

Health Promoting Behaviors of Thai Elders : A Case Study of Pre-retirement Teachers in Uttaradit, Thailand

Prapaporn Manorath *

Tavorn Maton**

*Boromarajonani College of Nursing,Uttaradit,Thailand

**Faculty of Public Health Naresuen University

International Conference “Health Service Delivery Management”

October 14 - 16, 2009

Thailand

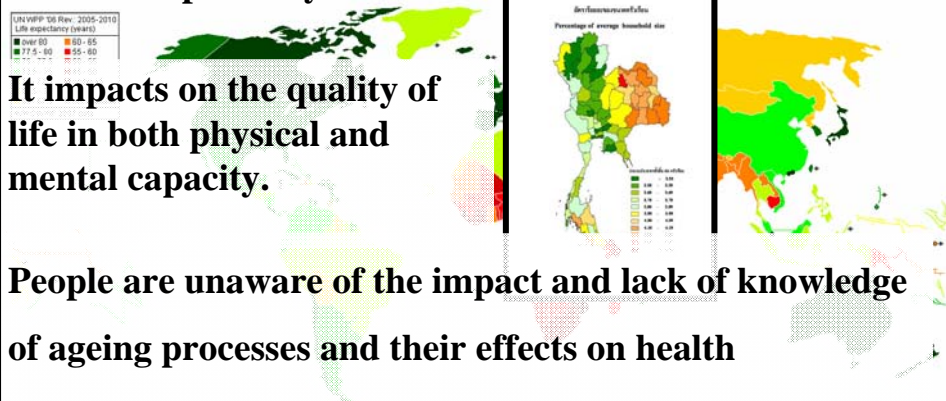
Background

World & Thailand's ageing society is increasing
as life expectancy increases.

It impacts on the quality of
life in both physical and
mental capacity.

People are unaware of the impact and lack of knowledge
of ageing processes and their effects on health

(Malatam, 2006).



Background

Promoting quality of life among elderly people, both nationally and internationally, has been increasingly concerned

In Thailand:

- **health promotion behaviors (HPBs) of one who can be a role model, such as a teacher,**
- **Pre-retirement teachers, with their appreciation as a knowledgeable person, are considered change agents to promote quality of life for people in community,**
- **Teachers from primary schools are change agents (Role models): teachers are highly respected and influential in all communities, but no evidence related to HPBs of pre-retirement teachers in Thailand**

Aims of the study

to explore pre-retirement teachers' healthpromoting behaviours (HPBs) and related factors

Research Methodology

- **Research Design**
 - mixed-methods study (Questionnaire & FGD)
- **Area selection**
 - Uttaradit Province as the study site:
 - involving on ageing societies , and also Institutions associated with ageing care concern and need to use this research's result for preventing Ageing Society Impacts.

Research Methodology

Population & Sample

- Initially: 328 teachers between 50-55 years completed the questionnaire which based on the 2002 Pender's Health Promotion Model to assess
 - knowledge,
 - attitudes,
 - social support,
 - health training needs, and
 - health promotion behaviors.
- The completed questionnaires had a return rate of 95.12% (312 out of 328).

Research Methodology

Population & Sample

- **After that, a focus group of 12 pre-retirement teachers was conducted to explore their perception about the meaning of health, key elements of health promotion behaviors, and training needs for health promotion.**

The results (the problems identified) were triangulated

Data analysis

- **Quantitative data was analysed and reported in terms of:**
 - **frequency, percentage, mean, standard deviation, Pearson correlation**
- **The qualitative data was analysed by thematic analysis**

Theoretical Backdrop

Using Pender's Health Promotion Model (2002) to assess

- knowledge,**
- attitudes,**
- social support,**
- health training needs, and**
- health promotion behaviors.**

Theoretical Backdrop

Health Promoting Behaviors

- 1.Health Responsibility**
 - 2.Nutrition**
 - 3.Activity and Exercise**
 - 4.Interpersonal relationship**
 - 5.Mental Development**
 - 6.Stress management**
- (Pender's Health Life Style Pattern,1996)**

Result

The quantitative data analysis showed:

- **Attitude & Social support correlated HPBs.**

Results			
Variable	X	S.D.	Level
Knowledge total	3.81	0.41	High
Interpersonal relation	4.49	0.72	High
Mental development	2.78	0.88	Low*
Attitude total	3.94	0.15	High
Activity and Exercise	4.43	0.11	High
Stress management	3.57	0.15	Low*
Behavior total	3.50	0.10	High
Interpersonal relation	3.50	0.10	High
Nutrition	2.78	0.10	Low*
Social support. total	3.57	0.29	High
Mental & Emotion	3.88	0.32	High
Essential's support	3.38	0.23	Low*
Health training need	4.14	0.06	High
Spiritual need	4.47	0.12	High
physical need	3.90	0.10	Low*

Result

The qualitative data analysis showed:

- **Participants did not have particular knowledge of health promoting behaviors**
- **did not take positive action towards health promoting behaviours**
 - because they ranked it as low priority in their busy life.

Discussion

They are facing to getting Aging & Pre-retirement effect as chronic disease-DM ,HT, HD etc and lead to low quality of life

because lack of knowledge about effect of ageing and retirement on their health, their retirement needs and how to address the problems.

-to promote and encourage pre-retirement teachers to improve HPBs in their daily life pattern are necessary.



Discussion

Enabling them to adapt and increase their ability to protect themselves from physical and mentally infirmity

Summary

This study suggests that:

- **Public health providers should raise health promotion to be the policy for improving HPBs of pre-retirement teachers in primary schools.**
- **The assistance and backing of the associated organizations and alliances in community who are currently involved with ageing populations should**
 - **raise health promotion to be the policy for improving HPBs of pre-retirement teachers in primary school, and also**
 - support developing an effective Health Promotion Program for pre-retirement teachers in primary schools to improve their quality of life before they reach retirement age.**

Acknowledgements

- **Dr. Tavorn Maton** : Naresuean University,Thailand
- **Prof. Pranorm Otaganon** : Naresuean University
- **Dr. Narongsak Nusorn** : Naresuean University
- **Prof.Paijit Pawabut** : Naresuean University
- **Dr.Prawit Tatiwat** : Naresuean University
- **Dr. David Briggs** : University of New England,Australia (UNE)
- **Associate.Prof.Mary Cruickshank.** : UNE
- **Dr.Tanongson Teantavorn (MD):** UNE
- **Mrs.Jonefure Moores** : UNE
- **Mr.Sam Meng** : UNE
- **Mr.Percy Madzivhandile** : UNE
- **Mrs.Nutkawee Sirirat:Director of BCN,Uttaradit.**

Thank you

[Home](#)