

Parinya Ratchaneeladdajit 2012: Dietary Patterns, Nutritional Status, Quality of Life, and Preparation for Old Age of Teachers in Kanchanaburi Educational Service Area 1. Master of Science (Home Economics), Major Field: Home Economics. Department of Home Economics. Thesis Advisor: Tasanee Limsuwan, Ph.D. 135 pages

The objectives of this research were to study dietary patterns, nutritional status, health-related quality of life, the preparation for old age and the factors of teachers aged between 40 to 59 in Kanchanaburi. The sample group consisted of 230 respondents from twelve selected schools with the application of the cluster random sampling method from a total of 130 schools. Data were collected with questionnaires. The data were subsequently analyzed for mean, percentage, and standard deviation. The homogeneity of preparation for old age in accordance to the basic data was analyzed with the chi-square. The factors which influence the preparation for old age were analyzed by means of binary logistics regression analysis.

Most of samples were found to be female (66.50 percent) with a bachelor degree (80.00 percent), and live with a spouse (69.10 percent). The results revealed the dietary patterns of the respondents to be at a medium level. The samples were found to regularly consume fruit-vegetables and food sources rich of calcium at low quantity. The results from anthropometric assessment showed about half of the respondents had normal waist circumference and body mass index. The respondents showed good health-related quality of life and did not indicated any health problems in all 5 dimensions. The level of knowledge about old age were at high level. The respondents's financial, physical, mental, and leisure time preparation were found to be at medium level, while the sample's accommodating preparation were revealed to be insufficient. Both gender and age were established to be significant factors of influence for the preparation for old age ($p < 0.05$). Female respondents were revealed to be considerably better prepared for old age 2.6 times than male samples. Similarly, older respondents were found to be considerably better prepared 3 times than those of younger age.

Student's signature

Thesis Advisor's signature