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A causal model of health promotion behavior of adolescents in Chonburi province, Thailand

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The purpose of this descriptive correlation research was to identify and test a causal model of health promotion behavior of adolescents. A sample of 397 adolescents from 10 districts in Chonburi province was selected. They were asked to answer six sets of questionnaires: (1) Personal data form, (2) prior related behavior, (3) behavioral specific cognition and affect, (4) interpersonal influence, (5) commitment to a plan of action, and (6) health promotion behavior. The instruments were assessed using Cronbach's alpha. The reliabilities of each questionnaire were 0.91 for prior related behavior and health promotion behavior, 0.89 for behavioral specific cognition and affect, 0.87 for interpersonal influence and 0.83 for commitment to a plan of action. Data were analyzed using the statistical programs for Structure Equation Model (SEM). The finding of this study revealed that prior related behavior, behavioral specific cognition and affect and health promotion behavior of adolescents were at moderate level ($\bar{X}=2.64$, $SD=0.35$, $\bar{X}=2.63$, $SD=0.11$, $\bar{X}=2.71$, $SD=0.35$, respectively). Behavioral specific cognition and affect and interpersonal influence were at high level ($\bar{X}=3.72$, $SD=0.50$, $\bar{X}=3.74$, $SD=0.50$, respectively). Prior related behavior, interpersonal influence and commitment to a plan of action of adolescents had positive direct effects on health promotion behavior ($\beta=0.24$, $\beta=0.02$, $\beta=0.02$, respectively). Behavioral specific cognition and affect had positive direct effects on commitment to a plan of action ($\beta=0.15$). The model is affecting the health promotion behavior of adolescents with empirical data. The finding suggest that health care organization play an important role to enhance awareness for adolescents in behavior change and empower to improve their behaviors for the good healthy and develop a health promotion model suitable for Thai adolescents in the 21st century to the next.

Biography

Kanyawee Mokekhaow has studied Bachelor's degree from Boromarajonani College of Nursing, Chonburi, Master's degree from Burapha University (Psychiatric Nursing) and PhD from Christian University (Nursing Management) in Thailand. She was a Psychiatric Nurse at Community Hospital in 2005-2010. Presently, She is a Nurse Instructor in Community and Psychiatric Department at Boromarajonani College of Nursing, Chonburi.

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