

Surapong Klaiket 2007: Factors Related to Health Self-care Behaviors of Vocational Training College Students, Saraburi Province. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Associate Professor Ranumas Ma-oon, Ph.D. 175 pages.

This research is the descriptive research, which was purposed to study the factors associating with health Self-care Behaviors of Vocational Training College Students, Saraburi Province by observing 334 participants which were Cimenthai thaluang technical college students, by purposive selected. The device used in the research was the questionnaire, which was made by the researcher and had already passed the quality test at satisfied level. Software program was used in the data analysis and the statistics figures that were used in the research were percentage, mean, standard deviation, Chi-square test, Pearson's Product Moment Correlation Coefficient, and Multiple Regression Analysis.

The research found that: 1) Health Self-care Behaviors of Vocational Training College Students, Saraburi Province were mostly at the moderate level which was 41.00%. 2) Bio-social factors, which were education level and salary were associated with health self-care behaviors of the students with statistical significant at the level of .001 and .01 respectively. 3) Predisposing factors, which were knowledge about the health self-care behaviors, attitude towards health self-care behaviors, the acknowledgement of the benefits of self-care behaviors, the acknowledgement of the health condition behaviors had positive relation with health self-care behaviors of the students with statistical significant at the level of .01. 4) Enabling factors, which were the adequacy and the convenient access to the public health care service and other health services had positive relation with health self-care behaviors of the students with statistical significant at the level of .01. 5) Reinforcing factors, which were social support from intimate ones and the acknowledgement of information from different sources of media had positive relation with health self-care behaviors of the students with statistical significant at the level of .01 6) There were four variables used in predicting health self-care behaviors of the students, which were the social support form intimate ones, the acknowledgement of the benefits of self-care behaviors, knowledge about the health self-care behaviors, the acknowledgement of the health condition behaviors and the acknowledgement of social support from intimate ones and the acknowledgement of information from different sources of media. All of these had predicted health self-care behaviors for 66.30%. The best predictive variable was the acknowledgement of the benefits of self-care behaviors, which could had predicted health self-care behaviors for 49.80%.



Student's signature



Thesis Advisor's signature

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