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CONTENTS

Sr. No.	TITLE & NAME OF THE AUTHOR (S)	Page No.
1.	THE MEDIATING EFFECT OF RISK ON ATTITUDE AND SUCCESS TOWARDS LIFE SATISFACTION OF MSME ENTREPRENEURS <i>DR. LATHA KRISHNAN & DR. T. J KAMALANABHAN</i>	1
2.	DETERMINANTS OF CAPITAL STRUCTURE IN NIGERIAN FIRMS: A THEORETICAL REVIEW <i>OWOLABI, SUNDAY AJAO & INYANG, UDUAKOBONG EMA</i>	7
3.	THE EFFICIENCY OF MARKET RISK DISCLOSURES IN JORDANIAN COMMERCIALS BANKS <i>DR. ADEL ANWAR YOUSEF SAID</i>	12
4.	CONTRIBUTION OF NON-MARKET WORKS IN BANGLADESH: CONSIDERING LOCATION, EDUCATION, FAMILY RELATION & MARITAL STATUS <i>DR. MD. AOULAD HOSEN</i>	17
5.	EMPIRICAL EVALUATION OF QUALITY EDUCATION EARNING'S POTENTIAL AND THEIR ROLE IN POVERTY ALLEVIATION IN PAKISTAN <i>DR. ABDUL QAYYUM KHAN & REHANA NAHEED</i>	24
6.	TOURISM: THE DEPTH OF ITS MEANING <i>PINKY PAWASKAR & DR. MRIDULA GOEL</i>	26
7.	MANAGEMENT OF DOMESTIC BIODEGRADABLE WASTE: A STUDY OF COMPOST PRACTITIONERS IN KOLHAPUR <i>DR. RAJENDRA BHUPAL PATIL</i>	33
8.	MANAGEMENT OF COMMON PROPERTY RESOURCES THROUGH PEOPLE'S PARTICIPATION UNDER JOINT FOREST MANAGEMENT: A MICRO LEVEL ANALYSIS IN ODISHA <i>RAGHUNATH SAHOO & DR. MAMATA SWAIN</i>	38
9.	ECONOMIC VALUE ADDED PRODUCTIVITY OF MCL <i>DR. S. RAJAMOCHAN & DR. T. VIJAYARAGAVAN</i>	44
10.	DOES BANK CREDIT CAUSE ECONOMIC GROWTH IN THE LONG-RUN? TIME-SERIES EVIDENCE FROM ETHIOPIA <i>K.SREERAMA MURTY, K. SAILAJA & WONDATERAHU MULUGETA DEMISSIE</i>	49
11.	CONSUMPTION PATTERN AND EXPENDITURE ELASTICITIES OF RURAL POOR HOUSEHOLDS IN PUNJAB <i>GURSHARAN KAUR & PARAMJEET KAUR DHINDSA</i>	57
12.	ORIGIN OF ECONOMETRICS <i>DR. RAJESHWAR SINGH</i>	62
13.	ORGANIZATIONAL CULTURE IN PENNAR INDUSTRIES LTD. <i>DR. K. SELVI</i>	67
14.	AN EMPIRICAL STUDY ON SOCIAL IMPACT OF SELF HELP GROUP MEMBERS IN KANCHIPURAM DISTRICT <i>DR. D. BASKAR & DR. K. SUNDAR</i>	70
15.	MANGALORE SPECIAL ECONOMIC ZONE – GROSS ROOT LEVEL REALITIES AND SEZs PROBLEMS <i>S.P. KIRAN & DR. D.V. GOPALAPPA</i>	79
16.	GENDER PERSPECTIVE & ECONOMIC DEVELOPMENT - A CASE STUDY OF HARYANA <i>RENU & DR. KARAN SINGH</i>	81
17.	FOOD SECURITY THROUGH THE MECHANISM OF PUBLIC DISTRIBUTION SYSTEM <i>DR. SATYAWAN BARODA & SARIKA SURI</i>	88
18.	RESOURCE CONVERGENCE IN 'PEOPLES PLANNING' BY WOMEN NEIGHBORHOOD GROUPS AND PEOPLE'S ELECTED WOMEN REPRESENTATIVES: A CASE STUDY OF DECENTRALISED LOCAL SELF GOVERNANCE <i>DR. JOSEPH ABRAHAM</i>	92
19.	IMPACT OF RECESSION ON DIAMOND INDUSTRY IN INDIA: STRATEGIC SOLUTIONS <i>MUKESH R. GOYANI & DR. HEMANDRI TIKAWALA</i>	99
20.	COST-BENEFIT ASSESSMENT OF COMMON PROPERTY RESOURCES (CPRS) IN RURAL WEST BENGAL: AN EVALUATIVE STUDY <i>DR. SWARUP KUMAR JANA & CHITTARANJAN DAS</i>	114
21.	ASSESSING THE RELATIONSHIP BETWEEN AWARENESS AND ATTITUDE OF TOURISTS TOWARDS ECOTOURISM AND CONSERVATION IN KERALA <i>DR. P. R. SHINI</i>	119
22.	RISK MINIMIZATION TRADING STRATEGIES IN BULLISH MARKET <i>ANJALI CHOKSI</i>	123
23.	FARMER TO MARKET LINKAGES: REVAMPING UNDER THE EMERGING VALUE-CHAIN SYSTEM <i>DR. ARUN BHADAURIA</i>	136
24.	RELATIONSHIP BETWEEN COMMERCIAL BANKS STOCK RETURNS AND MONETARY VARIABLES IN INDIA <i>SHINIL SEBASTIAN</i>	140
25.	FACTORS DETERMINING EMPOWERMENT OF GRAM PRADHANS IN BARABANKI DISTRICT OF UTTAR PRADESH <i>BHAVANA SINGH</i>	145
26.	ASEAN AND NORTHEAST INDIA: FODDER INDUSTRY IS A NOVEL PARADIGM SHIFT <i>DHANANJOY DATTA</i>	151
27.	CONTENTMENT ON DISCIPLINARY PRACTICES AMONG UNIVERSITY EDUCATORS: A CASE STUDY <i>S. M. DHANA SUNDARESWARAN</i>	156
28.	MEASURING FACTOR CONTENT OF INDIAN TRADE IN THE PRE AND POST LIBERALISATION PERIODS <i>DR. TUSHAR DAS</i>	162
29.	SUPPORTIVE MEASURES OF TOURISM PRACTICES: A STUDY OF JAMMU AND KASHMIR <i>VIKAS SHARMA, AMIT SHARMA & SHAFQAT AJAZ</i>	166
30.	CHANGING SCENARIO OF PUBLIC EXPENDITURE ON EDUCATION: REVIEWING THE EXPERIENCE OF INDIA <i>PRABINA KUMAR PADHI</i>	170
	REQUEST FOR FEEDBACK	173

