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CHANUTRA KERDMANEE : HEALTH BEHAVIORS CONTRIBUTING
TO RISK OF CORONARY ARTERY HEART DISEASE AMONG PETTY
OFFICER STUDENTS IN THE ROYAL THAI NAVY. THESIS ADVISOR :
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This study investigates health behaviors contributing to the risk of coronary heart disease and the correlation between related factors and health behavior contributing to risk of coronary heart disease (CHD) among petty officer students in the Royal Thai Navy. This research was performed by using the PRECEDE Framework of Green & Krueger (1991). Two hundred petty officer students living at Rating School in Bangkok and Chonburi Province were randomly selected. Data collection was done by using health behavior questionnaires designed by Kanokporn Visutthikul, reliability = 0.68 and the questionnaires which are related to health behaviors contributing to risk of disease were designed by the researcher. Data was analyzed and assessed for percentage, mean, standard deviation and Pearson's product moment correlation coefficient.

The results showed that health behavior contributing to risk as a whole was at a low level ($\bar{X}=2.04$, $SD\pm 0.36$). But alcohol consumption behavior (beer), drinking caffeine behavior (cola) and eating a high fat and calorie diet behavior were at a moderate risk level of developing CHD. It was found that reinforcing factors were information received about coronary heart disease and that influence of the peer group was significantly related to health behavior contributing to risk of coronary heart disease ($r = .15$, $p < .05$ and $r = .17$, $p < .05$). In addition, it appears that self awareness and peer groups have influenced the risk of health behavior.

This study suggests that the Naval Medical Department and hospital or health center under Rating School should provide more health education related to CHD to petty officer students. A closed circuit television and /or intra-broad casting line could be used as strategies for promoting health education program in the schools. In addition, the supply staff of cafeteria should provide healthy meals. The Naval Education Department, supervisors and teachers in the schools should use a group process technique or peer group support as a key strategy to promote health behavior that reduce risk of CHD.