

Thesis Title	A Comparison of Self-Practices between Controllable and Uncontrollable Signs and Symptoms of Hypertensive Pregnant Women
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Academic Year	1986

ABSTRACT

This retrospective study was an attempt to compare the self-practice between 50 pairs of controllable and uncontrollable signs and symptoms of hypertensive pregnant women who attended the antenatal care in Rajvitee and Siriraj Hospitals. The interview schedule was designed by the researcher and tested with 10 experts for content validity. The reliability computed by α - Coefficient was equal to 0.76.

The major findings

1. The controllable group had self-practice better than uncontrollable group at the 0.5 level of significance in 8 items : (1) bean intake (2) fruit or orange intake

(3) salt intake (4) rest after meal (5) take counsel with someone when needed (6) anxiety releasing through hobby or meditation (7) fetal movement observation and (8) self-practice while they had an headache, blur vision or epigastric pain

2. Both group of pregnant women reported the problems concerning their self-practice regarding to health personels was "lack of instruction" while the problems concerning themself were "the preference of certain kind of food" and "make themself scare from health personels"