Abstract

Introduction: Health promotion is the process of helping people to gain control over the determinants of health and thereby improve their health. Objectives: Objectives of the study were to determine the effectiveness of structured teaching program in terms of gain in knowledge of homemakers on health promoting activities and to determine the association between health promotional activities of homemakers and selected variables. Methods: A pre-experimental design was used for the study and 60 participants were drawn through simple random sampling technique. The structured interview schedule was used to collect the data. Results: The findings of the study revealed that maximum number of respondents 39 (65%) had average knowledge on health promotional activities. The mean post-test knowledge scores (91.35) of subjects were significantly higher than their mean pre-test knowledge scores (44.70) and calculated the ‘t’ value was 22.477, (p<0.05) which indicated that structured teaching program was an effective means in improving the knowledge of homemakers on health promotional activities. Conclusion: Findings of the study revealed that the majority of the homemakers had average knowledge on health promotional activities. The structured teaching program helped them to gain knowledge on different areas of health promotional activities.

Keywords: Homemakers, Structured Teaching Program, Health Promotional Activities