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/ PRIMIPARAS

VENUS CHATCHALAWLUCK : THE EFFECT OF PARTICIPATION IN A
TRAINING PROGRAM ON SELF - MANAGEMENT DELIVERY SKILLS AMONG
PRIMIPARAS GIVING BIRTH AT THE MATERNAL AND CHILD HOSPITAL ,
HEALTH PROMOTION CENTER REGION 4 IN RATCHABURI. THESIS ADVISORS :
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Giving birth for the first time is a traumatic experience involving a crisis of the body, mind and emotion of the new expectant mother (primipara). Health promotion through health education could help these women through this difficult period. This study examines the effects of a training program designed to lessen the problems of the first delivery. This program was based on skill developments self - management, and connectism theory. Eighty primiparas attending ante - natal care and giving birth at the Maternal and Child Hospital were randomly selected as experimental and comparison groups with equal number. An interview technique with the structured questionnaire was used for data collection before and after intervention.

The findings showed that the training program could significantly increase the knowledge and delivery skills (p -value < 0.05), but could not reduce delivery anxiety. In addition, it was found that self - management delivery skills among primiparas attending training significantly increased knowledge and delivery skills (p -value < 0.05), if not delivery anxiety. The number of normal deliveries and perceived delivery experiences were not increased. It is recommended that this program can be applied in other hospitals, but it should put more effort in decreasing anxiety and to increase positively perceived delivery experiences among primiparas.