

Thesis Title Self Concept Social Support and Self-care
Behavior of Elderly Persons in Muang
District Sisaket Province

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Date of Graduation 19 May B.E 2540 (1997)

ABSTRACT

The objective of this research was to study the relationship between , and the prediction ability of the factors age, status, education, income, self concept, social support and self-care behavior in elderly through the comparision of the factors. self concept, social support and self-care behavior were also studied. The sample group was elderly persons in Muang District, Sisaket Province. The first group included the elderly persons who were members of the elderly association. This purposive sample consisted of 103 persons. The second group included the elderly persons who were not members of the elderly association or another association. This systematic sample consisted of 103 persons. Sum of the studied samples was 206 elderly persons. Data was

collected by interviewing from three questionnaires: self concept, social support and self-care behavior. It was analyzed by using the SPSS/PC⁺ program. The statistical tests used included frequencies, percentage, arithmetic mean, standard deviation, t-test, Pearson Product Moment Correlation and Stepwise multiple regression analysis.

The results showed that the levels of all studied categories of self concept, social support and self-care behavior of the elderly in Muang District were moderate. Comparision of self concept, social support and self-care behavior between the two sample groups of elderly by t-test found that the elderly who were members of the elderly association had social support higher than the elderly who were not members of the association ($p\text{-value}=0.04$) but there was no difference between self concept and self-care behavior. The correlation between variables found that factors which had positive statistical significance with self-care behavior of elderly persons were education ($r=0.171, p\text{-value}<0.01$), income ($r=0.223, p\text{-value}<0.001$), self concept ($r=0.491, p\text{-value}<0.001$) and social support ($r=0.640, p\text{-value}<0.001$). The result of Stepwise multiple regression analysis showed that 41.01 percent of the variance of self-care behavior was accounted for by only one significance predictor: social support.

The results from this research suggest that self concept, and social support can be demonstrated by self-care behavior. Thus, the recommendation is to promote and support elderly committees or associations in districts and villages. This should develop social support and self concept among elderly persons groups, in order to improve their self-care behavior. Good and effective self care behavior will, in turn help better health for Quality of life of the elderly.