

Nardanong Thammasomboon, Major 2011: Effectiveness of Health Education Program for Promoting Self-care Behaviors on Teenage Pregnancy at Antenatal Care Service Anandhamahidol Hospital, Lop Buri Province. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Assistant Professor Karuntharat Boonchuaythanasit, Ph.D. 169 pages.

The objectives of this quasi-experimental research were to investigate the effectiveness of health education program for promoting self-care behaviors on teenage pregnancy at antenatal care service Anandhamahidol Hospital, Lop Buri Province. Health Belief Model, Self-Efficacy theory, Social Support theory and Self-care theory were used as the theoretical frameworks of this study. The samples which were 60 pregnant teenagers selected by purposive sampling, were simple random sampling assigned to both experimental and control group equally. The experimental group received a planned health education for 4 consecutive sessions. While the comparison group did receive regular health education program. Data was collected by questionnaire at baseline and after the experiment. Data analysis was made for Percentage, Arithmetic Mean, Standard Deviation, Paired Sample t-test and Independent t-test.

The results of the study showed that after participating in health education program, the experimental group had significantly better perceived susceptibility of complication pregnant, perceived severity of complication pregnant, perceived benefit and perceived barrier for self care, self-efficacy, social support and self-care behaviors than before the experiment and those of comparison group at a .05 statistical significant level. The research results indicated that health education program was effective for enhancing self-care behaviors among the pregnant teenagers.

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Student's signature

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Thesis Advisor's signature