Development of Teaching Materials for Key Competency Training in Home Economics Education

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Abstract

The present study aimed to propose contents and teaching materials as well as the ideal approach for home economics education, including “goal oriented education (key competency training)” and “preventive education (prevention of Internet smartphone addiction and avoidance of the chain of poverty).”

The methods included performing factor extraction for preventive education, to reveal the positive and negative influences of goal oriented education categories. By using cognitive behavioral therapy and incorporating the use of meta-cognitive ability and educational materials, a record of self-monitoring and learning logs were developed.

Key words: home economics education, key competency, cognitive behavioral therapy, metacognition