Thesis Title   Relationship   among   Personal Factors
                        Social Support and Life Style of the Elderly

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Abstract

The main purpose of this research was to study the relationship among personal factors, social support and life style of the elderly. The research subjects consisted of 120 males elderly selected by multi-stage sampling from Sriwichai precinct, Chiang Mai province. The samples were selected from the elderly who met criteria for conclusion. The instrument used for data collection was an interview form consisted of three parts : demographic data, life style form adapted from life style and health habits assessment of Pender & Pender, and social support form adapted from social support of Cobb, Schaefer & et al., which translated in Thai by Natenapa Khupantavee. Content Validity was examined by specialists and reliability was obtained by means of alpha Cronbach

efficient. The value obtained for life style form was 0.80 and social support form was 0.91

The data was analyzed by SPSS / PC$^+$ program using frequency, percentage, mean, standard deviation, point - biserial correlation coefficient, Pearson's product moment correlation coefficient, and stepwise multiple regression.

The results of the study revealed that :

1. Most of the samples were 60 - 64 years old, married primary school education, and retired with income over 7,000 bahts per month. Source of income was from working. Most of the samples were local people of Chiang Mai. They had some medical problems especially hypertension. They smoked cigarrett and drank alcohol.

2. Life style of the elderly was in the middle level.

3. There was positive statistically significant relationship (p <.01) between marital status and life style at low level. There was positive statistically significant relationship (p < .001) between educational level and life style at low level. There was positive statistically significant relationship (p<.001) between income and life style at middle level. There was positive statistically signifi cant relationship (p<.05)between alcohol consumption and life style at low level. There was positive statistically significant relationship (p<.001) between social support and life style at high level. Age, medical problems, and cigarrett smoking did not correlate with

style.

4. Social support of the elderly was in the middle level.

5. Social support and income could predict life style at .0001