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CONSUMPTION PATTERN AND EXPENDITURE ELASTICITIES OF RURAL POOR HOUSEHOLDS IN PUNJAB

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ABSTRACT

The present study examined the consumption pattern of rural poor households. To accomplish this objective primary data has been collected from 360 rural households from three districts (one from each region) of Punjab state of India. The sample households live 'below', 'at', and 'marginally above' poverty line. Per capita per day consumption of food and nutrient has been calculated. A variant of Working-Laser model was used to estimate Average Budget Share (ABS), Marginal Budget Share (MBS) and expenditure elasticities for each commodity. The results of ABS show that 72 percent of total expenditure was spent on food items and rest on non-food items. Per capita per day consumption of food and nutrients of sample households found to be less than the recommended dietary allowance given by ICMR for healthy life. MBS for milk was 22.31 which revealed that 22.31 percent of incremental income would be spent on milk. 9.87 percent of incremental income would be spent on vegetable and fruits, followed by pulses, oil and wheat. Among non-food items around 10 percent of incremental income would be spent on education and 6 percent on clothing. The expenditure elasticities were found to be higher for milk, vegetable, fruits and education which depicts that poor households intended to increase share of their income on these items. The study concludes that pattern of expenditure between food and non-food items is undergoing a change and the rural poor have also started spending more on non-food items. Women's educations play an important role in bringing about this change and should be given top priority in all development programmes for rural areas.

