

ABSTRACT

This study was a survey research on self-care behavior of patients in Khon Kaen Central Hospital and Srinakarind Hospital. The purpose of this study was to study about self-care behavior in health and self-care behavior in illness of admitted adult patients in medical-surgical department at Khon Kaen Central Hospital and Srinakarind Hospital. The study samples consisted of 200 patients selected by purposive sampling. The data was collected by use of questionnaires consisting of questions regarding personal data, self-care behavior in health and self-care behavior in illness. Microcomputer and SPSS (Statistical Package for the Social Science) program were used for data analysis.

The results of the study of self-care behavior in health were as follows :

The eating habit and water consumption showed that most of the patients ate three meals a day at a certain time, ate less than basic five food groups, did not eat raw food and had no restrictions on diet. Most of them had water supplies that were suitable for drinking and domestic use and had sufficient water for domestic use throughout the year. The drinking water was not treated

The personal hygiene showed that most of the patients took a bath once or twice daily and cleaned their teeth by using tooth brush with paste.

The defecation revealed that most of the patients defecated in sanitary latrine and defecated everyday. Most of them did not use any methods to facilitate bowel movements, but the patients who needed facilitation used laxatives.

The self-care in rest, sleep and activity showed that most of the patients slept 6-8 hours a day and could sleep well. They worked hard but they did not exercise. However, all of them had recreation by their own purpose."

The drug and addiction substance use showed that most of the patients smoked cigarettes and used analgesic drugs.

The Psychosocial self-care showed that most of the patients coped with stress by unconcern. Most of them did religious routine and participated in social activities

The health promotion and prevention revealed that most of the patients recieved health information from village headman, neighbours, or their family numbers. Most of them did not go to see doctors for physical check up and did not go to see dentists. The environmental sanitation showed that most of them disposed refuse by burning and disposed animal manure by composting. Insect vector and animal control was done by spraying insecticide.

The results of the study of self-care behavior in illness revealed that most of the patients went to see doctors when they feel discomfort and after they had known that they got sick. Most of them considered their illness by themselves. The patients who treated themselves used medicine.