

CHINTANA RODNUMPA: SELF HEALTH CARE OF THE AGED IN
BANGKOK METROPOLIS. THESIS ADVISOR: TEPWANEE S. HOMSANIT,
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The purposes of this research were to study and to compare self health care of the aged on the variables of sex and occupations of the aged. The sample size of 400 were randomly drawn from the 4,000 members of aged clubs in Bangkok District. The questionnaires were constructed and sent to the samples. The 349 questionnaires (87.25%) were returned. The obtained data were then statistically analyzed by means of percentages, means, standard deviations. The t-test and one-way analysis of variance were applied to determine the significant differences between means.

The findings were as follows:

1. Self health care of the aged were at the good level in all areas of nutrition, exercise, rest and sleep, drugs & narcotics and mental health.
2. The comparison of self health care of the aged between males and females revealed that there were statistical differences at the .05 level.
3. The comparison of self health care of the aged between different occupations revealed that there were no statistical differences at the .05 level.