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JIRARAT JINWATTANA : EFFECTS OF GROUP PROCESS ON HEALTH
PERCEPTION AND HEALTH PROMOTING BEHAVIORS OF MENOPAUSAL WOMEN.

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Menopausal women have bio – psychosocial changes which may cause health problems. Group process provides an opportunity for members to interact, model and support each other, resulting in improving health perception and health promoting behaviors. The purpose of this experimental research design is to investigate the effects of group process on health perception and health promoting behaviors of menopausal women. The subjects consisted of 72 menopausal women who worked in The Ordnance Department of The Royal Thai Army. The experimental group participated in group process twice a week for five weeks. The control group did not participate in group process. The instruments used were the Health Perception and the Health Promoting Behaviors of Menopausal Women Questionnaires. ANCOVA was used to identify the differences of the health perception and health promoting behaviors between the experimental and the control group.

The result of the study shows a significant difference of the health perception and health promoting behaviors between the experimental and the control group ($p < .001$).

The result of the study suggests that group process could improve health perception and health promoting behaviors, therefore , nurses should use group process in order to promote health perception and health promoting behaviors of menopausal women and other patient groups.