

Title: The study of Health Care Behavior and Effectiveness of Promoting the health behaviors of staffs of Faculty of Education in Bansomdejchaopraya Rajabhat University

Researchers: Kanchana Suttineam
PhD,M.Ed.,APN,RN

Institutes: Bansomdejchaopraya Rajabhat University, Bangkok.

Year of completion: 2016

Keywords: Health Care Behavior, Promoting the health behaviors, Health indicators, 3 Self (Self -efficacy,Self-regulation,Self -care)

Abstract

The purpose of this quasi-experimental study were to 1).study health care behaviors of staffs of Faculty of Education in Bansomdejchaopraya Rajabhat University 2) study the health care behaviors (3 self) and health indicators, which included the body weight, body mass index, waist circumference before and after the Promoting the health behaviors program and after the follow-up and fasting blood sugar, and lipid profiles before and after the Promoting the health behaviors program. 3) study the satisfaction of Promoting the health behaviors. The subjects were divided into 2 group .the first group of health care behaviors study consisted of 130 staffs. The second group consisted of 22 staffs and received the Promoting the health behaviors. Study in 2016.

The research instruments were 1) the scale measuring health care behaviors with the total reliability coefficient (alpha) of 0.86.2) Diabetes Risk score were sensitivity 76.50% and specificity 60.20% 3. General Health Questionnaire: GHQ-28 with the total reliability coefficient (alpha) of 0.91 4) the scale measuring health care behaviors

(3-Self) with the total reliability coefficient (alpha) of 0.87 5) the scale measuring the satisfaction of Promoting the health behaviors with the total reliability coefficient (alpha) of 0.83 6) the Promoting the health behaviors program with the IOC from 0.80-1.00. Data were analyzed using descriptive statistics, pair t-test and repeated measure one-way ANOVA.

The results of this research were as follows:

1. The total mean score of health care behaviors were high ($\bar{x}=3.68$) while the mean scores of the following dimensions were classified in high level : Interpersonal relation($\bar{x}=4.15$), spiritual growth ($\bar{x}=4.00$), stress management ($\bar{x}=3.65$) health responsibility ($\bar{x}=3.62$) nutrition ($\bar{x}=3.54$) and physical activity ($\bar{x} = 2.71$) were classified in moderate level, diabetes Risk score were classified in high level (21-30 %) to very high level ($\geq 30\%$)

คณะครุศาสตร์ มรภ.บ้านสมเด็จเจ้าพระยา

งานวิจัยนี้ได้รับทุนอุดหนุนงานวิจัยจาก มหาวิทยาลัยราชภัฏบ้านสมเด็จเจ้าพระยา

Risk
high
level ($>30\%$).

A similar proportion 22.7% and 23.6%, mental health problem were 13.8% and man were diabetes risk score higher than woman (22.9%, 13.8 %)

2. Health care behaviors (3 self) and health indicators, which included the body weight, body mass index, waist circumference before, after and after the follow-up the Promoting the health behaviors program were statistically

*งานวิจัยครั้งนี้ได้รับทุนสนับสนุนจากสถาบันวิจัย มรภ.บ้านสมเด็จเจ้าพระยา

** อาจารย์ประจำกลุ่มวิชาชีวศร คณะครุศาสตร์ มรภ.บ้านสมเด็จเจ้าพระยา

the implementation including fasting blood sugar, total cholesterol and lipid profiles before and after program were statistically significantly different higher before the implementation ($p<.001$)

3. The satisfaction of promoting the health behaviors while the mean scores of the following dimensions were classified in high level ($\bar{x} = 3.46$)