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WILAWON THANOMROOP: HEALTH-PROMOTING BEHAVIORS IN
PREGNANT WOMEN: A STUDY OF PERCEIVED BENEFITS AND
BARRIERS TO ACTION. THESIS ADVISORS: YUPIN CHANDARAGGA,
M.Ed., SUPRANEE ATHASERI, M.Ed., NITTAYA SINSUKSAI, Ph.D.
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Health-promoting behaviors in pregnant women bring about healthy mothers and infants. The purposes of this study were to explore perceived benefits of action, perceived barriers to action, health-promoting behaviors and to examine predictors of health-promoting behaviors in pregnant women. The sample was composed of 250 pregnant women who attended the antenatal care units at Siriraj Hospital, Rajvithi Hospital, Bangkok Metropolitan Administration Medical College and Vajira Hospital. Four different questionnaires concerning personal data, perceived benefits of action, perceived barriers to action and health-promoting behaviors were used for data collection. Data were analyzed by using multiple correlation coefficients and the stepwise multiple regression.

The results of the study demonstrated that health-promoting behaviors of most pregnant women were at a rather good level. A mean score of perceived benefits of action was at a high level and a mean score of perceived barriers to action was at a low level. Multiple regression revealed that 22 percent of variance of health-promoting behaviors was accounted for by three factors: age, perceived benefits of action and perceived barriers to action ($p < 0.01$).

The researcher suggested that nurses should screen pregnant women with three significant factors: age, perceived benefits of action and perceived barriers to action in order to know who are at risk to have poor health-promoting behaviors. Moreover, nurses should initiate an intervention program to help the women to realize the importance of health-promoting behaviors in order to maintain those behaviors.