

Research Abstracts for Oral Presentation

Conference room 1 : Health

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Session 1

Promoting Quality of Life?: The Emergence of Asperger Syndrome through the Technology of the Case Study

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Abstract : The objective of this paper is to question whether the discourses of the psycho-behavioural sciences are working towards promoting increased quality of life, or in actuality are essentially pre-occupied with the classification of deviant behaviour and the pathologizing of social difference. This paper will be based on a sociological analysis of the case studies of *autistic behaviours* put forward by Han Asperger in his now infamous paper *Die "Autistischen Psychopathen" im Kindesalter*. In its discussion of the emergence of Asperger Syndrome through the use of case studies, the paper will consider the contributions that Disability Studies and Sociology can make in identifying the assumptions of normative behaviour that are embedded in the psycho-behavioural disciplines. It will further discuss the wider social context which influenced the descriptions by Asperger and analyse the technology of the case study itself in constructing a pathological subject. This analysis is part of a larger postgraduate research project into the experiences of people diagnosed with and/or self-identifying as having Asperger Syndrome.

The Correlation of Health Related Quality of Life with Psychological Distress, Social Support, and Cognitive Coping in Chronic Pain Patients

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Abstract : The present study examines the correlation of psychological distress, social support and catastrophizing with health-related quality of life (HRQoL) in chronic pain patients. The hypotheses were: (i) psychological distress would be negatively correlated with HRQoL; (ii) social support would be positively correlated with HRQoL; (iii) catastrophizing would mediate the relationship between psychological distress and HRQoL; (iv) catastrophizing would mediate the relationship between social support and HRQoL. The scales were first translated using back-translation method. Then they were administered to 62 chronic pain patients from various hospitals in Kuala Lumpur; Selayang Hospital, Kuala Lumpur Hospital, University Malaya Medical Centre and IIUM Clinic. Pearson product correlations and multiple regression were employed for data analysis. The findings revealed that depression correlated negatively and significantly with mental component score of HRQoL. However,

depression did not correlate negatively with physical component score of HRQoL. On the other hand, social support did not correlate significantly with both scores of HRQoL, mental component score and physical component score. The study also investigated mediating effect of catastrophizing. The finding showed that there was no mediating effect of catastrophizing in the relationship between perceived social support and HRQoL, and there was no mediating effect of catastrophizing in the relationship between depression and HRQoL. Implications and limitations of the study were discussed.

Study on Depression among IIUM Students and the Islamic Counseling

Approaches

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Abstract : Depression is a disorder that affects thoughts, moods, feelings, behavior and physical health. The main types of depression include major depression, dysthymia, adjustments disorders, bipolar disorder and seasonal affective disorder. According to experts, major depression, dysthymic and bipolar disorders are the most frequently diagnosed mood disorders. Objectives of the study are: 1) to determine the degree of depression experience by IIUM students 2) to know the different types of depression and how it affects the academic, social-interpersonal relationship of the respondents 3) to know the Islamic approaches in dealing with depression and 4) to help Muslims (clients) deal with depression in Islamic methods. Respondents of the study will be the official students of the International Islamic University Malaysia either from the undergraduate or postgraduate level. The study is a qualitative research for series of counseling sessions will be organized by the researcher.

Comparison of Nutritional Knowledge, Attitude Towards Food, Food Intake and Nutritional Status between Pre-Adolescents in Urban and Rural Lampang Province

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Abstract : This cross-sectional study with a descriptive comparative design aimed to compare nutritional knowledge, attitude towards food, food intake, and nutritional status of pre-adolescents in urban and rural areas of Lampang province. The sample included 100 students in urban and 100 students in rural areas in elementary schools. Data were collected from February to March, 2005, by using structured and semi-structured interviews with a questionnaire and forms. Data were analyzed using percentage, mean, standard deviation, independent t-test and Chi-square test. The INMU-ThaiGrowth 2002 program was used to assess nutritional status. Results revealed that when comparing pre-adolescents in urban and rural areas, there were significant differences in the total nutritional

knowledge and knowledge on healthy food behavior ($p < .05$). In addition, there was a significant difference in perception of benefits and consequences of food behavior between the pre-adolescents in urban and rural areas ($p < .05$). Moreover, comparing pre-adolescents in urban and rural areas, there were significant differences in vegetable, fruit, milk, oil, snack, and bakery product intake ($p < .05$). There was a significant difference in nutritional status (height for age) between these two groups ($\chi^2 = 9.172, p = .010$).

