

ABSTRACT

Title of Research Paper : Health Behavior of People in Ra-ngae District, Narathiwat Province

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The present research study aimed to examine the health behavior, the relationships among biological characteristics and background, the psychological characteristics, and the amount of health information received and health behavior of people in Ra-ngae District, Narathiwat Province. The data was gathered by using questionnaires. The statistics employed for data analysis were percentage, mean, standard deviation, t-test and F-test with statistical significance level of .05

The sample consisted of 260 people with the ages ranged from 18-60 years old, primary to secondary graduated, randomly selected by multistage sampling. The findings were :

The sample had the average 31 years of age. The large amount of them were female, Islamic and marriage status. Most sample had primary graduated, monthly income less than 3,000 baht, total family monthly allowance between 3,000-5,000 baht, and almost half of the family monthly income supported more than 5 members in his family.

The overall health behavior of the sample was found to be at good level, these composed of avoidance of harmful intake at good level, both eating and hygiene behaviors at moderate level.

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The relationships among biological characteristics and background, the psychological characteristics, and the amount of health information received and health behavior found that : sex, religion, attitude towards health behavior, life and health value, future-orientation and amount of health information received were statistically significance at the level of .05

Recommendation

Supporting female as the main group stimulated the family members and neighbors to concern their health promotion and health prevention program under the National Health Commandments. Many kinds of mass media such as television, radio, others publishing, include the health team were used to encourage frequently and continuously these people whom have received less and moderate amount of health information and also the group of moderate people having both eating and hygiene behaviors in order to build the good health attitude and intend to have the good health behavior.