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YUPHIN HONGWACHIN : THE APPLICATION OF SELF-EFFICACY AND GOAL
SETTING THEORIES FOR BLOOD PRESSURE CONTROL OF HYPERTENSION
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The main objective of this quasi-experimental research is to control blood pressure of hypertension patients by applying self-efficacy and goal setting theories to develop a health education program. The study group consisted of patients who were diagnosed as essential hypertension. There were 99 patients, of which 51 were assigned to the experimental group and 48 were assigned to the comparison group. The experimental group participated in the designated program activities for 12 weeks and the comparison group received a regular health education program. Data was collected by using interviewing techniques and questionnaires, including the use of the record forms. Frequencies, percentages, arithmetic means, standard deviation, Student's t - test, and Paired samples t - test, were used for data analysis.

It was found that after the experiment, the experimental group gained a statistically higher level of the mean scores on the perceived self-efficacy, out-come expectations and practices regarding eating, exercise and stress relaxation than the control group. The experimental group could also decrease blood pressure and weight more than the comparison group. This study reveals that applying self-efficacy and goal setting theories produced positive changes in the blood pressure control. Thus, this type of health education program should be applied to hypertension clinics in other hospitals.