had 1-3 children. Twenty three percent had 7.
- 1.4 A little more than half (52%) of the rural households had more than 6 members and about one fourth of them had more than 8. Average household size is 6.8.
- 1.5 Almost two thirds of the household were nuclear in character and the rest were extended.

- 1.6 Nine of every ten mothers were plain housewives. Only 4% were employed and another 6% were engaged in food vending, dressmaking and farm labor.
- 1.7 Only 16% of the households had income above P12,000.00 annually.
- 1.8 More than one third (39%) of the households had drinking water from open dug wells. Only 8% had piped water and 7% from artesian wells.
- 1.9 Almost two thirds (60%) of the households had no electricity.
- 1.10 Majority had sanitary toilets; 42% had flush water sealed and 51% had closed pit or "Antipolo".

2.0 Family Food Consumption

- 2.1 Animal protein aside from fish is a rarity. Overall consumption was far below the recommended daily allowance (RDA). Likewise the inclusion of plant proteins of good quality from legumes and seeds was wanting in quantity.
- 2.2 Only one third (29%) of the households served vegetables daily and only 11% served fruits at least once a day.
- 2.3 Only 28% of the rural households used fats or oils in their food preparation daily.

3.0 Child Feeding Practices

- 3.1 Only 55% of the mothers engaged in pure breastfeeding; 36% engaged in both breast and bottle or mixed feeding.
- 3.2 Duration of breastfeeding lasted for 1 year for 31% of the infants.
- 3.3 Almost one third of the infants were 6 months of age.
- 3.4 Almost one third of the mothers gave vitamins to infants one month of age.
- 3.5 Meat, fish and poultry were withheld by more than two thirds (70%) of the mothers during common childhood illnesses, particularly on the onset of mumps and measles. Almost half of them also reduced intake of rice during measles, mumps, fever and diarrhea.
- 3.6 Over one third of the infants 12-18 months of age were not given fish, meat or poultry and 59% vegetables by rural mothers.

4.0 Food Intake of Pregnant and Lactating Women

- 4.1 Almost one third (33%) of pregnant women avoid vegetables and 12% avoid meat during the first and second trimesters of pregnancy.
- 4.2 One of every four lactating mothers avoid Vitamin C-rich foods; 13% vegetables and 11% iron-rich food sources in their diet for fear of milk curdling, curtailment and indigestion of their infants.

5.0 Nutrition Education Exposure and Dietary Practices

- 5.1 One third (35%) of the rural mothers had attended some kind of nutrition education session either from their primary or secondary schooling. Two thirds of them, however, had nutrition education exposure only from elementary school education.
- 5.2 A little less than one fifth (19%) of all rural mothers queried had no nutrition education exposure at all.
- 5.3 Nutrition education contact acquired from formal schooling or non-formal field activities when taken alone or in combination was found to be significantly related to a more acceptable dietary intake pattern among pregnant women, and the daily serving of fruits, vegetables and protein foods (fish, meat and poultry).
- 5.4 Backyard food production and food preservation activities were found to be significantly related to nutrition education.
- 5.5 No significant relationship was found between type of milk feeding and age of weaning with nutrition education exposure of the mother.
- 5.6 Educational attainment of the mother alone was not significantly related to age of weaning, daily serving of fruits, vegetables and protein foods, adequate eating pattern of pregnant women and food preservation and food production activities of rural households.
- 5.7 Educational attainment of the mother was significantly related to type of milk feeding; however, this relationship is adversely related to breastfeeding.

The role of women in the fishing community of Barangay Kirayan, Miag-ao, Iloilo. De Castro, L. (College of Arts and Sciences, University of the Philippines in the Visayas, Iloilo City) Technical Report, 1985.

The study is based on the hypothesis that behind all activities in a community are socio-cultural variables and that these variables may have both positive and negative influence on the roles that community members play.

The socio-cultural variables identified in the study are the women of Kirayan's membership in the family and in the community and to further enhance the perceptions of the researcher on the roles of these women, economic variables are likewise included.

On the whole, the study was able to draw certain perceptions on the various roles that women of Kirayan play. Most respondents view their roles as not really significant and consider these as more or less pre-ordained for them by circumstances such as marriage or by environment such as theirs. They view their roles simply as secondary to those of the menfolk.

However, there are a few who perform non-housekeeping roles such as food-production, marketing and selling and even providing capital for other members of the community. While some of them play managerial roles on a small-scale basis, these women consider these as only complementary to their menfolk's even though such activities provide a steady income, are more constant throughout the year and are less subject to forces of nature that hamper fishing.

Among the respondents who are also heads of the family, decision making on budget, health care and diet are handled by them with equanimity but those who are not heads of the family naturally give this burden to their husbands. The women are also self-effacing. Those who are married do not care much for clothes and material goods and describe their role as simple advisory.

It would be interesting to note that 10 hours of the 24 hours a day could not be accounted for by the women respondents who were asked to quantify the approximate number of hours they allocate to various activities of the day, which include sleeping, house-keeping, recreation and other day-to-day jobs. From interviews, it was learnt that they work on several activities simultaneously and that their time-consciousness is not sharp.

The women of Kirayan are community organization oriented. However, the married ones are less participative in community organizations and undertakings than the single ones, preferring to keep their own family's activities than the community's. Important leadership positions are currently occupied by the women and those who are involved seem in earnest where responsibilities are concerned.

The study recommends that more closely-monitored projects related to food production may be undertaken for the women of Kirayan who seem bent on assisting in their enterprise but who lack

the know-how and the support. They can also be tapped for leadership in various community endeavors. Since primary health care and nutrition are the two areas within the purview of women's lives, training them to be monitors and implementors of such activities would help improve the life of their families.

There is also no doubt that women resources are rich and plentiful. What needs to be done is a concerted effort designed to make them active participants of socio-cultural and economic activities since they already show great potential for leadership at home and in the community.

Nutrition and the role of women in fishing villages.

Formacion, C. (Division of Physical Sciences and Mathematics, College of Arts and Sciences, UP in the Visayas, Iloilo City, Phils.) Technical Report, 1986.

Phase I. As part of the project on nutrition and the role of women in fishing villages in Iloilo (Phils.), the nutrition-socio-economic survey was conducted to assess the food and nutrition situation of the three fishing villages, identify the socio-economic and demographic characteristics of nutritionally disadvantaged fishing households and determine possible indicators for monitoring and evaluating nutrition-oriented development projects.

Phase II. This investigation examined the role of women in disadvantaged fisherfolk households within the household itself and the economic activities of the villages.

The findings of the study revealed that women performed the dual role of household manager and income earner. Their involvement in fishing occupation indicates both advantages and disadvantages in the family. The hours they spent outside of home led to the neglect of the nutrition and health care of their children. Contrary to this, involving themselves in fish trading and processing brings additional income to the family, giving them a feeling of having an equal status with their husbands.

Based on the results of the study, it is recommended that training in the area of education and skills development be enhanced to further improve the woman's dual role, as household manager and income producer.