KEYWORDS

Consumption Pattern, Expenditure Elasticities, Rural Development.

INTRODUCTION

The economic status of a society or community refers to its position as to where it stands on the ladder of financial position. Most important determinants of economic status of a society are its per capita income, the standard of living, the level of consumption etc. Different indicators of the levels of living presents the "Macro" as well as "Micro" level dimensions of the process of development. While per capita income and per capita consumption expenditure are some of the macro level indicators of development, the distribution of household expenditure is a micro level indicator. The standard of living of a household can be understood from the consumption pattern, and the quality of consumption budget clearly indicates the level of welfare of the household. Food consumption pattern of household is an important barometer of individual welfare and well-being in any country (Mathew (2003)).

Human life is ultimately nourished and sustained by consumption. During the last few decades, the world consumption has expanded at an unprecedented pace. The benefit of consumption has spread far and wide and today, more people are better fed and housed than ever before. Consumption clearly contributes to human development when it enlarges the capabilities and enriches the life of people without adversely affecting the well being of others. But the links are often broken and when they are, consumption patterns and trends turns inimical to human development exacerbating inequalities. In India also the existence of large disparities in consumption standards between regions and between classes of people is found. Wide economic disparities have been observed between the rich and poor especially due to the low rate of economic change among the poor sections of the population who generally fail to make use of the development programmes. The inequalities that persist between people, rich and poor, men and women, rural and urban and among different ethnic groups are seldom isolate, instead they are inter-related and over-lapping (Geetha(2011), Mathew (2003), UNDP(1988).

Consumption is a value of goods and services bought by people to satisfy the human wants. Consumption is normally the largest GDP component. Many persons judge the economic performance of their country mainly in terms of consumption levels and its dynamics. People in different position in respect to income have systematically different structures of consumption. The rich spend more, but they spend a lower percentage of income for food and other basic needs and poor spend higher percentage of their income on food items. The percentage values of an aggregation over all the households in a country can thus be used for judging income distribution and the development level of the society (Piana, 2001).

Velavan (1992) considered consumption expenditure as the expenditure incurred on food and non-food items. Food items included cereals, pulses, oils, spices and condiments, meat, fish, egg, fresh fruits, processed vegetable products, food products, milk and milk products, and other miscellaneous food items. Non-food items included clothing, rent, fuel and lighting, education, recreation, medical, expenses on cosmetics, toiletries and washing, expenses on travelling and other miscellaneous expenses. According to Thanmathi (1995), consumption expenditure included the amount spent on food items, housing, clothing, fuel and lighting, services, education, transport, electricity, medical, social and religious ceremonies, house repairs, recreation and taxes(Uma,2003).

For present study household consumption is defined as the amount spent on food items like cereals, pulses, vegetables and fruit, oil, milk, sugar and non-food items like clothing, education, medical, cosmetic and other miscellaneous expenditure.

OBJECTIVES OF PRESENT STUDY

The present study is based on the following objectives.

1. To study the consumption pattern of rural poor households.
2. To evaluate Average Budget share (ABS), Marginal Budget Share (MBS) and expenditure elasticities of sample households.
3. To examine the impact of household characteristics on household consumption pattern.

DATA BASE AND METHODOLOGY**DATA**

Three-sixty rural households were surveyed during 2011-12 from three districts of Punjab state of India. Punjab state is divided into 3 regions: Majha, Malwa and Doaba. To cover all three regions, one district has been selected from each region. The selected districts are Amritsar, Muktsar and Jalandhar from Majha, Malwa and Doaba regions respectively. The households who constitute 'rural poor' have been identified as universe of present study. These households live

'below', 'at', and 'marginally' above poverty line. Multi-stage random sampling technique has been used to select the ultimate respondents. At first stage, from each district, two blocks were selected. From each selected block, two villages were selected. Further from each village 30 households were selected. Thus sample constitutes 360 households. In Punjab as a whole 360 respondents were interviewed through a structured interview schedule. The consumption of some commodities is seasonal. To avoid this problem of seasonality we have collected data by aggregating the weekly data (in this case weekly recall) to annual basis.

