

THESIS TITLE : THE RELATIONSHIPS AMONG SOCIAL NETWORKS, SOCIAL
SUPPORT AND SELF-CARE BEHAVIORS OF THE ELDERLY
PERSONS IN ROI-ET MUNICIPAL AREA, CHANGWAT ROI-ET.

AUTHOR : MRS. SUDAJUN WATCHARAKITTI

THESIS ADVISORY COMMITTEE :

Rutja Phuphaibul
.....Chairman
(Assistant Professor Dr.Rutja Phuphaibul)

Pan-ngarm Pannachet
.....
(Assistant Professor Pan-ngarm pannachet)

Anusorn Santarapongsa
.....
(Assistant Professor Anusorn Santarapongsa)

ABSTRACT

The purpose of this research was to study the social networks, social support and self-care behaviors of the elderly persons in Roi-Et municipal area, changwat Roi-Et. The relationships among the aspects were also investigated.

The subjects consisted of 207 elderly persons of the age 60-74 years of both sexes who were not physically deformed. Multistage sampling method was applied following by the use of structured interviews with objective as well as subjective questions. Then Pearson's Product Moment Correlation and Chi-Square test were used in the analysis of data.

The results revealed that the social networks of the elderly persons were at the moderate level. The average size of network

comprised six persons who were relatives and friends. The size of network in Roi-Et municipal area comprised five persons. The frequency of contact was 22 times/month. Their reciprocity was found to be moderate.

Their social support was for most of the cases on the average level. The social support was in terms of emotional support, esteem support, socially support, information support and tangible support.

The self-care behaviors were at the moderate level and included universal self-care, developmental self-care and health-deviated self-care.

The investigation of the relationships showed that the social networks had a positive correlation with the social support at ($r = 0.6492$, $P < 0.01$). Reciprocity was shown to have the highest correlation with the social support as far as the social networks was concerned. In terms of the social support, emotional support had the highest correlation with the social networks.

The social networks also had a positive correlation with the self-care behaviors ($r = 0.1492$, $P < 0.05$). The size and cluster of networks correlated with the self-care behaviors. However, the subscales of self-care behaviors did not correlate with the social networks. ($P < 0.05$).

The social support had a positive correlation with the self-care behaviors. ($r = 0.2964$, $P < 0.01$). Social supports in terms of information support had the highest correlation with the self-care behaviors. Universal self-care behaviors and development self-care behaviors also correlated with the social support.

It is recommended that further investigations should be conducted with other elderly groups and on other factors which could possibly correlate with their self-care behaviors, e.g., education level, income, health status, etc.