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FLIGHT LIEUTENANT JIRAWAN INKOOM: A STUDY OF HEALTH -
PROMOTING BEHAVIORS IN THE ELDERLY WITH CORONARY ARTERY
DISEASE. THESIS ADVISOR: SOMPAN HINJIRANAN, M.S., KANJANA
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An increase in the number of elderly with coronary artery disease has caused motivation of health-promotion in the elderly for improving quality of life to be more important. The research on health-promoting behaviors in the elderly with coronary artery disease has been conducted to study the behaviors of the elderly, to investigate the relationship between the behaviors and interpersonal and situational influences, and to predict the behaviors with respect to personal factors, interpersonal and situational influences. The elderly coronary patients who attended the outpatient department of the Siriraj, the Bhumiboladulyadej, and the Rajvithi hospitals were purposively sampled. One hundred and twenty subjects were interviewed using the form that consists of personal data, health-promoting behaviors, interpersonal and situational influences. The data was statistically analyzed to compute percentage, means, standard deviation, Pearson's Product Moment Correlation coefficient, and the stepwise multiple regression.

The study results show that the overall health-promoting behaviors of the elderly with coronary artery disease have favorable score. Especially, health-promoting behaviors on nutrition and responsibility of health care are at very good level. However, health-promoting behaviors on physical activities are still not at the favorable level. Further study indicates that the health-promoting behaviors have positive correlation with interpersonal influence and situational influences with the statistically significant level of .001 ($r = .3703$ & $.3041$, respectively). Meanwhile, the stepwise multiple regression revealed that 32.39 percent of variance of health-promoting behaviors are significantly affected ($p < .001$) by interpersonal influences, level of education, situational influences and duration of sickness.

The results of this study indicate that interpersonal influences, level of education, situational influences and duration of sickness are major factors that positively affect the health-promoting behaviors of elderly coronary artery patients. It is recommended that motivation of health promotion for the patients should be properly planned and executed based on those four factors, especially physical activity. In addition, persons in patient's family should pay more attention to enhance the health promotion program.