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WARINEE IEMSAWASDIKUL: MENOPAUSAL SYMPTOMS AND FACTORS
DETERMINING HEALTH-PROMOTING BEHAVIOR OF PROFESSIONAL NURSES
IN MENOPAUSAL PERIOD. THESIS ADVISOR : CHOUNCHOM CHAROENYOOTH
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The objectives of this research are to investigate menopausal symptoms, and to study modifying factors, cognitive-perceptual factors in determining health-promoting behavior of professional nurses in menopausal period. Five hundreds sixty three professional nurses, aged 40-56, were randomly selected to be the samples. Structured questionnaires are used for data collection and hierarchical regression were employed for data analysis.

The results reveal that most of the subjects suffered from menopausal symptoms, the most frequent symptom is muscle and joint pain, whereas the least is hot flash. Subjects' cognitive-perceptual factors and modifying factors are good. The overall health - promoting behavior and each aspect are good. Cognitive-perceptual factors and modifying factors explain 33 percent of variance in health-promoting behavior ($p < .001$). Perceived self-efficacy, perceived benefit of health-promoting behavior, age, menopausal symptoms, significant person's behavior pattern and experience in health- promoting of menopausal women have significant positive correlation with health-promoting behavior. Perceived barrier to health-promoting behavior has significant negative correlation with health-promoting behavior of professional nurses in menopausal period. Single subjects have lower health promoting behavior than married, but higher behavior than widowed and divorced. The results suggest that responsible organizations should provide health care services and facilitate health-promoting behavior of professional nurses in menopausal period.