METHODOLOGY

As our sample constitutes rural poor, their savings has been zero. Therefore household expenditure was almost equivalent to income. Household expenditure was therefore used as a proxy for income, as suggested by Hazell and Roell (1983). Total household expenditure was calculated as the sum of expenditure on rice, wheat, pulses, sugar, milk, vegetables and fruits, oil and other food items and non-food items like education, clothing, medical, cosmetics and miscellaneous commodities. A variant of the Working-Laser model, as used by Hazell and Roell (1993), Sheryl and Michael (2010) was used to estimate the absolute budget shares (ABSs), marginal budget shares (MBSs) and expenditure elasticities for each commodity. ABS measures the percentage of household expenditures on particular commodities and MBS measures the impact of change in income on consumption of particular commodities. The modified form of Working-Laser Model has been employed in this study.

$$E_i = \alpha_i + \beta_i E + \gamma_i E \log E \tag{1}$$

To capture the impact of difference in family composition on household expenditure, certain socio-economic variables have been included. The household variables included in the equation are:

- Reciprocal of Per Capita expenditure (PCE)
- Log of PCE
- Family Size/PCE (FZ)
- Sex of Head of family (D=1, for female headed household, 0 otherwise)
- Women Education (WE)
- Women Income (WI)
- District Dummy 1 (D1=1, Jalandhar District, 0 otherwise)
- District Dummy 2 (D2= 1, Amritsar District, 0 otherwise)

A number of household characteristic variables are included in a way that allows them to shift both the intercept and the slope of Engel functions (Hazell and Roell (1983)). The model is

$$E_i = \alpha_i + \beta_i E + \gamma_i E \log E + \sum_j (\mu_{ij} Z_j + \lambda_{ij} E Z_j) \tag{2}$$

Where E is the total per capita expenditure, Z_j denotes the jth household characteristic variable and α_i, β_i, γ_i, μ_{ij}, λ_{ij} are parameters to be estimated.

In expenditure share form equation 2 equivalent to:

$$S_i = \beta_i + \alpha_i/E + \gamma_i \log E + \sum_j (\mu_{ij} Z_j/E + \lambda_{ij} Z_j) \tag{3}$$

S_i = E_i/E is share of ith commodity in total per capita expenditure. The above share equation was estimated using Ordinary Least Square Method.

Following (Hazell and Roell (1983)), the Marginal and Average budget share for ith commodity was calculated using equation:

$$MBS_i = dE_i/dE = \beta_i + \gamma_i (1 + \log E) + \sum_j \gamma_{ij} Z_j \tag{4}$$

$$ABS_i = S_i = \text{Equation (3)} \tag{5}$$

$$E_i = MBS_i / ABS_i \tag{6}$$

RESULTS AND DISCUSSION

CONSUMPTION PATTERN OF SAMPLE HOUSEHOLDS

The consumption pattern of rural poor households has been analyzed by studying the differences in the expenditure on different items in consumption basket. The present study classified expenditure into 13 items. This includes 8 food items and 5 non-food items. Table 1 presents the average annual consumption expenditure of sample households.

TABLE 1: DISTRIBUTION OF CONSUMPTION EXPENDITURE OF SAMPLE HOUSEHOLD ON FOOD AND NON-FOOD ITEMS (RS./YEAR/HOUSEHOLD)

Items	Amritsar	Muktsar	Jalandhar
Food			
Rice	6202.02 (21.34)	3427.68(13.14)	7312.07 (22.47)
Wheat	615.78 (2.12)	2818.29 (10.80)	2515.74 (7.31)
Pulses	1470.40 (5.06)	1296.26(4.97)	1681.85 (4.89)
Sugar	1333.15(4.59)	1148.09(4.39)	1496.61 (4.35)
Milk	2277.00 (7.84)	1956.72 (7.59)	2706.36 (7.87)
Vegetable and fruits	1734.34 (5.97)	1335.37 (5.12)	2479.66 (7.21)
Oil	2494.59 (8.59)	2201.10 (8.43)	2254.14 (6.56)
Others	5294.96 (18.22)	5120.53 (19.62)	5263.19 (15.30)
Sub-total	21422.24 (73.73)	19304.04(73.97)	25709.35(74.76)
Non-food			
Education	1474.82 (5.07)	1358.12 (5.20)	1668.34 (4.85)
Clothing	2767.23 (9.52)	2325.13 (8.92)	2825.69 (8.22)
Medical	875.91 (3.01)	696.92 (2.67)	960.73 (7.43)
Cosmetic	582.46 (2.00)	442.73 (1.69)	671.30 (1.95)
Miscellaneous	1934.64 (6.67)	1969.26 (7.55)	2554.72 (7.43)
Sub-total	7635.06 (26.27)	6792.16(26.03)	8680.78 (25.24)
Total	29057.30 (100)	26095.20(100)	34390.13(100)

