Thesis Title	The Relationship between Self Concept, Social Support and Self-Care Behavior in Adolescent Pregnant Women
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Date of Graduation   18 August B.E.2536 (1993)

ABSTRACT

Adolescent pregnant women always face with problems in adapting themselves during pregnancy period. Thus, it is necessary to promote self-care abilities for this group of women. However, there are various factors which may influence self-care abilities of these pregnant women. Self-concept of the person in one of the factors that may influence self-care abilities since people with positive self-concept should have high motivation and interest to perform effective self-care behavior. Social support is another factor that may facilitate and influence self-care behavior of the person as well. Thus, the researcher is interested in studying the relationship between self-concept, social support and self-care behavior in adolescent pregnant women by using Orem's self-care theory as theoritical framework. The sample was composed of 200 adolescent pregnant

women who attended at antenatal unit, out patient department at Siriraj hospital. Data were collected by using three sets of questionaires, i.e., Self-Care Behavior, Social Support and Self Concept questionaires. Statistic techniques were implemented in the process of data analyses including Pearson's product moment correlation coefficient and the stepwise multiple regression.

The results were as follows :

1. There was a significantly positive relationship between self concept and self-care behavior at the .001 level (r=.3270)

2. There was a significantly positive relationship between social support and self-care behavior at the .001 level (r=.2985)

3. The result of the stepwise multiple regression analyses showed that 15.56 percent of the variances of self-care behavior was accounted for by three significant predictors, i.e., self concept marital status and social support. The regression equation in raw score was as follows.

$$\hat{Y}(SCB) = 76.7129 + .0562(SC) + 4.1423(MS) + .1015(SS)$$

As the result of this study, it was indicated that adolescent pregnant women who had higher score in self concept and social support demonstrated better self-care behavior. Thus, the recommendation for nursing practice is suggested that nurses should promote self concept and develope social support among adolescent pregnant group, in order to improve their self-care behavior. Good and effective self-care behavior will, in turn, help promoting better health for both the mother and the infant througout pregnant period.