

THESIS TITLE : THE EFFECT OF HEALTH EDUCATION PROGRAM BASED ON
SELF HELP GROUP ON SELF CARE BEHAVIORS OF
MENOPAUSE WOMEN

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Abstract

This study was a quasi-experimental research to investigate the effect of the health education program based on self-help group on self care behaviors of menopause women. The samples were 48 women aged 45-54 from two villages in Thepsathit District, Chaiyaphum Province. 24 women from village 1 were the experimental group, and the other 24 from village 2 were the control group. The experimental group participated in the health education program based on self-help group three times and were given a self-care manual for menopause women. The control group did not participate in the program. The data were collected with the questionnaire determined by Cronbach's Alpha Coefficient. The reliability was 0.76.

With the experimental group, data were collected before the subjects participated in the program. After that, they participated in the program three times at weekly interval. Then data were collected again four weeks later after the experiment was done. With the control group, data were collected before and after the experiment in seven weeks interval. The data were analyzed in terms of percentage, mean, standard deviation, and t-Test

The findings were:

1. After the experiment, the mean score on self-care behaviors of the experimental group was higher than that of the control group at the significance level 0.05.
2. The mean score on self-care behaviors of the experimental group after the experiment was higher than that before the experiment at the significance level 0.05.

The findings implied that the health education program based on self-help group with the emphasis on sharing and learning from the experiences for solving problem could help the menopause women adjust and change their self-care behaviors properly. The recommendation is that the health personnel should apply the health education program as a strategy for promotion health for menopause women.