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BEHAVIORS / ELDERLY

CHOLTHICHA SANGUANWONG, CAPTAIN : RELATIONSHIPS BETWEEN PERSONAL
FACTORS, NUTRITIONAL KNOWLEDGE, ABILITY TO PERFORM DAILY LIVING ACTIVITIES,
PERCEPTION OF PHYSICAL HEALTH STATUS AND DIETARY INTAKE BEHAVIORS OF THE
ELDERLY IN RONGMUANG SUB-DISTRICT, PATHUMWAN, BANGKOK METROPOLIS.

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The purposes of this research were to study the dietary intake behaviors of the elderly people in Rongmuang sub-district, Pathumwan, Bangkok metropolis and to determine the relationships between personal factors, nutritional knowledge, ability to perform daily living activities, perception of physical health status and dietary intake behaviors in these people.

The subjects of this study were 144 elderly people in this area, selected by simple random sampling technique. The research instruments were the assessment interviews of personal factors, nutritional knowledge, ability to perform daily living activities, perception of physical health status and dietary intake behaviors. The statistical methods used in this study were the percentage, mean, standard deviation, Chi-square and Pearson product-moment correlation coefficient.

The followings were major results of the study:

1. Among these elderly subjects, 53.5% had dietary intake behaviors in a good level and 46.5% had dietary intake behaviors in a moderate level.
2. The personal factors, which significantly correlated with the dietary intake behaviors, were the family income ($p < .05$). The other personal factors (age, sex and education level) did not correlate with the dietary intake behaviors in these elderly people ($p < .05$).
3. There was a low relationship between nutritional knowledge and dietary intake behaviors ($p < .05$).
4. Ability to perform daily living activities and perception of physical health status did not correlate with dietary intake behaviors ($p < .05$).

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