

Thesis Title Effects of Health Behavioral Modification
 in Primiparous During Yu-Fai

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ABSTRACT

The objectives of this quasi-experimental two group pretest-Posttest research design were to study the effects of instructing and provided knowledge for health behavior during Yu-Fai and its complication in primiparous women; to investigate the association between the different levels of knowledge about how to behave themselves, the belief of health care as well as a complication, and the levels of mother's health behavior during Yu-Fai; to ensure what level of health behavior during Yu-Fai were certainly related to the complication and to emphasize on the problems and obstacles found in the traditional Yu-Fai.

Each of the sample consisted of 46 primigravidarum who came to receive Ante-Natal Care and delivered at Surin Hospital. In addition to the usual given service at the Ante-Natal Care Section and Post Partum Care Section, the experimental group was given instruction and provided knowledge and confidence in taking care of their own health by the researcher. Data were collected during April - August 1991. The instruments of this study consisted of teaching plans, question-

naires, health behavioral recording form during Yu-Fai. The information was collected two times, i.e. interviewing before delivery at the hospital, interviewing include observation and physical checking at the end of Yu-Fai process at home.

The results of the control group reveal that except the belief on how the complication occurred which was statistically gained more at the end of Yu Fai ($p\text{-value} = 0.020$), the difference of the knowledge on how to behave themselves during Yu Fai and belief in health care of the control group at the beginning and the end of program were not statistically significant ($p\text{-value} > 0.05$).

For the experimental group, it was found that at the end of program they gained higher knowledge on how to behave themselves, more belief in health care during the process of Yu-Fai and more belief about how the complication occurrence too, than before being advised with statistically significant ($p\text{-value} < 0.05$). The comparison of two groups show that the experimental group gained more knowledge to behave themselves, more belief in health care during the process of Yu-Fai and more health belief about the complication than the control group with statistically significant ($p\text{-value} < 0.05$). About the health behavior during Yu-Fai, it was found that the experimental group had performed both the procedure and health care during the process of Yu-Fai better than the control group at $p\text{-value} < 0.05$. Beside the experimental group who had better behavior suffered less complication than those who had not, at $p\text{-value} < 0.05$. The period of Yu-Fai had significantly associated with fireburnt wound ($p\text{-value} < 0.05$) and it was found that the appropriate period for Yu-Fai was 6 days. And the practice of lying on one side and then not frequently rolling to another during the day was significantly associated to the puerperal sepsis ($p\text{-value} < 0.05$). The problems and obstacles were found from the mothers themselves were the senior or old-aged relatives and the public health personnel. There were the lack of confidence about self care without the supervision of care from health personnel, deep-rooted belief on the old traditional Yu-Fai and lack of knowledge on how to perform Yu-Fai properly by the mothers themselves.