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(MATERNAL AND CHILD NURSING)

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KANOKPORN OUMPRAM : HEALTH PERCEPTION, SOCIAL SUPPORT AND  
HEALTH PROMOTING BEHAVIORS OF MENOPAUSAL WOMEN. THESIS ADVISOR:  
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Menopausal state is a natural change, impacting on physical, mental and social well-being of women. By having appropriate health promoting behaviors, menopausal women can improve their health. The purposes of this study are to study health perception, social support and health promoting behaviors of the menopausal women by using Pender's Health Promoting Behavior model as a framework. The population sample consisted of 140 menopausal women with the ages between 40-59 years old, who attended at the Menopausal Clinics at Siriraj and King Vajiravudh Hospitals. The questionnaires used in the study included demographic data, health promoting behaviors, health perception and social support questionnaires. Data were analysed in percentage, mean, standard deviation, Pearson's Product Moment Correlation Coefficient and stepwise multiple regression.

The result of this study demonstrates that the health promoting behaviors of menopausal women were at moderate level. For the health perception, the degree of measurement was accepted at good level, and social support was nearly at the great level. The social support can predict 20.19 percent of promoting behaviors of the menopausal women ( $P < .001$ ), and health perception can predict up to 24.80 percent with statistical significance (.01).

The study suggested that nurses should be concerned with promoting appropriate health perception and family support, in order to improve effective health promoting behaviors for menopausal women.