

Thesis Title Health Promoting Behaviors Among Vocational College Students
in Prachuabkhirikhan Province

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Abstract

It is documented in the 8th National Economic and Social Development Plan that “people” are the main target of national development, so the development philosophy of the national development is to develop human resources. Youths are among the important target groups of such development. They are the biggest group of the people, representing about 20.7% of the whole population. These young citizens still lack the experience and cannot stand on their own. Some of them are undergrown due to improper diet intake. In this age group about 49.6% of them have started misusing drugs with no concern for their health because of the misconception of being healthy. In order to prevent non-communicable diseases which are the major leading causes of death, health promotion behaviors should be introduced in the early years of age. Health promoting school / educational institute program is one of the significant tools for human resources development of the nation. Information about health promotion behaviors of vocational college students will be beneficial for health promotion program planning and organizing. The aims of this research were to study the health promotion behaviors of vocational college students in Prachuabkhirikhan Province and to identify the factors that might influence those behaviors. The conceptual framework was derived from Pender’s Health Promotion Model.

The research was designed as a survey. The sampled population consisted of 400 vocational college students in Prachuabkhirikhan Province who were selected by

applying stratified random sampling method, according to sex, major subjects and level. The data were collected through the use of questionnaire developed by the researcher. The data were analyzed by using the following statistics: frequency, percentage, mean, standard deviation, Chi-square, Pearson's Product Moment Correlation and Multiple Classification Analysis.

The results of this study revealed that the modifying factors significantly related to health promoting behaviors were as follow: majoring subjects, place of living, education of father and mother, occupation of father and mother, income of family, body mass index, pattern of health service used, place of health service. Health promotion values and perceived barriers of health promoting behaviors were the psychosocial factors significantly related to health promoting behaviors. In addition, the cues to action which were significantly related to health promoting behaviors were the support and advice about health promoting behaviors from other persons and receiving health promotion information from media. By using Multiple Classification Analysis, it was found the modifying factors, the psychosocial factors and cues to action accounted for the health promoting behaviors with variance about 34.1%. More specifically it was also found that among the modifying factors, place of health service indicated was the first significant predictor, others were place of living and health promotion values.

From the research findings it was recommended that a health promotion program should be organized in the vocational colleges with the following activities: establishing health promotion policy, health promotion curriculum, creating environment conducive to health, health promotion services, students' guidance and counselling, health promotion program for college teachers and staff by emphasizing on both health promotion services and education, including community involvement for health promotion.