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CHANPEN PONGMA: FACTORS AFFECTING HEALTH PROMOTING
BEHAVIOR AMONG MENOPAUSAL FEMALE TEACHERS OF DEPARTMENT OF
VOCATIONAL EDUCATION IN BANGKOK. THESIS ADVISOR: VASON SUTPASUWAN
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The purpose of this study was to identify the factors affecting health promoting behavior among 270 menopausal female teachers working at various vocational colleges in Bangkok. Self administered questionnaires, constructed under the concept of Pender's Health Promotion Model, were used for data collection.

The findings showed that menopausal status, body mass index and physical fitness were significantly related to health promoting behavior ($p < 0.05$). Perception of benefit from action, barrier to action, self efficacy, interpersonal influences, situational influences, commitment to a plan of action, immediate competing demands and preferences were also significantly related to health promoting behavior ($p < 0.001$). It was also found that health promoting behavior accounted for perceived benefits from action, perceived barrier to action, perceived self-efficacy, situational influence, commitment to a plan of action, immediate competing demands and preferences. In addition, immediate competing demands and preferences, perceived self-efficacy, commitment to a plan of action and situational influences were the best determinants of health promoting behavior, predicting 22.8 percent of variance.

Regarding to the results, menopausal female teachers should be provided with a more supportive system from the Department of Vocational Education policy and health care personnel. Moreover, health education program strategies should be considered as a participatory action program by menopausal female teachers themselves.