

3936888 NSAN/M : MAJOR : ADULT NURSING ; M.N.S. (ADULT NURSING)

KEY WORD : HEALTH-PROMOTING BEHAVIORS / ELDERLY WITH CHRONIC LUNG DISEASES

CHITRA CHANCHANAKIT : A STUDY OF HEALTH-PROMOTING BEHAVIORS IN THE ELDERLY WITH CHRONIC LUNG DISEASES. THESIS ADVISOR :

BANGORN PHOLNUANGMA, M.S. (Med.-Surg. Nsg.), SASIMA KUSUMA NA AYUTHYA, M.Sc. (Physiology), WANNEE SATAYAWIWAT, M.Ed. (Educational Statistics), 132 p.

ISBN 974-589-578-4

Chronic lung diseases have physical, mental and social impacts on elderly people. By having appropriate health-promoting behaviors, the elderly with chronic lung diseases will eventually have a better quality of life. The purpose of this study was to explore the health-promoting behaviors, behavior-specific cognitions and affect in 6 components : perceived benefits of action, perceived barriers to action, perceived self-efficacy, activity-related affect, interpersonal influences and situational influences, the relationship between behavior-specific cognitions and the affect with health-promoting behaviors in the elderly with chronic lung diseases. The studied population was composed of 120 chronic lung disease patients who were over 60 years of age, who attended the lung clinic, Department of Medicine, Chulalongkorn Hospital. The instrument was direct interview which focused on the personal data, health-promoting behaviors, behavior-specific cognitions and affect. Data were analyzed by using percentage, means, standard deviations and Pearson's product moment correlation coefficient.

The results of this study reveal that the overall evaluation of the subjects show good level of health-promoting behaviors, behavior-specific cognitions and affect. More than this, each of the 6 components of behavior-specific cognitions and affect have a significant correlation with health-promoting behaviors in the elderly with chronic lung diseases ($r = .484, P < .001, r = -.282, P < .001, r = .566, P < .001, r = .373, P < .001, r = .442, P < .001$ and $r = .175, P < .05$). In conclusion, the elderly with chronic lung diseases who have good behavior-specific cognitions and affect will have good health-promoting behaviors. For these reasons, when providing health education, nurses should advise and encourage the elderly with chronic lung diseases to gain positive view of the behavior-specific cognitions and affect in order to encourage health-promoting behaviors.