ABSTRACT

The descriptive study aims to assess the self health care practice of the elderly attending Health Center 19 Wongsawang, Bangkok Metropolitan Administration. Its related factors including socio-demographic characteristics, social support, health knowledge, accessibility of health information and perception of self image, self health, cultural expectation and benefits from self health care practice were also assessed. The sample consisted of 211 elders aged 60 or more. Data collection was done by interview using structured questionnaire, during March 1998.

Findings from the study reveal that all the studied elderly engaged in self health care practices in one way or another. The majority of them had moderate practice and average level of social support as well as other factors.

Based on these findings, the four major sources of support which play a role on self health care practice of the elderly are the elderly themselves, family, community and mass media. Therefore, it is worth strengthening their roles, particularly roles of family members, in order to help the elderly achieve good quality of life.