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DOUNGJAI SRION : APPLICATION OF GOAL SETTING THEORY FOR THE
IMPROVEMENT OF HYPERTENSIVE PATIENTS' BEHAVIORS AT SAMUTSAKORN
HOSPITAL . THESIS ADVISOR: NIRAT IMAMEE, M.P.H., Ph.D.; PRAPAPEN SUWAN,
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The main objective of this quasi-experimental research was to improve hypertensive patients' behaviors by applying goal setting theory to develop a health education program. The study group consisted of 100 patients who were diagnosed as having essential hypertension. Fifty of them were randomly assigned to the experimental group and 50 patients were assigned to the comparison group. The experimental group participated in the designated program activities for 16 weeks. Data were collected using interviewing questionnaires and goal setting record forms.

It was found that after the experiment, the experimental group gained a statistically higher level of the mean score on the knowledge and perception about hypertension than before experiment. Their post-test scores were also higher than the comparison group. Practices of experimental group regarding eating, exercise, stress management and taking medication were also found to be better after the experiment. This group could decrease diastolic blood pressure more than the comparison group. This study showed that the goal setting theory can produce positive changes in the knowledge, the perception and the practices about blood pressure control. Thus, this type of health education program should be applied for hypertension clinics in other hospitals.