

Nuttiwan Suknongbueng 2011: People's Health Behavior and Prevention of Diabetes Mellitus. Master of Arts (Social Development), Major Field: Social Development, Interdisciplinary Graduate Program. Thesis Advisor: Mrs. Matrini Ruktanonchai, Ph.D. 113 pages.

The purpose of this research was to study people's health behavior and diabetes prevention in order to establish the practical urbanite's lifestyle pattern of diabetes prevention. The sample consisted of eight residents of Lat Phrao Village, located in Khwaeng Lat Phrao, Khet Lat Phrao, Krung Thep Maha Nakhon, who had been living in the Village not less than five years, aged 45-59 years. They were purposely selected and divided into two groups: Group 1 did not have diabetes or any other underlying ailments and had the annual health check-up in 2009; Group 2 were those with diabetes. Tools used in this study were in-depth interviews and non-participatory observation. Each group consisted of two males and two females to compare their health behavior and diabetes prevention.

Research results indicated that personal factors important to diabetes prevention were occupation, income, and body mass index. The predisposing factors important to diabetes prevention were knowledge, attitude, and beliefs about diabetes. The enabling factors important to diabetes prevention were opportunities, time, skills, management of everyday life, and the availability of funds. The reinforcing factors important to diabetes prevention were family, health-related motivation, and information. Diet and exercise were equally important in preventing diabetes. It was found that the two sample groups exhibited opposite behavior. The first group ate bland food and did not like sweet, fatty, or salty food. They exercised regularly. Whereas the latter group, prior to diabetes symptoms, ate sweet, fatty, and salty food regularly. They also ignored exercising. Moreover, alcoholic intake, smoking, the annual health check-up, and stress management were subsequently important. Both groups received diabetes information from health programs on television that proved to be the most accessible source.

The above results led to the following recommendations. Relevant agencies should publicize the knowledge and understanding about diabetes regularly. Such publicity should focus on both the general public and the risk group. However, for the people already having diabetes the publicity should focus on controlling normal blood sugar levels and preventing disease complications.

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Thesis Advisor's signature