

Title	Factors related to self-care behavior among the elderly
Name	Wuttipong Kaewmanee
Advisor	Dr.Vatcharaporn Chunsandee
Degree	Master Degree in Public Health (M.P.H.)
Year	2025

Abstract

The objectives of this study were to: 1) study the Self-care behavior of the elderly, 2) study the Health Belief Patterns of the Elderly, 3) study the relationship between personal factors including gender, age, education level, marital status, income and income sufficiency, family characteristics, health belief patterns and self-care behaviors of the elderly. The conceptual framework was applied theories and Health belief patterns and behaviors in research. The study methodology was quantitative research. The populations were 690 people. The sample were determined according to the concept of W.G. Cochran. The sample size was 213 people were selected by systematic random sampling. The research instrument was a questionnaire. Statistics used for the data analysis such as percentage, mean and standard deviation, and Crosstab analysis of Chi-square and Pearson and Spearman correlation coefficient.

The results of the study found that: 1) the overall average self-care behavior was at a good level, 2) the overall mean health belief pattern is at a high level, 3) the Personal factors, including gender, family characteristics, marital status, income and income sufficiency, were not related to self-care behaviors of the elderly, age and overall health belief patterns were significantly positively associated with self-care behavior among the elderly at a statistical significance level of .01

Keywords: Health belief patterns, self-care behavior, elderly