Source: Survey data. Note: values in parenthesis are percentage to total

The results of above table revealed that food items constituted 74 to 75 (approximately) percent of total budget, whereas share of non-food items was 25 to 26 percent. Among food items cereals constituted 24 to 30 percent, pulses 4 to 5 percent, milk 7 to 8 percent, vegetable & fruits 5 to 7 percent of total budget across the regions. Among non-food items education constituted 4 to 5 percent, clothing 8 to 10 percent, medical expenses 3 to 8 percent and miscellaneous items constituted 6 to 8 percent of total budget across the regions. So study found that cereals constituted major share of food basket of rural poor households.

The share of expenditure on food and non-food did not show much variation across the district. The reason may be that all sample households come under below poverty line or marginally above that.

TABLE 2: DISTRIBUTION OF CONSUMPTION EXPENDITURE OF SAMPLE HOUSEHOLD FOR FOOD ITEMS (RS./YEAR/HOUSEHOLD)

Items	Amritsar	Muktsar	Jalandhar
Rice	6202.02 (28.95)	3427.68(17.76)	7312.07 (28.44)
Wheat	615.78 (2.87)	2818.29 (14.59)	2515.74 (9.79)
Pulses	1470.40 (6.86)	1296.26(6.71)	1681.85 (6.54)
Sugar	1333.15(6.22)	1148.09(5.95)	1496.61 (5.82)
Milk	2277.00 (10.63)	1956.72 (10.14)	2706.36 (10.53)
Vegetable and fruits	1734.34 (8.10)	1335.37 (6.92)	2479.66 (9.64)
Oil	2494.59 (11.65)	2201.10 (11.40)	2254.14 (8.77)
Other	5294.96 (24.72)	5120.53 (26.53)	5263.19 (20.47)
Total	21422.24 (100)	19304.04(100)	25709.35(100)

Source: Survey data. Note: values in parenthesis are percentage to total

Consumption expenditure per annum for food for sample households has been given in table 2. The results revealed that food grains constitute 30 to 45 percent of food expenditure of sample households across the region. Milk constitutes 10 to 11 percent of food expenditure. Vegetable and fruits also received attention in food basket of poor households as indicated by share of 7 to 10 percent. Next preference is given to oil which constitute 9 to 12 percent of food expenditure.

FOOD AND NUTRIENT CONSUMPTION

An attempt has also been made to calculate the per capita per day consumption of food and nutrients. By making comparison of calculated per capita per day consumption with Recommended Dietary Allowance (given by ICMR (Annexure 1, 2, 3)), we have examined the nutritional status of sample households.

TABLE 3: PER CAPITA PER DAY CONSUMPTION OF FOOD AND NUTRIENT (GRAMS/DAY/PERSON)

items	Amritsar	Muktsar	Jalandhar
Food			
Rice	227.43	105.79	260.90
Wheat	55.71	214.59	110.72
Pulses	39.90	29.61	44.41
Sugar	28.59	21.23	25.13
Milk	210.39	178.09	242.75
Oil	36.67	26.58	40.05
Nutrients			
Protein(g)	42.60	23.98	45.20
Fat(g)	43.37	35.80	51.48
Energy(Kcal)	1628.05	1587.86	2075.94

Source: Authors' Calculations.