Health-Promoting Behaviors of Nursing Students at Boromarajonani College of Nursing Chakriraj

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Abstract : This research is aimed to study student nurses' perception on their health status and their health promotion behavior by using descriptive research and focus group methods. The sample group included 21 sophomore-year continuing education nursing students studying in the first semester of the year 2005 that were selected to cover the whole population based upon their workplace and voluntary. The researcher employed an interview-technique instrument following the Pender's methodology framework and, later, separately analyzed quantitative and qualitative data. The research findings showed that: Nursing students' perception on their health status: most nursing students considered themselves being in good health regarding no illness shown. Still, a few complained of their health problems such as back pain, urine incontinence, or cyst at uterus. Most also had healthy mental health although they sometimes felt stress due mainly to their examinations. Besides, they viewed that they had healthy social relationships with their family and friends. Nursing Students' health promotion behavior in six different aspects according to the data from the interview: a) health responsibility, they had their annual physical check-up, physical self-observation, primary health care and health practices following medical advices; b) nutrition, they had plenty of fruit and vegetables and other low fat meals. They preferred cleaned food or food specific for some diseases and sometimes took dietary supplements. They also preferred cooking themselves to receive balance nutrients; c) physical activities, most nursing students did chores while a few took aerobic exercise regularly; d) interpersonal relations, they discussed their health problems with their family and friends or consulted with their doctor while considering of their good relationships with others as a relaxation tool; e) spiritual development, most chose making merits, being optimistic, relaxation, following traditional beliefs and taking rational solutions; f) stress management, they generally discussed problems with their confidants, find solitude, calmed themselves, prayed, distracted themselves with other activities or seek some rational solutions. The result suggested that the nursing curriculum should include a topic of health promotion behavior to raise awareness of this issue among nursing students. Further, nursing schools should provide atmosphere that promotes good health for their students and staff in all levels.

Socioeconomic Variables Associating Mental Health in Young Adults

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Abstract : The study was designed to determine whether mental health status is associated with socioeconomic factors. The survey was undertaken in May to September 2004. The sample consisted of young adults in Nakhon Si Thammarat aged between 18 and 25 years. Approximately 1200 were randomly selected and stratified using the SCL-90-R to measure mental health symptoms in young adults living in the three districts of Nakhon Si Thammarat. The research results were 1) A Bachelor degree qualification, marital status, and being a government officer were able to predict somatization, explaining about 1.6% of the variance in somatization. 2) Sex, tertiary qualification, and living in coastal areas were significant predictors of obsessive compulsiveness, with these three variables explaining only 2.4% of the variance in the obsessive-compulsive scores. 3) Being female, having a Bachelor degree qualification, living in the city and coastal areas were found to be significant though weak predictors of depressive mood, with the four variables explaining about 5.6% of the variance related to depression. and 4) Living in city and coastal areas as well as being a blue-collar worker were significant though weak predictors of hostility, with the three variables explaining about 1.8% of the variance related to hostility.

An Experimental Study on the Treatment of Major Depression in Women

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Abstract : An experimental study was conducted to test the effectiveness of clients-centered therapy (CCT) for the treatment of major depression. 30 women aged 15 to 55 reported with the main symptoms of major depression were randomly assigned to two groups; 15 treatment group and 15 waiting list as control group. The treatment group undergone four individual hourly therapy sessions within a period between 8 to 12 weeks. A one way ANOVA using the pre and post BDI assessment indicated significant effect of CCT ($F = 8.71, p < .01, ES = .24$) Follow up assessment was also conducted to observe the extent of therapy-client interaction effects. Qualitative data and subjective opinion of the subjects were also presented to support the results.

Comparison of cognitive distortion between sex-offenders and non-sex offenders in a Malaysian state prison

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Abstract : Cognitive distortion has been suggested to be an important element in the study and treatment of sex-offenders (Arkokwitz & Vess, 2003). Fifty one sex-offenders and 50 non-sex offenders were interviewed using a structured interview questionnaire which attempted to elicit demographic, factual and behavioral data. Because the subjects for this study were sampled from one state prison, the study lacks the generalizing power one normally expects of a quantitative empirical research. In addition to the demographic factors, the current study is aimed at comparing the cognitive distortion between the sex-offenders and the non-sex offenders. The Abel and Becker Cognitive Distortion Scale (1984) was administered to all the subjects between June and August 2006 in the state prison. The study found no significant differences in all factors however analysis of individual questions revealed significant differences in two questions.

