

3936890 NSAN/M : MAJOR : ADULT NURSING ; M.N.S.(ADULT NURSING)

KEY WORD : HEALTH- PROMOTING BEHAVIORS / SELF-EFFICACY / ELDERLY
WITH BACK PAIN

CHIRAPORN CHALANUWAT : A STUDY OF HEALTH- PROMOTING
BEHAVIORS IN THE ELDERLY WITH BACK PAIN. THESIS ADVISOR :
BONGKOH KENGKHETKIT, M.Ed., WANEE SATAYAWIWAT, M.Ed., SAIPIN
GASEMGITVATANA, D.N.S. , 122 p. ISBN 974-589-977-1

Back pain affects physical, mental, and social well-being in the elderly. By having appropriate health-promoting behaviors, the elderly with back pain can improve their health. The purpose of this study is to explore the health-promoting behaviors, and the factors influencing the health-promoting behaviors in the elderly with back pain. The sample was composed of 120 elderly with back pain whose ages were 60 years old or over, who were diagnosed of having back pain related to spinal diseases and attended the Orthopedic Clinic at Siriraj Hospital, Lerdsin Hospital, Rajvithi Hospital, and Somdej Phrapinkhlao Hospital. The instruments were the personal data form, health-promoting behaviors scales, and perceived self-efficacy scales. Data were collected by direct interview and analyzed by using mean, standard deviation, and the stepwise multiple regression analysis.

The result of the study reveals that overall health-promoting behaviors in the elderly with back pain and each subscale, (i.e. health responsibility, physical activity, nutrition, interpersonal relations, spiritual growth, and stress management) were at rather good level. Furthermore, the result of the stepwise multiple regression analysis shows that perceived self-efficacy and occupation explained 30.15 % of variance of health-promoting behaviors in the elderly with back pain.

From the result of this study, nurses should take care and advise the elderly with back pain by encouraging perceived self-efficacy that persuades them to improve and develop their health-promoting behaviors.