

The Effect of Health Behavior Modification based on Client Center Program to Self – Care Behavior of Obese Students

By Assoc. Prof. Dr. Ungsinun Intarakamhang
And Dr. Anan Malarat

Abstract

The objectives of this experimental research were to examine the effectiveness of Health Behavior Modification based on Client Center Program (HBMCCP) and to study behavior change in relation to self – efficacy, self- regulation, self-care behavior , and body weight among experimental stages. The sample of study was 59 undergraduate students in health science field , who were selected by cluster random sampling and assigned 29 participated in HBMCCP for 8 weeks all activities as the experimental group, and 30 students as the controlled one. Data collection were conducted 3 times; before program, immediately after program and after program for 4 weeks by 6 scale – questionnaires which had high reliability (Cronbach's alpha-coefficient between .81 to .94). The stratified variables were social psychological variable consisted of positive attitude to health behavior and social support. Data were analyzed 3 way MANOVA and MANCOVA with repeated measures.

According to research hypotheses, results show that 1) Obese students in experimental group who were trained with HBMCCP had self – efficacy (mean = 53.90, 55.93, and 55.69), self- regulation (mean = 136.03, 138.34 ,and 146.42) and self-care behavior (mean = 71.74, 71.18, and 75.89) in stages of immediately after program and after program for 4 weeks higher scores at .05 of statistical significant level than before program (Multivariate F test = 0.478, F = 5.758, p < 0.00) and experimental stages had effect to behaviors (Effect size= 0.239), and had body weight (mean = 75.89, 71.18, and 71.74 respectively) lower scores at .05 of of statistical significant level than before program (F=7.136, df=2, p=0.02) and experimental stages had effect to body weight (Effect size= 0.203), 2) Obese students in experimental group had self – efficacy, self- regulation and self-care behavior in stages of immediately after program and after program for 4 weeks higher scores at .05 of statistical significant level than obese students in control group (Multivariate F test = 4.250, df=3, p=.009), and had body weight lower than obese students in control group after program (F=142.190, df=1, p=.026), and 3) There were no three - way interaction among positive attitude to health behavior, social support and HBMCCP. Although, There were two- way interaction between positive attitude to health behavior and HBMCCP. (Multivariate F test=6.107, p=.001) by effect size= .272.

Keywords: health behavior modification, self-efficacy, self- regulation, self-care behavior, Body Mass Index, obese students