Individuation and Symbols of Transformation as Manifested in the Dreams and Drawings of Thai AIDS Patients

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Abstract : C. G. Jung founded analytical psychology, a school of psychoanalysis that focuses on the individual's encounter with the unconscious through the archetypes and symbols that appears in the dreams and visions. According to Jung, the encounter between consciousness and the symbols arising from the unconscious promotes a lifelong, natural process of psychological development and self-realization referred to as individuation. Individuation can be achieved by integration of the conscious and unconscious psyche and may be accelerated by terminal illnesses or impending death. This study explores the archetypes and symbols of transformation associated with individuation that appear in the dreams and drawings of Thai AIDS patients. With sharpened understanding of these archetypes and symbols, counselors can help facilitate the individuation process of those living with HIV/AIDS, thus allowing them to live in greater harmony with their circumstances. Participants of the study consist of six Thai individuals age 20-40, who are in the severe symptomatic phase of HIV infection. The narrative accounts and drawings of the dreams reported by the participants over a six-week period were analyzed using the content analysis method. The results reveal a wealth of archetypes and symbols of transformation that evidences an accelerated individuation process aiming at integration of personality.

Session 2

Air Pollutants to Economic Growth in Malaysia: A Simultaneous Estimation of Environmental Kuznets Curve

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Abstract : The objective of this study is to examine the relationship between environmental degradation to economic growth in Malaysia by taking into account the environmental Kuznets curve. The EKC relationship has usually been used as a theoretical model to represent the change in pollution levels in a city over time as economic development proceeds. As Grossman (1995) first suggested, it is possible to distinguish three main channels whereby income growth affects the quality of the environment. Firstly, growth exhibits a scale effect on the environment. Secondly, income growth can have a positive impact on the environment through a composition effect and thirdly, technological progress often occurs with economic growth since a wealthier country can afford to spend more on research and development. Air pollution indicators were assessed on a number of measures and the income level per capita GDP (Gross Domestic Product) were measured from the year 1996 to 2006. This study specify the channels through which the income affects pollution and pollution affects income in a conceptual model and then formulate a two-equation simultaneous model for empirical research. This study test for exogeneity with the Hausman test and estimate the simultaneity model using the two-stage least squares method.

The Study of “Weak Heart” Perceived by Clients in Khon Kaen Province: A Qualitative Study

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Abstract : The objectives of this qualitative research were to explore the experiences of people with “Weak Heart Syndrome” (WHS). The eleven participants were in-depth interviewed. These participants were recruited by purposive sampling and snowballing technique. All of them were living in community settings in both suburban and rural areas of KhonKaen province. The data collection and content analysis were done simultaneously until data saturation. The content analysis displayed six major themes in terms of: 1) meaning of WHS such as being an actual heart disease, being a dysfunction of the heart and an illness of mind; 2) symptom distress such as disheartened "Hua-ji-on" or "Ji-suun", shortness of breath, fatigue, fear, sensitivity and depression; 3) perception of diagnosis such as being influenced by themselves, community and health personnel; 4) perception of causes of

WHS such as loss, stress and physical conditions; 5) impacts of WHS on both individual and social life; and 6) types of health management such as self-control, family support and seeking help from health care systems. The findings contribute the ability of health personnel to gain insight into Weak Heart Syndrome as it is known within the diagnostic nomenclature in the Thai context. This syndrome reflects the close relationship between body and mind. The WHS disrupts personal and family life. Comprehensive understanding to lived experience of people with Weak Heart Syndrome can help health care providers to create holistic care for WHS people and their families.

Qualitative Report on Program Development for Awareness Rising in relation to Tobacco Harmful

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Abstract : Tobacco use, especially smoking among adolescents is common globally, despite widespread knowledge of the health consequences. During the last decades efforts have been made to prevent young people from starting to smoke. Studies have reported that young people start experimenting with tobacco as early as 10 years of age and become regular smokers at approximately 15. Brief focus groups were completed with high school students, teachers, and parents in order to find efficacious models and strategies for raising awareness on tobacco harmful, which might prevent students from starting, use tobacco. The results indicated that implanting awareness on adverse consequences of tobacco use should be continuously performed. Also, the findings showed that parenting and family discipline had highly powerful influences. However, through the years of school age significant influence was shifted from the family to teachers. Again, once becoming an adolescent, friends were more likely to have impact on individuals. In sum, the findings showed that instillation of awareness on tobacco harmful should be performed in consecutive process through individuals' transition. As a result, diffusion of tobacco-related knowledge should be maximized in families, schools, and society.

