

**Independent Study Title**      Functional Health Pattern of Blood Donor at Blood Bank  
Maharaj Nakorn Chaing Mai Hospital

**Author**                              Miss Arpakorn Siriviboolkul

**Degree**                              Master of Public Health

**Independent Study Advisory Committee**

Assoc. Prof.    Ampai    Chanakok    Chairperson  
Lect.            Suchada    Lueang-a-papong    Member

**ABSTRACT**

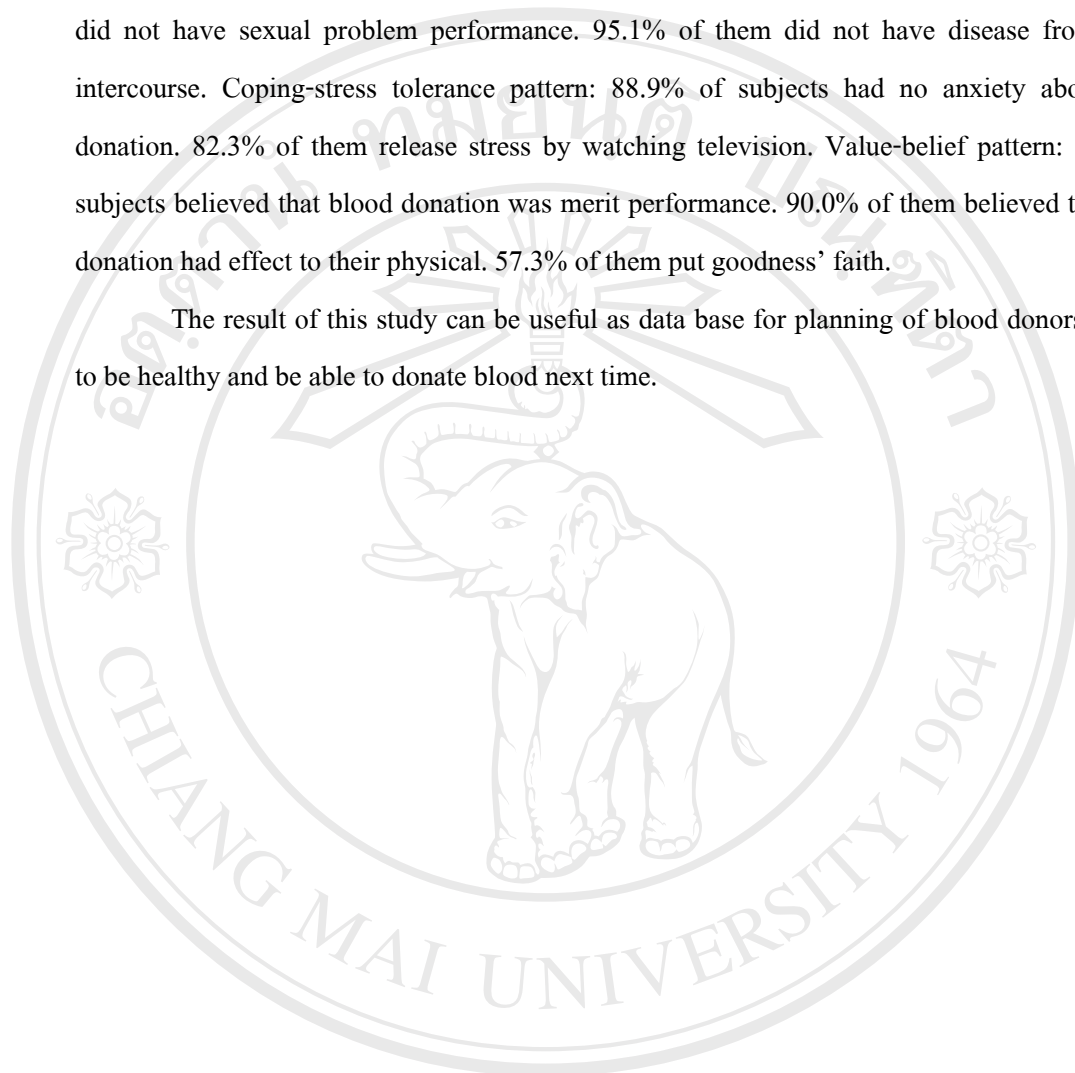
This descriptive study aimed to study the functional health patterns of blood donor at blood bank, Maharaj Nakorn Chiang Mai hospital. The research sample consisted of 370 donors. Data was collected using questionnaires developed by researcher based on Marjory Gordon's health pattern and edited by 3 experts. Content validity index was 0.85. The Cronbach's alpha coefficient value of the questionnaire was 0.80. Data was analyzed by descriptive statistics.

The results showed that health perception-health management pattern: Only 30.0% of subjects had regular physical examination. 95.4% of them had health promotion. Nutritional-metabolic pattern: 70.5% of subjects usually had 3 meals a day. 49.5% of them drink 6-8 glasses of water a day. 57.6% of them did not have eating problem. Elimination pattern: 51.4% of subjects voided 4-5 times a day. 91.6% of them defecated 1-2 times a day. Activity-exercise pattern: 42.7% of subjects had regular exercise. 78.2% of them did not have problem after exercise. Sleep-rest pattern: 86.0% of subjects had 6-8 hours of nighttime sleep. 78.9% of them had sleeping problems. 46.2% of them could manage sleeping problems by exercise. Cognitive-perceptual pattern: 53.5% of subjects were afraid of pain when donate blood. 97.6% of them had knowledge about post blood donation practice such as stay in bed for 5-10 minute.

Self-perception-self concept pattern: 85.4% of subjects had self-perception of good health. 92.7% of them confided blood donation and 93.3% of them intended to donate blood in the future.

Role-relationship pattern: 74.1% of subjects participated in community activities. 95.7% of them perceived that they do useful thing to social. Sexuality-reproductive pattern: 91.4% of subjects did not have sexual problem performance. 95.1% of them did not have disease from sexual intercourse. Coping-stress tolerance pattern: 88.9% of subjects had no anxiety about blood donation. 82.3% of them release stress by watching television. Value-belief pattern: 53.5% of subjects believed that blood donation was merit performance. 90.0% of them believed that blood donation had effect to their physical. 57.3% of them put goodness' faith.

The result of this study can be useful as data base for planning of blood donors in order to be healthy and be able to donate blood next time.



ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่  
Copyright © by Chiang Mai University  
All rights reserved