



Empowering homemakers through proper use of indoor plants

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ABSTRACT

Our environment has changed dramatically in recent years, whereas we genetically have not. People spend a lot of time indoors at home or work or in traffic away from green spaces. This contributes to increased stress and illness. Today, an average person in an urban city spends 90 per cent of his time indoor, may it be his office, home, school, college, or recreational area. In such a scenario, where more and more people work and live indoors, the kind of air we are breathing in and out becomes very important factor for comfortable living. Research shows that the simple introduction of a few plants indoors can boost health and well-being and vacuum clean the air in homes. So looking into the importance of plants in our lives and their role in combating indoor pollution, this study was planned out to know the existing practices regarding the indoor plants adopted by homemakers as well as their knowledge about indoor plants. Results indicated that respondents were maintaining indoor as well as outdoor plants in their houses to beautify the interiors as well as the exteriors but they do not have enough knowledge regarding selection, care, maintenance and the positive effects of indoor plants on household environment. Further, a booklet for the knowledge empowerment of home makers regarding indoor plants and its effects on household environment was prepared and tested for its efficacy.