Development of Model and Strategies on Raising Awareness on Tobacco Harmful for Thai Adolescents through Participation Action Research

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Abstract : Tobacco use is the most preventive cause of cancer related morbidity and mortality. Evidences showed that starting smoking prior to 15 years old doubles the risk of lung cancer compared to starting at 20 years of age. Programs for preventing adolescents from early starting smoking have been developed and used. However, the participation of the adolescents, parents, and teachers is hardly included. This participation action research aimed to develop a model of awareness rising on tobacco

harmful for Thai adolescents. The participants included students, parents, and teachers in a high school. Data were collected and analyzed by interviewing and focus group. This awareness rising model was developed through two cycles, each of which included planning, action and observation, reflection, and re-planning. The first cycle was to develop strategies to raising awareness. The second cycle was to establish an individual practice by applying strategies obtained. In the final expected outcome, the teachers and the students would be committed to practice the model. This study illustrated that the model could be successfully implemented in the schools. The study could be an example for schools to apply the model and strategies to fit each particular school.

Effectives of Self Management Program on Sugar Control and Quality of Life Among Diabetes Mellitus Patients

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Abstract : The purposed of this quasi-experimental research were 1) to compare the number of patients who could control blood sugar and quality of life of diabetic mellitus patients in the experimental group before and after received the program and 2) to compare the number of patients who could control blood sugar and quality of life of diabetic mellitus patients in the experimental group and control group. Thirty type 2 diabetes mellitus patients in the Diabetic clinic at Out-patient Department, Banlad Hospital were assigned by matched pair into either experimental or control group. There were 15 patients in each group. The experimental instrument was the self management program tested for validity. The instrument for collecting data was Quality of Life Questionnaire tested for both validity and reliability with alpha of .80. Data were analyzed by using mean, standard deviation, McNemar test, chi-square test and t-test. The major finding were as follow : (1) The number diabetic mellitus patients who could control blood sugar after received the program larger than those before received the program at p-value of .05. (2) The quality of life of diabetic mellitus patients after received the program was significantly higher than those before received the program at p-value of .05. (3) The number diabetic mellitus patients who could control blood sugar between the experimental group and control group after experimental was not significant difference at p-value of .05. (4) The quality of life of diabetic mellitus patients in the experimental group higher than those control group at p-value of .05.

Session 3

The effectiveness of Magnetic Auricular Acupressure to Labour pain and Progression of Labour in Prachomklao Hospital Petchburi Province.

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Abstract : This research, Randomized controlled study was a study on the effectiveness of magnetic auricular Acupressure to labour pain and progression of labour in first stage of labour, when cervix dilatation 3-10 cm. The study also compared experimental group and control group, who were the normal pregnancy women about 60 persons/ group in labour room Prachomklao hospital Petchaburi.(15 April to 15 August 2006) Acupressure points in ear were Shenmen, Uterus, Endocrine, and Zero point. Data were collected with personal record during pregnancy, progression of labour, labour pain score, and satisfied record. The obtained data were analyzed into percentage values, mean values and standard deviation and were analyzed to t-test. The results of this study, the data of experimental group were showed that the level of pain was decreased both in nulliparous and multiparous groups, but the control group were increased in second stage of labour. The experimental group which received Syntocinon for augmented labour had decreased in pain levels, too. The compared levels of pain between experimental group and control group was significantly different at the statistical level 0.01. The progression of labour, this study was showed The time in active phase of labour, both the experimental group and control group, were found that the experimental group has shorter time, but not significant different at the statistical level 0.01. The satisfaction of labour was found that the experimental group was better than the control group significantly at the statistical level 0.01. Referring to the results of this study, it was recommended that nurses in labour room should have Learning for auricular acupressure to relief pain during labour, and to make satisfaction in practice.

