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Health promotion and disease prevention health promotion behavior among elderly person in a district, Chonburi, Thailand

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In Thailand, the number of elderly people is dramatically increasing; so health promotion and influencing factors need to be explored. This research aimed to survey health promotion behaviors among elderly persons in one district, Chonburi, Thailand. Subjects were 150 older persons, selected by a random sampling. Research instrument was a self-reported questionnaire, assessing individual's perception of self-worth, advantage of health promotion and health promotion behavior with Cronbach alpha's reliability of 0.86, 0.78 and 0.89, respectively. Data were analyzed using descriptive statistics and Pearson's correlation coefficient. The finding reveals that, the subjects report a high level of health promotion behaviors ($\bar{x} = 4.55$, $SD = 0.39$). Regarding correlation among three variables, there is a positive correlation between perceived self-worth and health promotion behaviors ($r = 0.37$) and between perceived advantage of health promotion and health promotion behaviors ($r = 0.70$). According to the finding, the perception of self-esteem and benefit of health promotion, among elderly persons, should be enhanced so that the level of health promotion behaviors will be increased.

Biography

Laksana Pongpumma is a Senior Nurse Lecturer at College of Nursing Chon Buri, Thailand. She is interested in mental health nursing and health promotion.

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