

4136106 PHPH/M : MAJOR : FAMILY HEALTH ; M. Sc. (PUBLIC HEALTH)

KEY WORDS : MIDDLE-AGED FEMALE / QUALITY OF LIFE / SYMPTOMS OF
ESTROGEN DEFICIENCY

LT. VICHUKAN MUNGKORN : QUALITY OF LIFE OF MIDDLE-AGED FEMALE
STAFF OFFICERS IN THE ROYAL THAI NAVY BASE , BANGKOK. THESIS ADVISORS :
JARUEYPORN SUPARP, M.D. , M.P.H. (URBAN HEALTH), RAWIWAN SANGCHAI,
B. Sc. , B. Ed. , M.P.H. (SOCIAL MED.) 196 P. ISBN 974-665-141-2

The purpose of this cross-sectional study was to assess the levels of quality of life and to determine the factors associated with quality of life of middle-aged female staff officers. The population were 309 female staff officers aged 40-60 years who work in the Royal Thai Navy Base in Bangkok not including those who work at Naval Medical Department. Data collection was done by using self-administered questionnaires during 30th June to 21st July, 2000. The T-test, oneway analysis of variance, Pearson's Product Moment Correlation and Stepwise Multiple Regression were used for data analysis.

The results showed that the majority of middle-aged female staff officers (67.0 percent) had overall scores of quality of life at a moderate level. The factors which were significantly associated with the quality of life were marital status (p-value < 0.01) symptoms of estrogen deficiency (p-value < 0.01) self-esteem (p-value < 0.01) social support (p-value < 0.01) family income (p-value < 0.05). The factors which were not associated with the quality of life were rank, age, educational level, number of living children, chronic diseases, stage of menopause and club membership. The Stepwise Multiple Regression was used to predict the factors that might determine quality of life. It was found that social support, self-esteem and symptoms of estrogen deficiency were the predictors of quality of life (41.20 percent).

The results suggest that the health promotion organization concerned should utilize social support and self-esteem to improve perceived self-efficacy to engage in healthy lifestyles, establish social network among staff officers and provide health care for women with symptoms of estrogen deficiency in health promotion programs in order to improve quality of life of middle-aged female staff officers.