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Menopause has an impact on physical, mental and social well-being of women. Leading a healthy life, could improve menopausal women's health patterns, thereby alleviating the adverse menopausal effects. The purposes of this study are to study health patterns of menopausal women and to determine whether educational level, family income, marital status, severity of menopausal symptoms and social support affect menopausal women's day to day functioning . The sample comprised of 200 women who had gone into menopause for over one year, and who were employees and government officials in the Royal Thai Navy. The questionnaires used in the study included demographic data, menopausal symptoms evaluation form, social support and health patterns questionnaires. Data were analysed in percentage, mean, standard deviation, Pearson's Product Moment Correlation Coefficient and stepwise multiple regression.

The result of this study demonstrated that the health patterns of menopausal women were at a high level. The social support could predict 14.70 percent of health patterns of the menopausal women at ( $p < .01$ ), and the educational level could predict up to 16.60 percent with statistical significance at (.05).

The study suggested that nurses and other responsible agencies should be concerned with promoting appropriate health patterns and social support, in order to improve effective health patterns for menopausal women.