

Thesis Title The Relationship among Perception of Disease,
 Social Support and Self-Care Behavior in
 Pregnancy Induced Hypertension Patients

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ABSTRACT

Self-Care is one of the most significant concepts in caring pregnancy-induced hypertension patients since it is an effective measure to promote health for pregnant woman. However, in order to maintain good self-care, the patients should have proper perception of disease in various aspects, i.e., disease susceptibility, seriousness of disease and benefits and barriers of taking action in prevention of disease. These perceptions are bases for understanding the disease which will increase the person's motivation, skill and learning process for self-care behavior. Besides perception of disease, it is expected that social support could be an important factor which may affect the patient's self-care behavior. Thus, the researcher was interested in studying the relationship among perception of disease, social support and self-care behavior in pregnancy-induced hypertension patients by using Orem's Self-Care theory as theoretical framework. The sample was composed of 200 pregnancy-induced hypertension patients who attended at high risk clinic for antenatal care at Siriraj hospital.

Wajavithi hospital, Chulalongkorn hospital and Somdejphrapinklao hospital. Data were collected by using three sets of questionnaires, i.e., Perception of disease, Social Support and Self-Care behavior questionnaires. Statistical techniques were implemented in the process of data analyses including Pearson's product moment correlation coefficient and the stepwise multiple regression.

The results are as follows :

1. There was a significantly positive correlation between perception of disease and self-care behavior at the .001 level ($r = .4096$).

2. There was a significantly positive correlation between social support and self-care behavior at the .001 level ($r = .4853$).

3. The result of the stepwise multiple regression analyses showed that 27.04 percent of the variances of self-care behavior was accounted for by two significant predictors, i.e., social support and perception of disease. The regression equation in raw scale was as follows.

$$\hat{Y} \text{ (SCB)} = 93.2986 + .26193 \text{ (SS)} + .19286 \text{ (P)}$$

The result of this study indicated that pregnancy-induced hypertension patients who had good perception of disease demonstrated good self-care behavior. Pregnancy-induced hypertension patients who had good social support also demonstrated good self-care behavior. Thus, the recommendations for nursing practice are suggested as the following: Nurse should be aware of the importance of promoting and developing these patients' social support in order to assist their self-care behavior. Furthermore, nurses should provide knowledge, counseling and information to these patients in order to improve their perceptions which will promote their self-care behavior and, in turn, will result in good health for both mothers and babies throughout their pregnancies.