

Independent Study Title Health Promoting Behaviors of Low Back Pain Patients who Received Services at Orthopedic Division Maharaj Nakorn Chiang Mai Hospital

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ABSTRACT

The objectives of this descriptive study were to investigate the health promoting behaviors and related factors of health promoting behaviors of low back pain patients who received services at orthopedic division Maharaj Nakorn Chiang Mai hospital. There were 200 subjects in this study. The instruments used for data collection were questionnaire base on Pender's health promotion model which consisted of a Demographic Data Record Form, a Behavior –Specific Cognitions and Affect factors questionnaire and Health Promoting Behaviors Questionnaire. All questionnaires were developed by the researcher and confirmed the content validity by a panel of experts. Content validity of Behavior –Specific Cognitions and Affect factors questionnaire and health promoting behaviors questionnaire were .82 and .88 respectively. The reliability of the questionnaires were also tested. The Cronbach's coefficient alpha of Behavior – Specific Cognitions and Affect factors questionnaire and health promoting behaviors questionnaire were .86 and .83 respectively. Data were analyzed by using descriptive statistics and Pearson's correlation coefficient.

The main results of this study revealed that the subjects had a high level of perceived benefits of action and interpersonal influences, whereas perceived barriers to action and situational influences were at a moderate level. The overall of the health promoting behaviors of the subjects were at a moderate level. Considering each aspect, the health responsibility aspect was a high level, whereas the physical activities aspect, the nutrition aspect, and the stress management aspect were at a moderate level.

There were statistically significant correlations between perceived benefits of action, interpersonal influences, situational influences and the health promoting behaviors of low back pain patients ($p = .01, r = .45, .37$ and $.35$ respectively). Whereas there was no statistically significant correlations between perceived barriers to action and the health promoting behaviors. ($p = .56, r = .04$)

These findings could be used as basic data for health care providers to modify health promotion of low back pain patients to encourage low back pain patients to have health promoting behaviors at the level of very good.