

Abstract

Pregnant women working in food factories in Thailand should engage in appropriate health promoting behavior in order to reduce potential health risks for the mothers and their babies. The purposes of this descriptive research were to study such health promoting behaviors, and to investigate the factors that affect health promoting behaviors among pregnant women working in food factories in Saraburi Province. The Health Promotion Model was used as a conceptual framework for the study. The samples were 150 pregnant women working in food factories in Saraburi Province, drawn from a patient list using multi-stage random sampling. Questionnaires were used to collect data and were comprised of 7 parts: demographic data, health promotion behavior, perceived benefits, perceived barriers, perceived self-efficacy, social support, and environment. Data were analyzed using stepwise multiple regression analysis.

The results of the study demonstrated that the average score of health promoting behaviors of pregnant women working in the food factories in Saraburi Province was 190.39 (S.D. =15.93). Perceived self-efficacy, perceived benefits of health promotion, and social support were significant predictors of health promoting behaviors of these pregnant women at a significance level of .001, explaining 42.0 percent of the variance in health promoting behaviors ($F_{3, 146} = 35.191$).

The researcher suggests that further study for specific behavior, especially exercise, is necessary. Longitudinal study in order to investigate outcome deliveries may also help. Suggestions for changing policy in order to facilitate the promotion of appropriate optimum health behavior of pregnant women working in these factories are need.