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M.Sc (PUBLIC HEALTH)

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HYPERTENSION PREVENTIVE BEHAVIORS

ANUCHA NINYOO : THE APPLICATION OF THE PROTECTION MOTIVATION
THEORY WITH SOCIAL SUPPORT TO IMPROVE HYPERTENSION PREVENTIVE
BEHAVIORS AMONG 40-59 YEARS OLD PEOPLE IN CHAIBADAN DISTRICT,
LOPBURI PROVINCE. THESIS ADVISORS: SOMJIT SUPANNATAS, M.P.H. Dr.
BOONYONG KEIWKARNKA, M.P.H., Dr. P.H. PARANEE VATANASOMBOON, B.N., M.Sc.
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Hypertension is a chronic non-communicated disease which cannot be cured at present but can be controlled and prevented through extensive change in lifestyle on self-care behavior. The main objective of this quasi-experimental research is to study the effectiveness of a health education program by applying Roger's Protection preventive behaviors. The study group consisted of 80 subjects, including both males and females, 40-59 years of age, in Chaibadan district, Lopburi province. The subjects have a history of border-line hypertension as recorded in previous annual physical examinations and never had drug treatment. The sample was divided into the experimental and comparison group, with 40 subjects in each. The experimental group underwent the 12-week health education program. Data collection was conducted before and after the program implementation by using an interview questionnaire. In addition, blood pressure level and body weight were recorded. The percentage, mean, standard deviation, Student's t-test, Paired Sample t-test, Z-test and Pearson's Product Moment Correlation were performed for data analysis.

The result shows that after the experimental group participated in the health education program the members had higher perceived severity, susceptibility, self-efficacy, response efficacy, intention to act and preventive behavior for hypertension than before and better than the comparison group. This difference was statistically significant at $p\text{-value} < 0.001$. It was also found that blood pressure levels of the experimental group were decreased significantly after enrollment in the program, more than those of the comparison group members. Thus, this health education program should be applied to other similar groups at risk of hypertension.