

E content by

Dr.Kavita Kumari

Dept. of Home Science

Course: Home Management, B.A. part II

Topic: Values ,Goals and Standards

Mob:No.+91-9430429995

Email: drkavitakumarisingh@gmail.com

## Values, Goals and Standards

The term “value” has been derived from a latin word “valure” means ability, utility, superiority or significance. When we talk about value it simply means worth that is attached to something .This something may be an object, idea ,principle or condition. Values are important to the individual who holds it and it may vary for person to person. Actually values help an individual to direct his effort more intelligently in seeking satisfaction. All values are human. They are created ,evaluated and enjoyed by the persons.

### Characteristics of values

- A value is always important to the person who holds it.
- Values will reflect personal attitudes and judgements, decisions and choices, behaviour and actions.
- Value is desirable and satisfying.
- Values give direction to our life.
- Value has the ability to develop in a self –creative way.
- It influences our thoughts, behaviour and action.
- Values may change with time.
- The intensity of values vary from individual to individual.
- It tends to endure.
- The values held by a person may be either relative or absolute.

### Types of values

Values may be classified into in two groups :Intrinsic values and instrumental values .

Intrinsic value- An intrinsic value is one that is important and desirable for its own sake .e.g. art. The interest in beauty is an intrinsic value.

Instrumental value-Instrumental values are those which help in attaining other values like efficiency in work. Some values possess both intrinsic and instrumental worth .e.g. love, affection, health,comfort, ambition, knowledge, wisdom, play etc.

E content by  
Dr.Kavita Kumari  
Dept. of Home Science  
Course: Home Management, B.A. part II  
Topic: Values ,Goals and Standards

Mob:No.+91-9430429995

Email: drkavitakumarisingh@gmail.com

## **Concept of Goals**

Goals are value based objectives. Values are vague while goals are more specific because they are to be accomplished. Goals grow out of desire, past experiences and environment. Goals are the ends that may an individual or family is willing to work for. The family's goal will help in shaping the family's life pattern and standard.

## **Characteristics of goals**

- Goals are value based objectives.
- Goals are tangible.
- Goal setting is a continuous process.
- Goals are definite and attainable.

Goals can be for short term, mid term or long term.

The major goals of home making are:

1. Providing optimum physical and mental health for the members of the family.
2. Facilitating for optimum development of the individual members of the family.
3. Satisfying family relationships.
4. Recognition, acceptance and appreciation of human differences.
5. Establishing satisfactory relationship with the community and other subsystems of the society.

## **Standard**

Standard may be defined as scale or parameter used for comparison. Standard are more specific than values or goals. Standard are mental pictures of what is considered essential and necessary to make life satisfying. If achieved, leads to satisfaction, if not achieved leads to uncomfortable situation. It remains as part of one's pattern of living and habit. Standard varies according to the values of the family or group.

E content by  
Dr.Kavita Kumari  
Dept. of Home Science  
Course: Home Management, B.A. part II  
Topic: Values ,Goals and Standards

Mob:No.+91-9430429995

Email: drkavitakumarisingh@gmail.com

Types Standard

**Standard**



**Conventional Standard**

**Flexible Standard**

### **Conventional Standard**

Conventional Standard are fixed and arise from the values of social acceptance. They are traditional are accepted by the community or by a social group within it. They are fixed at a time liable to change when condition change.

### **Flexible Standards**

Flexible Standards are developed and changed according to the individual demand .They change to suit the human situation .But, they are not widely accepted by the society or community.