

Rochana Suksunit, Major 2006: The Effectiveness of Health Education Program for Promoting Self-care Behaviors in Patients with Total Knee Arthroplasty in Phramongkutklao Hospital. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Associate Professor Ranumas Ma-oon, Ph.D. 166 pages.
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The applied field experimental research had its purpose for studying the effectiveness of Health Education Program for Promoting Self-care Behaviors in Patients with Total Knee Arthroplasty in Phramongkutklao Hospital.

The samples of the study, selected by purposive sampling, were consisted of 60 patients, which were randomly assigned to experimental group and control group; they were 30 patients in each group. The analysis of data were employed for percentage, mean standard deviation and t – test.

The study results revealed that the Health Education Program for Promoting Self-care Behaviors in Patients with Total Knee Arthroplasty in Phramongkutklao Hospital, constructed by researcher, was effectiveness, pointed out by the results of the experiment, which were 1) after having health education program immediately and 14 days, the experimental group had significantly better in knowledge about Total Knee Arthroplasty, knowledge about self-care for pre and post Total Knee Arthroplasty, stress level and self-care behaviors for pre and post Total Knee Arthroplasty than before having health education program, at the level of .001. 2) after having health education program immediately and 14 days, the experimental group had significantly better in knowledge about Total Knee Arthroplasty, than the control group, at the level of .001. 3) after having health education program immediately and 14 days, the experimental group had significantly lesser in Total Knee Arthroplasty stress level than the control group, at the level of .05. 4) after having health education program immediately and 14 days, the experimental group had significantly better in self-care behaviors for pre and post Total Knee Arthroplasty than the control group, at the level of .01 and .001 accordingly.

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