

3837035 PHPH/M : MAJOR : PUBLIC HEALTH NURSING ; M.Sc. (PUBLIC HEALTH)

KEY WORDS : HEALTH PROMOTION/HEALTH BEHAVIOR/PERIMENOPAUSAL WOMEN

SUKON VATTANAAMORN : EFFECT OF HEALTH PROMOTION PROJECT ON
HEALTH BEHAVIOR OF PERIMENOPAUSAL WOMEN IN BANGKRUI DISTRICT,
NONTABURI PROVINCE. THESIS ADVISORS : SOMCHAI TOONKOOL, M.S.N., SUMALEE
SINGHANIYOM, M.Sc., PRAYOTE WONGSA, F.R.T.C.O.G. 183 p. ISBN 974-662-209-9

Perimenopause is period of change in physical and mental condition of women. Changes in body and mind, together with poor health behavior can negatively affect women health. These negative effects can be prevented by promoting appropriate health behavior among perimenopausal women. This research had a quasi experimental design. The purpose of the research was to study the effect of a health promotion project on health behavior of perimenopausal women by an application of Pender's health promotion model and Roger's learning theory. The 80 subjects were perimenopausal women between 45-55 years old in Bangkrui district, Nonthaburi province surveyed in a during between June and August 1998. The sample was selected according to the specific criteria and randomized into an experimental and control group with 40 subjects in each group. The experimental group attended the health promotion project three times. This group participated in activities of discussion, demonstration, practice and reading of a handbook developed by researcher. The control group received the routine advice and the handbook. The data were collected before and after the intervention by interview.

After the intervention, the mean scores of menopause knowledge, perceived of self efficacy and health behavior change of the experimental group were significantly higher than before the experiment at a 95% confidence level ($P\text{-value} < 0.001$) and also higher than those of the control group ($P\text{-value} = 0.004, 0.160$ and < 0.001). The mean scores of perceived benefits of health behavior for experimental group were also significantly higher than their mean scores before the experiment at a confidence level of 95% ($P\text{-value} < 0.001$) but not significantly higher than those of the control group at a confidence level of 95% ($P\text{-value} = 0.155$). The mean scores of perceived barriers of the experimental group were significantly lower than their mean scores before the experiment and also as compared to those of the control group a confidence level 95% ($P\text{-value} < 0.001$). The result show that this health promotion project helped perimenopausal women acquire knowledge and undertake appropriate health behavior. Thus, this project should be offered to other perimenopausal women to prepare them for healthy aging.