

3736559 PHPH / M : MAJOR : HEALTH EDUCATION ; M.Sc. (PUBLIC HEALTH)

KEY WORDS : MENOPAUSE SYMPTOMS / HEALTH PROMOTING BEHAVIOR

WANLADA LAOKOBKUL : AN APPLICATION OF PENDER' S HEALTH PROMOTION MODEL TO PROMOTE HEALTH BEHAVIOR AMONG PREMENOPAUSAL WOMEN IN MUANG DISTRICT OF CHONBURI PROVINCE. THESIS ADVISOR : VASON SILAPASUWAN, M.P.H., Dr.PH., PRAPAPEN SUWAN M.S., PH.D., NIMIT TAECHAKRAICHANA, B.Sc., MD. 171 p. ISBN 974-662-506-3

Menopause is a critical time for middle-aged women who are facing physical, mental, social and family changes including osteoporosis and arteriosclerosis problems. If middle-aged women have desirable health behavior, their lives will keep on going with happiness.

The main objective of this quasi-experimental design was to examine the effectiveness of applying Pender's Health Promotion Model to a health promotion program for premenopausal women. The 80 premenopausal women were sampled; half were assigned as the experimental group and half as the comparison group. The experimental group participated in the health education program. Interview techniques with structured questionnaires were used for data collection before and after the research.

The results of this study showed that the health education program, which applied the Pender's Health Promotion Model, could significantly enhance the health behavior and perception of premenopausal women. It was also found that there were significant relationships between health promoting behavior and perceived health status, perceived self-efficacy, perceived benefits of health-promoting behaviors, perceived barriers to health-promoting behaviors and education level. It is recommended that a health education program that applies Pender's Health Promotion Model should be provided to other groups of premenopausal women.