The results of table 3 depicts that per capita per day consumption of cereals was 283.14 grams, 320.38 grams and 371.62 grams in three districts of Punjab as against recommended dietary allowance of 420 and 300 grams for Sedentary and 480 grams and 360 grams for Moderate work for both men and women. The consumption of pulses was 39.90 grams, 29.61 grams and 44.41 grams in Amritsar, Muktsar and Jalandhar districts respectively, whereas recommended consumption was 60 grams for Sedentary and 90 and 75 grams for Moderate work for both men and women respectively. The recommended consumption of milk was 300 ml/day for Sedentary and 500 ml/day for Moderate which has been far away from calculated consumption of 210.39, 178.09 and 242.75 ml/day across three regions.

Per capita per day consumption of nutrients has also been calculated. The result shows that average consumption of protein was 42.60, 23.98 and 45.20 grams/day in three districts of Punjab as against recommended consumption of 60 and 50 grams/day men and women respectively. The recommended consumption of energy was 2875 and 2225 Kcal/day which was far away from calculated energy consumption of rural poor households.

So study has found that per capita per day consumption of food items of rural poor households was less than recommended dietary allowance for healthy life.

EFFECT OF HOUSEHOLD CHARACTERISTICS ON AVERAGE BUDGET SHARE

The present study has also examined the impact of household characteristics on consumption pattern. The study attempted to examine how household consumption pattern can change as income and socio-economic characteristics change. The household expenditure response to price change has not been taken into account, because cross sectional data for single period will not reflect price variations. The effect of household characteristics on the average budget share for sample households has been given in table 4.

TABLE 4: EFFECT OF HOUSEHOLD CHARACTERISTIC VARIABLE ON AVERAGE BUDGET SHARE

Items	Const	1/E	Log E	FZ	HF	WE	WI	D1	D2	R ²
Rice	1.185 (0.998)	-0.117 (-0.371)	-0.085 (-0.843)	0.008 (0.554)	0.019 (0.810)	-9.030 (-0.133)	0.035 (1.530)	-5.489 (-0.0241)	-5.489 (-0.24)	0.989
Wheat	0.198 (0.227)	0.121 (2.045)**	-0.014 (-9.919)*	0.008 (0.564)	0.115 (1.927)***	0.002 (1.311)	0.009 (1.32)	-0.044 (-0.803)	-0.029 (-0.239)	0.756
Pulses	0.451 (1.592)	0.005 (6.389)*	-0.041 (-13.201)*	0.025 (-0.147)	0.000 (-0.323)	0.002 (2.627)***	0.140 (1.803)**	-0.004 (-0.159)	0.001 (0.310)	0.873
Sugar	0.408 (0.724)	0.006 (11.082)*	-0.037 (17.503)*	0.014 (1.178)**	0.001 (1.022)	-7.278 (-0.153)	-0.036 (-0.698)	-0.002 (-1.128)	-0.001 (-1.32)	0.937
Milk	0.474 (0.062)	0.006 (4.542)*	0.040 (31.771)*	0.020 (0.509)	0.118 (2.382)**	0.009 (2.271)**	0.923 (1.680)***	-0.003 (-1.210)	-0.001 (-0.468)	0.940
Vegt and fruit	0.310 (0.707)	0.006 (4.420)*	-0.027 (-19.293)*	0.000 (-0.549)	0.005 (2.363)**	0.002 (1.685)**	0.120 (2.926)**	-0.001 (-0.457)	-8.057 (-0.031)	0.875
Oil	0.483 (0.132)	0.011 (0.000)	-0.043 (0.000)	0.000 (0.541)	0.000 (0.819)	0.001 (0.255)	0.048 (0.297)	0.001 (0.837)	0.002 (0.604)	0.926
Other food	1.057 (0.853)	0.000 (0.78)	-0.085 (-15.267)*	0.000 (-0.365)	-0.008 (-0.926)	-0.002 (-0.473)	-0.113 (-0.691)	0.006 (0.516)	-0.004 (-0.354)	0.795
Education	0.309 (1.0151)	0.004 (3.099)**	-0.026 (-18.878)*	0.000 (0.947)	0.008 (1.625)	0.001 (1.816)**	-0.049 (1.776)**	-0.004 (-1.646)	0.000 (0.325)	0.866
Clothing	0.031 (0.855)	0.009 (2.521)**	-0.001 (-0.415)	-0.004 (-0.248)	-0.002 (-0.595)	0.001 (0.487)	0.270 (1.896)**	-0.005 (-0.783)	0.000 (0.56)	0.268
Medical	0.180 (0.677)	0.007 (2.905)*	-0.013 (-9.348)*	0.000 (0.647)	0.001 (1.080)	-0.002 (-1.096)	-0.017 (-0.417)	-0.048 (-0.689)	-0.029 (-0.143)	0.749
Miscl.	0.259 (0.189)	0.004 (1.858)***	-0.019 (-16.871)*	0.000 (-1.372)	0.000 (0.247)	0.000 (0.263)	0.012 (0.347)	-0.002 (-0.534)	-0.001 (-0.365)	0.801

