

3536190 NSMC /M : MAJOR : MATERNAL AND CHILD NURSING; M.N.S. (NURSING)

KEY WORD : HEALTH PERCEPTIONS / SELF-CARE BEHAVIORS / MOTHERS  
WITH ADEQUATE PRENATAL CARE / MOTHERS WITH  
INADEQUATE PRENATAL CARE

POOREEYA PHENSUWAN : THE STUDY OF HEALTH PERCEPTIONS AND  
SELF - CARE BEHAVIORS IN MOTHERS WITH ADEQUATE AND INADEQUATE  
PRENATAL CARE. THESIS ADVISORS: YUPIN CHANDARAGGA, B.Sc., M.Ed.,  
PAYOM EUSWAS, B.Sc., M.Sc., Ph.D., BONGKOCH KENGKHETKIT , B.Sc., M.Ed.,  
98 P. ISBN 974 - 589 - 273 - 4

This study argues that adequate and inadequate prenatal care in different groups of mothers affect their levels of health perception and self-care behavior. The main purpose of this research was to study health perceptions and self-care behaviors in mothers with adequate and inadequate prenatal care. The subjects were 200 postpartum mothers in Songkhla Hospital and Hadyai Hospital, of which 100 cases were mothers with adequate prenatal care and the other 100 cases were mothers with inadequate prenatal care. Instrument used were recordings from interviews of health perceptions and self-care behaviors. Data were analyzed using t-test.

The results of the study found that health perceptions and self-care behaviors in mothers with adequate prenatal care were statistically higher than those with inadequate prenatal care ( $P < .01$  and  $< .001$ ). The study also indicated that overall health perceptions and self-care behaviors of mothers with adequate prenatal care were at a very high level, whereas the overall health perceptions of mothers with inadequate prenatal care were at a high level and their self-care behaviors were at a moderate level.

This study suggested that nurses must give more attention to caring and providing education for mothers with inadequate prenatal care in order to promote appropriate health perceptions and self-care behaviors.