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BELIEF MODEL ON OSTEOPOROSIS PREVENTION BEHAVIOR AMONG  
PREMENOPAUSAL WOMEN IN UTHONG DISTRICT, SUPHANBURI PROVINCE.

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The purpose of this quasi-experimental research was to determine the effects of the application of Health Belief Model on osteoporosis prevention behavior among premenopausal women in Uthong District, Suphanburi Province. The sample consisted of 60 females, aged 40-55, who had normal menstruation. The sample was divided equally into two groups: the experiment and the comparison groups. The experiment group participated in group work once a week for three weeks, and met again on week sixth of the study. Participants of the experiment group also received a handbook and exercise record in order to keep records of exercises. The comparison group received normal services from the health clinic. Interview technique with structured questionnaires and physical examination records were used for data collection. Percentage, mean, standard deviation and statistical analysis by t-test and paired t-test were applied in the data analysis.

The results show that the application of Health Belief Model could cause a significant increase in perceived susceptibility to osteoporosis, perceived severity of osteoporosis, perceived benefit minus the barriers of osteoporosis prevention behavior and osteoporosis prevention behavior (blood pressure, pulse, and flexibility). The results of this study suggest that this design may be suitable for other groups of premenopausal women.