**THESIS TITLE** : SELF – CARE IN MENOPAUSE WOMEN

**AUTHOR** : MISS PORNPIMOL PHONGTHAI

**THESIS ADVISORY COMMITTEE** :

*Dusadee Ayuwat* ................................................ Chairperson

(Assistant Professor Dr. Dusadee Ayuwat)

*Bumpenchit Sangchart* ........... Member

(Assistant Professor Dr. Bumpenchit Sangchart)

## ABSTRACT

The objective of this research was to study 1) self- care agency in menopause women, 2) factor affecting self – care agency in menopause women. The sample of 399 menopause women were selected from women age range from 45 – 54 years by multi - stage sampling. Data collection was done by interview questionnaire. Statistic methods used for data analysis were percentage distribution, arithemetic mean, standard deviation, Chi - square, Pearson's product moment correlation, and Multiple regression analysis.

The result of this study showed that most of menopause women had overall score self - care agency in good level ($\overline{X}$ = 33.21 , SD = 3.32). The factors that significantly affecting with self-care agency were health careing attitudes, health careing information, relationship with another person. And from the result multiple regression analysis were found to independent variable could explain approximately 26.04 percent of self - care agency. ($p < 0.001$)