Oral Health Promotion Model by the Seniors' club

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Abstract : The Bangkok Charter affirms to improve health and health equity by building capacity of civil societies and encouraging communities to lead in undertaking health promotion. This study presents models of oral health promotion operated by seniors' clubs in Thailand. Similar to the rest of the world, Thailand is facing the challenges of aging population. More elders are retaining their natural teeth into later life. However, many of them cannot maintain good oral health. Incidence of decay and

periodontitis, that may lead to tooth loss, is high; while loss of chewing teeth shows a strongly negative impact on the health-related quality of life in the elders.

During 2005-2006, Dental Health Division of the Department of Health, of Health has implemented studies on “Oral Health Promotion Model by the Seniors’ Club” to develop health supporting systems by health personnel and local authorities and to encourage a potentiality of the elders. At present, the young-old Thais are generally functionally-independent, healthy, and active. Moreover, many of them are well- educated and skilled. Twenty-five seniors’ clubs in seven provinces were selected from three Regional Health Promotion Centers (RHPC): RHPC 4 (Ratchaburi Province in mid-Thailand), RHPC 5 (Nakornratchasima in Northeastern Thailand), and RHPC 10 (Chiang Mai in the North). These centers empowered the seniors’ clubs by organizing meetings for them to give voice and share their experiences on oral health promotion, and by providing educational resources as needed. The meetings usually consist of a group of local elders, dental personnel, as well as other public health personnel from the provincial public health office, the contracting unit for primary care (CUP) and the primary care units (PCU). Group participation is key. All participants contribute to the group by sharing their experiences on oral health promotion and other routine activities.

Initial reviews show that implementing oral health promotion activities in the seniors’ club is feasible. Many activities have been initiated and run by the elders themselves. The activities includes dental health education by trained elder leaders; tooth brushing after lunch; tooth brushing after religion activities; tooth brushing contest; promoting changes in eating behavior to eating fruits as a snack; setting toothbrush-toothpaste funds; and organizing home visits for elders who are unable to join the activities. The ideas of these community projects were realized and they are still ongoing as a result of the nS1orki ng and co-operation among various community partnerships such as local authorities, health centers, temples, the seniors’ clubs, and other citizen in the communities. In addition, existing strength and capacity of each community play a big role in the success of the projects.

These community-based models of oral health promotion should be reviewed periodically to improve quality and sustainability. Networks of partnership should be expanded and projects should be evaluated for their effectiveness and efficiency to establish demonstrated programs so that they will be adopted and adapted nation-wide and that oral health will be better integrated with general health care and subsequently improve quality of life of the elders.

Factors Influencing Participation in Physical Activity Behavior among University Students: A Focus Group Study

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Abstract : This study was designed to examine university students' perceived benefits of physical activity and barriers to physical activity and factors influencing them to participate in physical activity. It also aims to gather students' suggestions about which activities should be done in the health promotion program to increase university students' participation in physical activity. A total of eight male and female students, either physically active or inactive, participated in the focus group session. It was found that the participants' perceived benefits of physical activity were 1) physical benefits -- physical health benefit and maintaining body shape; 2) psychological benefits -- enjoyment, using time efficiently, stress reduction and feeling good; 3) social benefit -- social reasons such as spending enjoyable time with friends, and meeting new people. Their perceived barriers to physical activity included both internal factors such as inertia and health condition and external factors such as time constraints, lack of social support, and environment constraints. Peer groups and family were found to be influential factors to the participants' decision to engage in physical activity. Participants suggested that a variety of strategies could be used as strategies in a health promotion program designed for university students, such as providing information about benefits associated with physical activity, having a demonstration of the physical activity for a particular session, using role models to influence behavior, organizing sport competitions, and providing free access to physical activity facilities. Findings of this study have implication for health and exercise professionals designing health promotion interventions to increase physical activity participation of young adults in university settings.

Psychological problems among students effected by Tsunami after 3 years of events

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Abstract : The objectives of this research was to study the psychological problems among students effected by the Tsunami after 3 years events; and to compare stress levels of students with or without parents. Total sampling group comprises 76 students from a school at Takuapa district, Pung-nga province. Measurement instruments was the SPST-20 (Suanprong Stress Test – 20), standard stress measurement developed by professional team from Department of Mental Health, Minister of Public

Health. The reliability of the questionnaires was assured by the Cronbach's alpha coefficient. The alpha of the stress questionnaire was 0.86. Data analysis showed the psychological problems that the stress of Tsunami students mostly are normal (55.2%), slightly higher than normal (20.9%), lower than normal (10.4%), severe (9%) and moderate higher than normal (4.5%) respectively. When considered students with or without parents. The data showed that father died 20.9%, mother died 19.4% and both parents died 4.5%. There are no significant of students' stress levels with or without parents at $P > 0.05$.

