

ส่งเสริมสุขภาพจิตแก่ผู้สูงอายุโดยเฉพาะกิจกรรมทางกาย สนับสนุนให้ปฏิบัติกิจกรรมส่งเสริมสุขภาพ อีกทั้งส่งเสริมให้ผู้สูงอายุได้ปฏิบัติอย่างต่อเนื่องและมีประสิทธิภาพต่อไป

มหาวิทยาลัยเชียงใหม่
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Independent Study Title Mental Health Promoting Behaviors of the Elderly at
Surat Thani Province

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Abstract

At present there is an advanced science and technology resulting in decrease mortality rate but increase life expectancy. This leads to high proportion of elderly population in society. The elderly are likely to face problems, as a result of changes of their physical, psychological, sociological, and spiritual aspects. These changes require the elderly to adjust themselves. Having been unable to adjust themselves properly, the elderly are likely to face with mental health problems. This descriptive research aims to examine mental health promoting behaviors among the elderly aged 60 years and over, living in Surat Thani. This research involves 200 elderly people. The instrument used in the study was an interview form consisted of personal information and Mental Health Promoting Behaviors Scale. The reliability of the instrument determined by Cronbach's coefficient which was .91. Data were analyzed by using descriptive statistics.

It was found that the level of mental health promoting behaviors of the elderly was at average level. Regarding each dimension of mental health promoting behaviors, it was showed

that stress management had a high mean score while that of physical activities was a relatively low.

The findings of the study indicated that the all parties concerned the nursing personal, the relatives of the elderly as well as social networks should cooperate to promote the elderly mental health. Also these groups should encourage the elderly to participate in activities regarding mental health behaviors especially, physical activities, and facilitate the elderly to continue health promoting behavior consistently.