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KEYWORD : HEALTH PROMOTING BEHAVIORS / ESSENTIAL HYPERTENSION

LIEUTENANT TIDATIP CHAISRI : THE STUDY OF HEALTH PROMOTING BEHAVIORS OF THE PATIENTS WITH ESSENTIAL HYPERTENSION. THESIS
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Essential hypertension is a chronic illness that affects serious health problems. It is found in patients who have inappropriate lifestyle patterns. The major objective of caring is to modify lifestyle patterns by having patients practice effective health promoting behaviors combined with drug therapy. This study used Pender's health promoting model as a framework to find the predictive variance of health promoting behaviors from modified factors and cognitive-perceptual factor. The questionnaires used in this study included personal demographic data, health promoting behaviors and perceived health status questionnaires. The sample was composed of 160 patients with essential hypertension who went for follow up at Somdejprapinklao, Taksin and Siriraj hospitals. Analysis was done using percentile, mean, standard deviation and stepwise multiple regression. The results reveal that

1. The subjects have a fairly good level of health promoting behaviors ($\bar{X} = 2.98$).

Nurses should promote health promoting behaviors to a good level.

2. Two best predictors, i.e., perceived health status and length of illness can predict the variance of health promoting behaviors about 16.829 percent ($P < .05$).

As a result of the study, it is recommended that nurses should assess patients' health promoting behaviors, detect causes of inappropriate practicing or non practicing health promoting behaviors in order to find suitable ways to solve individual patient's health problems and promote the continuing practice of appropriate behaviors. To do so, counseling projects and publicisation of proper health promoting behaviors for these patients might be made.