

Health Promoting behavior is a daily activity strengthening the well-being of a person. The purpose of this descriptive study was to examine the level of health promoting behavior including problems and barriers of such performing behavior among the staff working in an operating room and a post anesthetic care unit of Lampang Hospital. The study population was 117 persons comprising 22 nurse anesthetists, 41 registered nurses, 15 technical nurses, 25 nurse aids and 14 workers. Data were collected using a questionnaire developed by the investigator basing on Pender's conceptual framework of the health promoting behavior as well as related literature. The content validity index of this questionnaire was 0.9 and its Cronbach's alpha coefficient value was 0.9. Data were analyzed by using descriptive statistics.

The major findings of the study showed that health promoting behavior of the study population was at a moderated level with the exception of that of registered nurses was at a good level. Regarding each dimension of health promoting behavior, it was found that among the study population, the physical activity was at a low level, while nutrition and interpersonal relations was at moderate and good level respectively. The problems and barriers indicated were related to time inadequacy for health responsibility, physical activity and stress management. Those of nutrition were related to preference and inconvenience. While lack of motivation was pointed out as a problem of spiritual growth. In addition, the barriers of stress management were lack of skills.

The results of this study, therefore, could be used as the foundation for developing health promoting behavior among the staff working in an operating room and a post anesthetic care unit of Lampung Hospital so as to enhance their quality of life as well as their productive work.