

Thesis Title The Relationship of Demographic Characteristics, Perceived Health Status and Perceived Control of Health on Lifestyle of the Elderly in Angthong Province.

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ABSTRACT

The objectives of this thesis was to study about lifestyle, perceived health status, and perceived control of health, to compare the lifestyle scores between demographic characteristics and to study about the relation of those factors on lifestyle of the elderly in Angthong Province. The sample consisted of 400 elderly in Angthong Province. The data were collected by individual interviewing between 21 June and 30 August B.E. 2535 and were analyzed by using the SPSS^{*} program. The statistics included: frequencies, percentage, arithmetic mean, standard deviation, One way analysis of variance, Chi-square, Pearson's product moment correlation coefficient, and Stepwise multiple regression analysis.

The results were found that most of the elderly (79.1 %) had moderately composite lifestyle scores. Most of them (70.2 %) had highly perceived health status scores, 78.8 % had highly perceived

control of health by internal locus of control scores, 41.2 % had moderately perceived control of health by powerful others scores, and 58.8 % had highly perceived control of health by chance scores. The factors that caused statistically significant difference in composite lifestyle scores were sex, age, education, marital status, incomes of the elderly and elderly's living area. There were statistically significant correlations between sex, age, education, marital status, incomes of the elderly, elderly's living area, perceived health status, perceived control of health by internal locus of control, perceived control of health by powerful others, perceived control of health by chance and composite lifestyle of the elderly. The result of stepwise multiple regression analysis revealed that 38.2 % of the variance was explained by perceived health status, education, incomes of the elderly, perceived control of health by powerful others, and perceived control of health by chance.

The result from this thesis suggested that for longevity and quality of life of the elderly should be promoting good lifestyle especially exercise of the elderly.