Factors Affecting Perceptions in Sexual Relationship and Sexual Behavior of Postpartum Woman.

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Abstract : This descriptive research was a study of perceptions in sexual relationship, sexual behaviors of postpartum woman, the correlation between age, education level, family income, the child number, the period of the first sexual relationship in postpartum period and perceptions. The study also compared perceptions in sexual relationship of postpartum woman who had sexual relationship during six weeks postpartum and the perceptions of postpartum woman who did not have sexual relationship. The samples of this study was composed of 214 six week postpartum woman who were delivered at Prachomklao Hospital, Petchaburi Province. Data collected with sexual behavior questionnaire and the perceptions of sexual relationship questionnaire. The obtained data were calculated into percentage values, mean values and standard deviations and were subsequently analyzed with the Pearson's product Moment Correlation coefficient and t-test. The results of this study indicate a fairly good level of perceptions in sexual relationship during six weeks postpartum among the samples. The data show that 36.4 percent of the sample had already resumed sexual relationship; most of them resumed sexual relationship at fifth or sixth week postpartum. The earliest resumption of sexual relationship was at one weeks postpartum. Among the subjects having postpartum sexual relationship, 82.1 percent reported dissatisfaction with the relationship because they worried about dangers, fear of pregnancy and dyspareunia. The study was found that no correlation between perceptions in sexual relationship and age, education level, family income, the child number and the period of the first sexual relationship in postpartum period. The comparison of perceptions in sexual relation of postpartum woman having sexual relationship and the perceptions of postpartum woman who do not having postpartum sexual relationship was significant difference at the statistic level 0.01. Referring to the results of this study, it is recommended that nurses should give advice and should promote appropriately perceptions in sexual relationship of postpartum woman and husbands aiming at reducing the sexual relationship problems.

Health Care Needs Among Male Amphetamine Dependents in Songkhla Province

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Abstract : Narcotics is a major public health problem throughout the world, the global increase in problem of illicit drugs both reflect and contribute to international tensions. The remains a significant threat to global public health over 200 million people or 5 percent of the world's population age between 13 and 64 have used drugs at least once in the previous 12 months. The main problem of drugs use in Thailand is Amphetamine using. Most of drugs dependents were age between 20-24 years old. In Songkhla province the number of Amphetamine user in 2006 was 1,814 cases and relapsed cases were 390 cases. This study to focus on health care need levels of male amphetamine dependants who undergoing drug treatment program Songkhla Program. Health care need will be a best way that can investigate health care behavior among amphetamine users. Thus we have to assess relationship between individual, psychological factors with health care model, including illustrates perspective of health care behavior pattern among amphetamine users. The study will be applied health care model that was revised by Berk, R.A. (1995). The model using in this study consists of financial support and psychosocial, health behavior and social support, health manalle nt. Approximately 300 amphetamine users undergoing the treatment program will be investigated on health acre need and 50 amphetamine users will be in-depth interviewed. Finally, outcome of the study will be beneficial to the treatment process and further study.

The Development Model for the Coaches of University Games of Thailand in Cultivating Desirable Characteristics

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Abstract : The purposes of this research were to investigate the operating state of the university games and to create a model to develop the coaches of the university games of Thailand in cultivating desirable characteristics. The research instruments included Content Analysis and a questionnaire asking about the context of the university games, the characteristics and roles of coach, coaching skills, the principles of team work and the psychology of triumph. The research sample included 936 coaches of the university games in 36 universities. The data analysis was accomplished by basic statistical methods and the LISREL Model 8.54.

According to the research results, the Boards of Directors and Executive Directors managed the university games of Thailand to promote good relationships, good health and unity among students and

the university's personnel. The evaluation of the performance was carried out by reporting the results of the university games annually.

It was found out that the coaches didn't understand the philosophy and the objectives of the university games as well as their own roles in being a coach. Moreover, there was not any continuing evaluation of the athletes' performance and therefore, they lacked the desirable characteristics good athletes should possess.