

Thesis Title The Relationship between Health Belief and Self - Care Behavior in Diabetic Pregnant Women

Name Kesinee Khainil

Degree Master of Science (Nursing)

Thesis Supervisory Committee

Kobkul Phancharaenworakul , B.Sc , M.S. , Ph.D.

Yupin Chandaragga , B.Sc. , B.Ed. , M.Ed.

Payom Euswas , B.Sc., M.Sc. , Ph.D.

te of Graduation 21 April B.E. 2537 (1994)

Abstract

Diabetes mellitus is one of the important complications of pregnancy that affects the course of pregnancy and fetus . Controlling blood sugar at the normal level is essential in order to prevent the complications during pregnancy. Diabetic pregnant women need to perform good self-care behavior in order to control their blood level. Thus , it is necessary to promote self - care abilities in this group of women

Therefore ,the researcher was interested in studying the relationship between health belief and self - care behavior. Orem's Self-Care Concept was used as a theoretical framework for this study. The sample was composed of 80 diabetic pregnant women , both in - patient and out - patient departments who came to Siriraj hospital , Rajavithi hospital , Ramathibodi hospital, Phramongkutklao hospital and Chulalongkorn hospital . Data were collected by using two sets of questionnaires ; i.e. Self - Care Behavior and Health Belief questionnaires. Statistical techniques were implemented in the

process of data analysis including Pearson's Product Moment Correlation coefficient and the stepwise multiple regression the results of the study were found as the following :

1. There was a significantly positive correlation between health belief and self - care behavior at .001 level ($r = .5540$)
2. There were significantly positive correlation between educational level , income and self - care behavior at .001 and .01 levels ($r = .5929$ and $.3338$ respectively)
3. The results of the stepwise multiple regression analysis showed that 54.88 percent of the variance of self - care behavior was accounted for by two significant predictors .i.e., educational level and health belief. The regression equation in raw score was as follows.

$$\hat{Y} \text{ (SCB)} = 16.6799 + 1.4674 \text{ (ED)} + .8157 \text{ (HB)}$$

The results of this study indicated that diabetic pregnant women who had proper health belief had demonstrated good self - care behavior. Thus, the recommendation for nursing practice included that nurses should be aware of the importance of providing knowledge and information to these diabetic pregnant women in order to improve their health belief which, in turn, will promote their self- care behavior.