

Thesis Title The Relationship between Selected Factors, Self-Care Behavior and Quality of Life in SLE Patients

Name Bussaba Tantisak

Degree Master of Science (Nursing)

Thesis Supervisory Committee

Bangorn Pholnuangma B.Sc., M.S.

Sasima Kusuma Na Ayuthya B.sc., M.S.

Wannee Satayawiwat B.sc., M.Ed.

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### ABSTRACT

Systemic lupus erythematosus (SLE) is a chronic incurable disease. The suffering from the disease and the undesired outcome of the treatment decrease the patient's quality of life. If the patient performs the accepted self-care behavior persistently, they eventually can control signs and symptoms of the disease to be in the remission period. Some basic conditioning factors which differ in each individual also have some influences toward self-care behavior. The patient who can control the disease will be promoted to rest content and own a favorable quality of life. Thus, the researcher was interested in studying the relationship between selected factors, self-care behavior and quality of life in SLE patients. The sample was composed of 160 patients who followed up at renal disease unit, autoimmune clinic in the out patient department at Siriraj hospital and rheumatological medicine clinic in the out patient department at Pramongkutklao hospital. The data were collected by using three sets of

questionnaire, i.e., demographic data, self-care behavior and quality of life questionnaires. Statistical techniques were implemented on the process of data analysis, including percentage, arithmetic means, standard deviation, Pearson's product moment correlation coefficient and the stepwise multiple regression.

The results were as follows :

1. Most patients have good quality of life.

2. Most patients have good self-care behavior, especially developmental self-care requisites and health deviation self-care requisites but their universal self-care requisites are in moderate level.

3. There was a significantly positive correlation between age and self-care behavior at the .01 level. ( $r = .2436$ )

4. There was a significantly positive correlation between marital status and quality of life at the .05 level. ( $r = .2316$ )

5. There was a significantly positive correlation between monthly income and quality of life at the .01 level. ( $r = .2749$ )

6. There was a significantly positive correlation between self-care behavior and quality of life at the .01 level. ( $r = .4288$ )

7. The results of the stepwise multiple regression analysis showed that 23.28 percent of the variences of quality of life was accounted for by two significant predictors, i.e., self-care behavior and monthly income.

The result of this study indicated that SLE patients with good self-care behavior had good quality of life. Futhermore, age, marital status and monthly income as a selected factors, influence self-care behavior and quality of life. Thus, the recommendations for nursing practice are suggested that nurses should realize the

importance of the integration of self-care in the health education program. And some basic conditioning factors which influence self-care behavior should be considered in order to promoted the quality of life in SLE patients.