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HEALTH-PROMOTING BEHAVIORS

DUSANEE SUWANKHONG: FACTORS RELATED TO HEALTH-
PROMOTING BEHAVIORS AMONG THAI LABORERS BEFORE GOING TO
WORK ABROAD THESIS ADVISORS: WANTANA MANEESRIWONGUL, D.N.Sc;
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A cross-sectional study was conducted among Thai laborers before going to work abroad. Pender's Health Promotion Model was used as a conceptual framework for this study. Purposes of this study were: (1) to explore perceived benefits of action, perceived barriers to action, social support, and health-promoting behaviors; (2) to examine the relationships of personal factors, perceived benefits of action, perceived barriers to action, and social support to health-promoting behaviors; and (3) to examine the incorporated predictability of these variables to health-promoting behaviors. A sample of 238 laborers attending Mahidol University Applied and Technological Service Center, Ramathibodi Hospital was recruited by using systematic random sampling. Data were collected by using a questionnaire developed by the investigator conceptually based on Pender's Health Promotion Model, and were analyzed by using both descriptive and inferential statistics.

The results of bivariate analysis revealed that sex, perceived benefits of action, perceived barriers to action, and social support were significantly related to health-promoting behaviors ($p < .01$). However, in multiple regression analysis, sex, social support, perceived barriers to action, marital status, and income were able to explain about 29 percent of variances in the total health-promoting behaviors, (overall $F_{(5, 232)} = 19.16$, $p < .001$), Therefore, these findings partially support Pender's Health Promotion Model.

The potential benefits of this study are to better understand health-promoting behaviors of laborers before going to work abroad and to suggest health care providers, the Ministry of Public Health as well as the Ministry of Labour and Social Welfare to plan for essential health promoting program to help these laborers maintain good health and form health promoting habits before going to work abroad.