

3836683 PHPH/M : MAJOR : HEALTH EDUCATION : M.Sc. (PUBLIC HEALTH)

KEY WORD : HEALTH EDUCATION PROGRAM/HEALTH PROMOTION
BEHAVIORS/SELF-EFFICACY/SOCIAL SUPPORT/MENOPAUSAL
WOMEN

SIRIMA KHEMAPECH : THE EFFECTIVENESS OF HEALTH EDUCATION
PROGRAM APPLYING SELF-EFFICACY THEORY AND SOCIAL SUPPORT ON
HEALTH PROMOTION BEHAVIORS AMONG MENOPAUSAL WOMEN,
MENOPAUSE CLINIC IN POLICE GENERAL HOSPITAL, BANGKOK. THESIS
ADVISOR:ROONGROTE POOMRIEW, Ph.D, BOONGYONG KEIWKARNKA Dr.P.H.,
SUPREYA TANSAKUL M.Ed. 207 p. ISBN 974 -589-807-4

The purpose of this quasi-experimental study is to determine the effectiveness of health education program applying Self-Efficacy theory and Social Support on health promotion behaviors among menopausal women who attended menopause clinic in Police General Hospital. Eighty menopausal women were simple randomly selected to be the sample of the study. There were 40 subjects in the experimental group and 40 subjects in the comparison group. The experimental group received the health education program applying Self-Efficacy theory and Social Support through 12 weeks from 21th October 1997 to 13th January 1998. Statistical analyses were done using Paired Samples t-test, Student's t-test, Z-test, Pearson's Product Moment Correlation Coefficient and Fisher's Exact test.

The results reveal that the experimental group had statistically significantly in better knowledge, perceived self-efficacy, outcome expectation, health promotion behavior, Body Mass Index, pulse rate, blood pressure and cholesterol level than at the pretest period and better than the comparison group ($P < 0.05$). It was also found that knowledge, perceived self-efficacy, outcome expectation, age, menopausal period and self care experience were significantly correlated to health promotion behavior ($P < 0.001$). These results indicate that a health education program with application of Self-Efficacy theory and Social Support could improve health promotion behaviors. This program should be extensively provided for other menopausal women.