

Thesis Title	The Relationship between Hardiness, Social Support and Self-Care Agencies among the Elderly
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ABSTRACT

The objective of this descriptive research was to find the relationship between hardiness, social support and self-care agencies among the elderly.

The sample consisted of 377 elderly between the ages of 60 and 89 years, living in the Banphotphisai area, Nakhonsawan province in Thailand. The multistage sampling method was used for the sample selection. The conceptual framework of Orem's Self Care Theory was used to guide the study. The research instruments were the following: a structured interview guide consisting of questions to collect demographic data and a scale to measure hardiness, social support, and self-care agencies. Data were collected by interviewing subjects individually and by analyzing the data to obtain frequency, percentage, mean, and standard deviation. The correlations among the variables were obtained by means of Pearson's product moment correlation coefficient and stepwise multiple regression.

The result of study revealed that the personal hardiness and the self-care agencies of the subjects were at a high level, 56.0% and 54.6%, respectively, while social support was at a moderate level 59.4%. The study concluded that there was a significantly positive relationship among hardiness and self-care agencies ($r = .73$, $p < .01$), social support, and self-care agencies ($r = .67$, $p < .01$). Hardiness and social

support were significant self-care agency predictors. The variance accounting for self-care agencies was 59 percent at a .001 level of significance ($R^2 = .59$, $p < .001$).

The findings suggest that the self-care agencies of the elderly depend on the social support they receive, and that the elderly who display personal hardiness and had good social support will also be good at self-care.