

Thesis Title                    The Relationship between Knowledge of Health Care  
   and Self-Care Behavior in School-aged Children  
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#### ABSTRACT

Self-care is the basic behavior leading to good health. The individual who can perform self-care must have self-care knowledge and skillfull practices. The school-age children who have both healthy body and intellectual thinking about health care can perceive the behavior of good health. The health statistic of children in Pratumsuksa level was that their health problems can be prevented if the children have good self-care. The objective of this study is to indentify the relationship between knowledge of health care and self-care behavior of school-age children.

The samples was 204 pairs of children and mothers. The school-age children were in the educational year of 2533-2534, age 8-13 years, studying in pratumsuksa 3 to 6 of Pratumsuksa Department Pitsanuloke Province. Data was collected by using questionnaire which consisted of demographic data, knowledge of health care, and self-care behavior

of school-age children. SPSS<sup>x</sup> program was utilized to analyze the data. Pearson's product moment correlation coefficient was used to determine the relationship between knowledge of health care and self-care behavior of school-age children.

The following are the conclusion. There is positive correlation between knowledge of health-care and self-care behavior of school-age children ( $r=.4014$ ,  $P<.001$ ). A statistically significant correlation was seen between types of family and self-care behavior of school-age children ( $r=.1441$ ,  $P<.05$ ).

Based on the results of this study, the school-age children should be provided with the knowledge about drinking water, eating vegetables and fruits, and illness cause by uncooked food. School-age children also need to be encouraged on the self-care behavior, specifically in, sleeping at least 9 hours and having meat, eggs, vegetables and fruits everyday. Further research is recommended to study the effect of different pattern of self-care behaviors on health status of children.