Note: Figure in parentheses indicates 't' value. *, **, *** indicates significance at 1%, 5% and 10% level of significance

The results show that women income and education has positive and significant effect on per capita food items like pulses, milk, vegetable & fruits. This shows that if women's income and education increase while per capita expenditure remained constant, the average budget share on above mentioned items would increase. This revealed that women's income and education significantly contribute for improving nutritional status. The female headed households spent more on milk, vegetables & fruits. Educated women also spend more on the education of their children.. None of the coefficient of for district dummy variables was statistically significant.

EXPENDITURE BEHAVIOR OF SAMPLE HOUSEHOLDS

Table 5 explains the expenditure behavior of sample households. The results were obtained by evaluating the average, marginal budget share and expenditure elasticities at sample mean value for total expenditure and all the households Z_i variables. Average Budget Share (ABS), Marginal Budget Share (MBS) and expenditure elasticities has been obtained from pooled data.

TABLE 5: EXPENDITURE BEHAVIOR OF SAMPLE HOUSEHOLDS

Items	ABS (%)	MBS (%)	Expenditure Elasticities
Food:			
Rice	21.0901	-1.4328	-0.0679
Wheat	3.2840	2.4801	0.7552
Pulses	6.3832	4.2154	0.6604
Sugar	4.4982	0.0432	0.0096
Milk	7.5341	22.3071	2.9608
Veg and fruits	5.1216	9.8732	1.9275
Oil	7.0520	3.8521	0.5462
Other food	16.8231	41.3750	2.4594
Non-Food			
Education	5.3201	9.8780	1.8567
Clothing	9.2195	6.1732	0.6696
Medical	2.4530	1.8015	0.7344
Cosmetic	1.6280	0.9016	0.5538
Miscl.	7.5918	4.5025	0.5931

Source: Authors' Calculations

The result of ABS shows that 72 percent of total expenditure was spent on food items and rest on non-food items. Among food expenditure the highest share was on rice, followed by other food items. 7 percent of share was on oil, around 8 percent on milk, 5 percent on vegetables and fruits and around 6 percent on pulses. Among non-food items around 14 percent was spent on education and clothing, rest was followed by medical, cosmetic and other miscellaneous non-food commodities.

Marginal Budget share indicates the impact of income changes on consumption or in other words MBS shows the household response to incremental income. MBS for milk was 22.31 which revealed that 22.31 of incremental income would be spent on milk, 9.87 percent of incremental income would be spent on vegetable and fruits, followed by pulses, oil and wheat. Among non-food items around 10 percent of incremental income would be spent on education and 6 percent on clothing.

The expenditure elasticities were found to be higher for milk vegetable and fruits, education. The household were interested to increase share of their income on milk, vegetable and fruits and education. The expenditure behavior looks rational. The expenditure elasticities were found to be low for sugar and negative for rice.

