


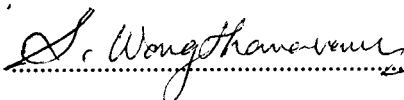
THESIS TITLE: THE HEALTH PROMOTION OF MENOPAUSE WOMEN

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ABSTRACT

This thesis had three specific objectives as follows: 1) to study the problems and the health promotion needs among a group of menopause women, 2) to select the most appropriate health promotion approach for the menopause group, and 3) to test and evaluate the given health promotion approaches for the target group. The problem analysis revealed that the majority of the women who reached the menopause age had neither knowledge nor understanding about menopause. They had no concerns about the importance of health cares for themselves. They, however, expressed their needs to acquire a comprehensive knowledge about menopause and relevant self care skills, as well as the need for essential health services for the menopause women at the community primary health care center. The researcher decided to choose an intervention strategy which could be operated through community health volunteers who were already acting as local health leaders. The specific development intervention of this project included the following activities: 1.) a training program for the menopause women in order to increase the knowledge, change the attitude and appropriate self-care practices, 2.) a training in the menopause

health care and services to enable the community health volunteers to set up the Golden Age Clinic to provide essential services for the menopause women in their respective communities. After three months of operations, the knowledge, attitude, and self-care practice ability of the menopause women increased at a statistical significance level of 0.05. Moreover, the volunteers were found to have gained more comprehension and capability to manage the Golden Age Clinic's service provisions for the women in their communities. Nevertheless, there was still a need for further development to advance the level of knowledge and skills for the volunteers in order to provide a higher quality of services in the future.