

INDIVIDUAL PROJECT TITLE : PREGNANT WOMEN'S SELF-CARE AFTER  
THALLASSEMIA COUNSELLING  
OF MOTHER AND CHILD HOSPITAL  
PHOL DISTRICT, KHON KAEN PROVINCE  
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#### ABSTRACT

This study was conducted to study 1) personal characteristics, psychosocial factors and social support factors of the samples 2) self-care of pregnant women after thalassemia counselling; 3) factors related to pregnant women's self care after received thalassemia counselling.

The sample group consisted of 125 pregnant women who were took care at Maternal and child hospital, Phol district, Khon Kaen Province during October 1998-March 1999. The data were collected by questionnaires and statistically analyzed by SPSS/PC<sup>+</sup>. The statistical procedures applied were frequency, percentages, arithmetic means, standard deviation and chi-square.

#### The results were

1) The sample of this study were pregnant women, 21-30 years of age, most of them were farmers, education level was primary school graduated, income level at 1,000-3,000 baths/month. Most of them had gestation period between 21-30 weeks, second gravidarum, number of ante natal care were not less than two. All of the samples had never received the thalassemia counselling (3.2% have known Thalassemia from book and mass media). When concerning the psychosocial factors, the study found the knowledge of thalassemia were at good level. Concerning the social support factors, the family support were at good and fair level. And supporting from mass media were at fair level.

2) The overall of self-care practice of the sample at good level after received thalassemia counselling. Considering each aspects of self care practice; well nutrition, resting, good hygiene and taking care of one own health were at good level.

3) The study found that ; gravidarum, knowledge and attitude of ante natal care and family support were factors relating to pregnant women's self-care when testing by chi-square at 0.05 significant level.