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PIYAMAPORN NIMSUWAN : A STUDY OF HEALTH PERCEPTION
AND ADAPTATION OF MENOPAUSAL WOMEN IN BANGKOK. THESIS ADVISOR :
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Menopausal women have physical, mental and social changes which affect normal daily living activities. The purpose of this study is to determine whether health perception, marital status, occupation, income, educational level and severity of menopausal symptoms affect to menopausal women's adaptation. The samples were 200 women between 40-59 years of age, who lived in Bangkok. Data were collected by using personal interview guide, menopausal symptoms evaluation form, health perception and adaptation behavior interview guide. Data were analysed in percentage, means, standard deviation, Pearson's Product Moment Correlation coefficient and the stepwise multiple regression.

The result of this study demonstrate that overall health perception and adaptation behaviors of menopausal women were at rather good level. The stepwise multiple regression analysis show that health perception, education, and menopausal symptoms were the best predictors for adaptation of the menopausal women. It reveal that 51.88 % of the adaptation was accounted for by these three predictors at .01 level of significance.

In conclusion, menopausal women who have good health perception, high education and have low severity of menopausal symptoms will have good adaptation behaviors. This research suggests that nurses should promote health perception, especially those who have low educational level and severe of menopausal symptoms, in order to perform effective adaptation behaviors.