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ABSTRACT

The objective of this survey research was to study the relationships between the mental health self-care behaviors of

the elderly and physical health status and social support of

sat University Hospital. The data was collected from January 10<sup>th</sup> to March 11<sup>th</sup>, 1994 by interview using structured questionnaires. Statistics used for data analysis were percentage, mean, standard deviation, t-test, Analysis of Variance (ANOVA), and Multiple Classi-

elderly who were members of the elderly association of Thamma-

masat University Hospital.

Master of Science (Public Health)

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The Relationships between Physical Health Status, Social support and Mental Health Self-care Behaviors of The Elderly at Tham-

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Thesis Title

Thesis Supervisory Committee

Name

Degree

202

fication Analysis (MCA).

The results showed that the mental health self-care behaviors of the elderly were generally fair to good (50%). From analysis of t-test and ANOVA, the factors significantly associated with the mental health self-care behaviors of the elderly were age, education, marital status and social support.

From analysis of MCA, using the personal factors of the elderly, the physical health status and social support of the elderly as main variables, it was found that marital status, education and social support were significantly associated with the mental health self-care of the elderly.

Based on the results of this research, it was suggested that good mental health self-care should be promoted emphasizing good physical health and good social support in order to achieve Health For All in the future.