

Wasugree Chavengkull 2007: Risk Behaviors Leading to the Hypertension in the Elderly in Tumbon Banpo, Nakhon Ratchasima Province. Master of Home Economics, Major Field: Home Economics, Department of Home Economics. Thesis Advisor: Associate Professor Siripun Chulakarangka, M.S. 136 pages.

The aim of this research was to study risk behaviors causing hypertension in the elderly population. Those were nutrient consuming behavior, exercising behavior, smoking and alcoholic drinking. The sample consisted of 285 people of 60 years or older, living in Tumbon Banpo, Nakhon Ratchasima province selected by using proportional stratified sampling. The data were collected by interviewing; and analyzed by the statistically program; Chi-square and Fisher's exact tests presented by percentage value.

According to the analyzed data, soybean oil was usually used for cooking in the normal blood pressure sampling group, while lard and saturated fatty acid food were usually used among the high blood pressure people, for example, pork with fat, Kang Kiew Warn and high sodium food which were condiment, Pla- ra, fermented bamboo shoot, mustard greens pickled. The normal tension range people normally consumed fruits and vegetables, for example, swamp morning glory, tomato, string bean, orange and banana. Moreover, both two groups did not consume starchy and sugar, seeds and cereals. The drinking and smoking behavior were rarely found in the respondents and they also did less in exercise. The hypothesis testing found that the consuming behavior of 4 kinds of food, high saturated fatty acid food, starchy and sugar food, fruit and vegetables, and high sodium food, related to the hypertension in the elderly significantly with the .05 level statistically. So did the exercising.

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Thesis Advisor's signature

