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*A descriptive study to assess the level of knowledge
regarding health promotion behaviour among the elderly in
a selected community at Dehradun*

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Abstract:

A descriptive study to assess the level of knowledge regarding health promotion behaviour among elderly in selected community at Dehradun. The objective of the study was to assess level of health promotion behavior and to associate the health promotion behavior with selected demographic variable among elderly people in selected community. A descriptive research design was used to access the health promotion activity in elderly group of people among above 65 years of age group in selected area of Dehradun. Health promotion behavior was assessed by using HPLP tool the knowledge of selected subjects was assessed through descriptive and inferential statistics. The study concluded that 26% of elderly were having adequate level of knowledge, 34% of elderly were having moderate level of knowledge and 40% of elderly were having an inadequate level of knowledge regarding health promotion behavior and The associating between level of knowledge regarding health promotion behavior with demographic variable (Age) and there is no association between level of knowledge and all other demographic variables.

Keywords:

Elderly people, Health promotion behavior, demographic variables, Occupation, Socio economic status, Sleeping pattern, dietary pattern