

Thesis title            The Study of Health Behavior in Peptic Ulcer  
Patients

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### Abstract

Peptic ulcer (P.U.) is one of the significant problems in Thailand. The main problem of P.U. is not the severity of disease but is the economic lost due to the antipeptic drug is expensive. Besides, the complication of P.U. is so severe that the patient could die or at least could have chronic health problem especially GI Bleeding. The mentioned problems could be avoided since the prevention of peptic ulcer is possible. Moreover, the control of disease can be achieved by performing appropriate health behavior.

The purpose of this study was to investigate health behavior and to study the correlation between health belief, demographic factors and health behavior related to peptic ulcer. The sample was composed of 120 patients with the diagnosis of peptic ulcer who still have symptoms of disease, and were followed-up at the out-patient department or were admitted in the medical or general surgical wards at Siriraj

Hospital, Ramathibodi Hospital and Chulalongkorn Hospital.

Data were collected by using the structured-interviews and questionnaire. The structured-interview was used to collect demographic data and health behavior related to peptic ulcer while health belief was collected by questionnaire. Data was analysed by using percentage, mean, standard deviation, Pearson's product moment correlation coefficient, multiple correlation coefficient and stepwise multiple regression analyses to test three hypotheses.

The results were as follows :

1. Most of the sample were men, 21-60 years old with the elementary education and the monthly income was 4,000 baht or lower, and free from complication.
2. Most of the mean score of health behavior was more than 3.0. The best behavior was avoid drinking coffee and avoid eating analgesic which composed of aspirin. The behavior which should be approved was stress management, self care and compliance.
3. There were significantly positive correlations between sex, health belief and health behavior at the .001 respectively.
4. The results of stepwise multiple regression analysis showed that 21.66 percent of the variance of health behavior was accounted for by three predictors, i.e., sex, health belief and age. The regression equation in raw score was as follows :

$$\hat{Y}_{(\text{Behav})} = 39.8 + 6.28(\text{Sex}) + .22(\text{Belief}) + .112(\text{Age})$$

On the basis of this study which demonstrated that peptic ulcer patient with good health belief acquired health behavior; the recommendations are that the results of this study should be introduced to nurse both in service and education sectors so that they can realize the factors influencing the patient's behavior. And since the majority of sample was the industry and construction workers with low income so these group of patient should be the target population of behavioral modification.

This study should be repeated by comparing health behavior between person who have different socioeconomic status.