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| Thesis Title | The Relationship Between Hope and Health - Promoting Behaviors in Clients With HIV Infection |
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Abstract

Even though HIV is one of most serious, high rate and rapidly spread infections, there are no vaccines for treatment of this particular disease. It has physical, psycho-social, emotional and hope effects in clients with HIV infection and affects health-promoting behaviors. This purpose of study was interested in the relationship between hope and health-promoting behaviors and factors which predicted health-promoting behaviors in clients with HIV infection. The sample was composed of 110 HIV infected clients who came for treatment at the counselling clinic at Somdejprapinkhlao, Vajira and Taksin Hospital. Data were collected by using two sets of questionnaires, i.e., demographic data, health-promoting behaviors and data of hope. Statistical techniques were implemented in the process of data analysis by using SPSS program for Stepwise Multiple Regression.

The results were as follows.

1. The overall mean scores of health-promoting behaviors in clients with HIV infection were at good level. There were two sections, sense of purpose and sleep patterns which were at excellent level, but the other sections were at good level. There were categories of health-promoting behaviors that were at moderate level, i.e., the time management of exercise, relaxation each day, consulting a trusted person about their suffering and talking to another person while waiting for treatment.

2. The overall mean scores and section of hope in clients with HIV infection were at high level. Categories of hope were at moderate level, i.e., have something good occurring in life, the clients with HIV infection able to plan purpose of life, getting money support for treatment from members in family, knowing that herb can be used for treatment, feeling that another person can help for getting better and talking about the infection with their friends or relatives.

3. Hope correlated positively to health-promoting behaviors ($r = .2046$) at the statistically significant level of .05

4. Stepwise multiple regression analysis indicated that education and hope predictors accounted for 11.97 percent variance in the degree of health-promoting behaviors at the statistically significant level of .05

Based on the result of this study, the researcher recommended that nurse and health care personnel should promote hope in clients with HIV infection. i.e., counseling, group supporting and giving information about supporting health by thinking about the way to give suitable knowledge for suitable education and capacity of each client, in order to support the suitable behavior for the client.