

Impact of Psychoeducation on Health and Health Behaviour

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Abstract

Present study was conducted to examine the effect of psychoeducation on health and health behavior. An initial sample of 300 participants (age 20-50 years) was tested on self-rated health, GHQ-12, BMI and life style check assessment. On the basis of scores on these measures a sub-sample of 30 participants was selected from those who scored poorly on self-rated health (2 or less on a five point scale), GHQ 12 (15 or more score), BMI (beyond 18.5 to 21.5). Out of these 30, fifteen participants were taken as controls and fifteen were taken for the intervention. The interaction group was given a specially designed psychoeducation package and was tested again after 30 days. t test was used to check the significance of the mean difference (Pre-post scores) of health and health behavior. Findings revealed a significant improvement in health and health behavior. Findings are discussed in the light of their implication for health and health behavior.

Key words: Health, Health Behaviour, Psychoeducation.

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