SUMMARY AND CONCLUSIONS

The present study ventured to examine the consumption pattern of rural poor households. The study areas were Amritsar, Muktsar and Jalandhar districts of Punjab state of India. The specific objectives of the study were i) to study consumption pattern of rural poor households, ii) to evaluate Average Budget Share (ABS), Marginal Budget Share (MBS) and expenditure elasticities of sample households, iii) to examine the impact of household characteristics on Average Budget Share. To accomplish these objectives primary data has been collected from 360 households from Punjab state of India using multi-stage random

sampling technique. The sample households mostly live 'below', 'at', and 'marginally above' poverty line. A variant of Working-Laser model was used to estimate Average Budget Share (ABS), Marginal Budget Share (MBS) and expenditure elasticities for each commodity. The results of the study has found higher share of food items ranging from 74 to 75 percent of total budget. The share of non-food items was 25 to 26 percent. Among food items foodgrains constitute about 30 to 45 percent of food expenditure of sample households. The results revealed that Per capita per day consumption of food and nutrients of sample households has been less than the recommended dietary allowance given by ICMR for healthy life. The effect of household characteristics on average budget share has also been captured which shows that women income and education have positive and significant impact on food expenditure of pulses, milk, vegetable & fruits. The effect of women headed households was also observed to be positive and significant.

The result of ABS shows that 72 percent of total expenditure was spent on food items and rest on non-food items. Among the food items highest share was on rice, followed by milk, oil, pulses, vegetable & fruits and other food items. The marginal budget share (MBS) implies the household responses to incremental income. MBS for milk was 22.31 which revealed that 22.31 percent of incremental income would be spent on milk. 9.87 percent of incremental income would be spent on vegetable and fruits, followed by pulses, oil and wheat. Among non-food items around 10 percent of incremental income would be spent on education and 6 percent on clothing. The expenditure elasticities were found to be higher for milk vegetable and fruits, education. The household were interested to increase share of their income on milk, vegetable and fruits and education. The expenditure behavior looks rational. The expenditure elasticities were found to be low for sugar and negative for rice.

The study concludes that a change has been found in the consumption pattern of the rural poor households. Although these households are becoming more aware of consuming vegetables, fruits, milk etc but still their consumption of these items are far behind the dietary recommendations given by ICMR. The government is making all out efforts to improve the income and nutritional level of the rural masses (particularly of the rural poor) still they are making both ends meet and lag behind the given nutritional standards. The only positive development which has come to highlight is that the pattern of expenditure between food and non-food items is undergoing a change and the rural poor has also started spending more on non-food items. Women's educations play an important role in bringing about this change and should be given top priority in all development programmes for rural areas.

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ANNEXURE 1: RECOMMENDED DIETARY ALLOWANCES (FOOD GROUPS) FOR ADULT AND CHILDREN (Grams per day per person)

Food Groups	Sedentary		Moderate		Children		
	Men	Women	Men	Women	1-3 Years	4-6 Years	7-9 Years
Cereals and Millets	420	300	480	360	120	210	270
Pulses	60	60	90	75	30	45	60
Green Leafy Vegetables	100	100	100	100	50	50	100
Fruits	100	100	100	100	100	100	100
Milk*	300	300	300	500	500	500	500
Fats and Oils	20	20	35	30	20	25	25
Roots and Tubers	200	100	200	100	50	100	100
Sugars	25	20	40	25	25	30	30

Source: National Institute of Nutrition, 1998, Dietary Guidelines for Indians

Note: * Milk in ml/day.

ANNEXURE 2: RECOMMENDED DIETARY ALLOWANCES (NUTRIENTS) FOR ADULT AND CHILDREN

Food Groups	g/Portion	Energy(Kcal)	Protein (g)	Carbohydrate(g)	Fat(g)
Cereals and Millets	30	100	3.0	20	0.8
Pulses	30	100	6.0	15	0.7
Meat/chicken/fish	50	100	9	-	7.0
Milk (ml)@ & milk products	100	70	3.0	5	3.0
Green leafy vegetables	100	46	3.6	-	0.4
Other vegetables	100	28	1.7	-	0.2
Fruits	100	40	-	10	-
Sugar	5	20	-	5	-
Fat & Oils	5	45	-	-	5.0

Source: National Institute of Nutrition, 2010, Dietary Guidelines for Indians

@Toned milk.

ANNEXURE 3

Nutrients	Moderate		Children		
	Men	Women	1-3 Years	4-6 Years	7-9 Years
Protein (g/day)	60	50	22	30	40
Energy (Kcal/day)	2875	2225	1240	1690	1950

Source: National Institute of Nutrition, 1998, Dietary Guidelines for Indians.

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