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THIDA KIJJACHANCAIKUL : AN APPLICATION OF SELF EFFICACY THEORY WITH SOCIAL SUPPORT FOR SELF CARE AMONG ESSENTIAL HYPERTENSION PATIENTS IN KHAMTHALASO HOSPITAL NAKHONRATCHASIMA PROVINCE. THESIS ADVISORS : CHANCHAI YAMARAT M.S.P.H., NIPA MANUNPICHU M.A., ANCHALEE VONGTANGSWAD M. Ed. 176 P. ISBN 974-662-467-9

The main objective of this quasi - experimental research was to evaluate the effectiveness of a health education program which applies Self Efficacy Theory with Social Support for self care among essential hypertensive patients in Khamthalaso Hospital, Nokhonratchasima Province. The study group consisted of patients diagnosed with essential hypertension. Sixty-four patients participated in the designated program activities for 12 weeks. An interview questionnaire and physical examination record form were used for data collection. Frequencies, percentages, means, standard deviation, paired sample t-test and Pearson's Product Moment Correlation were used for data analysis.

The research shows that after intervention the samples had Significantly on greater knowledge, efficacy expectation, outcome expectation and self care in food control, exercise, stress relaxation and drug treatment than before the intervention ($p < 0.001$). Knowledge, efficacy expectation and outcome expectation were significantly correlated with exercise ($p < 0.001$) and efficacy expectation was significantly correlated with food control. In addition, the study group had decreased diastolic blood pressure. This health education program applying Self-Efficacy Theory was effective in altering self care behavior and suggests future benefits of similar programs for other chronic disease patients.