

**Thesis Title**            The Study of Selected Factors and Lifestyle during  
Pregnancy in Mothers of Low Birth Weight Infant.

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**Degree**                  Master of Science (Nursing)

**Thesis Supervisory Committee**    that of mothers of LBW infants.

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#### ABSTRACT

Low birth weight (LBW) infant is one of the most important predictors of neonatal mortality and morbidity. The cause of LBW is not well understood, however, it is known that the factors that may affect fetal's health and growth include maternal lifestyle during pregnancy, health risk factors and some demographic factors. Thus, the main objective of this study was to compare maternal lifestyle during pregnancy and demographic factors between mothers of LBW infants and normal birth weight (NBW) infants and to study health risk factors during pregnancy of both groups. The sample consisted of 200 women who came to deliver their babies at Obstetric-Gynecological Department at Siriraj hospital, Ramathibodi hospital, Rajvithi hospital and Vachira hospital. The subjects included 100 mothers of LBW and 100 NBW infants. Each subject was interviewed demographic data, health history was collected from

the prenatal and labor records; then, the subject was requested to complete the lifestyle questionnaire. Data were analysed by using t-test and Chi-Square test. The results were found as follows :

1. Lifestyle during pregnancy of mothers of NBW infants was statistically better than that of mothers of LBW infants. ( $P < .001$ )

2. Lifestyle during pregnancy including nutrition, drug and alcohol substance abuse, working, and health care during pregnancy of mothers of NBW infants were statistically better than those of mothers of LBW infants. ( $P < .01, .01, .05$  and  $.001$  respectively). However, mental health of both groups were not significant difference. ( $P > .05$ )

3. Age, family income, educational level and occupation of mothers of NBW infants were found no significant difference from those of mothers of LBW infants. ( $P > .05$ )

The results of this study indicate that lifestyle behavior during pregnancy of mothers of NBW infants were better than those of mothers of LBW infants. The researcher has suggested that nurses should promote mother's lifestyle during pregnancy by assessing information regarding mother's lifestyle, providing counselling and knowledge to mothers during pregnancy.