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LIEUTENANT COMMANDER PRANEE THONGPILA : A STUDY OF HEALTH
PROMOTING BEHAVIORS IN THE ELDERLY WITH HYPERTENSION. THESIS ADVISOR :
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Hypertension is one of the most important chronic conditions commonly found in older persons. Hypertension can exert a serious detrimental effect on the biopsychosocial well - being of the elderly. Health - promoting behaviors can contribute to decrease the negative impacts of hypertension and increase quality of life in the elderly. The purposes of this study were to examine the health - promoting behaviors and factors, benefits to action and perceived barriers to action, that contributed to health - promoting behaviors of the elderly with hypertension. A sample of 100 adults with hypertension and their ages ranged from 60 years and over participated in the study. All participants attended the hypertensive clinic at the out patient department, Siriraj, Chulalongorn, Phramongkutklao hospitals. The instruments included Health - promoting Behavior, Perceived Benefits, and Perceived Barriers. An interview format was used to control for potential problems associated with reading levels, poor eyesight, and fatigue. Data were analysed by using mean, standard deviation, and Pearson's Correlation.

The results revealed that overall health - promoting behaviors of the subjects were at a good level. Health - promoting behaviors of the subjects were at a good level. Health - promoting behaviors had a positively significant correlation with the perceived benefits ($r = .421, p < .001$) and had a negatively significant correlation with the perceived barriers ($r = -.440, p < .001$)

In summary, greater perceived benefits and increased perceived barriers can enhance health - promoting behaviors of the elderly with hypertension. This finding suggests that nurses should educate patients about the benefits of practicing health - promoting behaviors and help the patients them diminish the barriers they consider important.