

# HEALTH STATUS AND HEALTH PROMOTING BEHAVIORS AMONG ACADEMIC STAFFS OF SUAN SUNANDHA RAJABHAT UNIVERSITY

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## ABSTRACT

The objective of this research was to investigate the health status and health promoting behaviors among the personnel in Suan Sunandha Rajabhat University. This study examines the correlation between health status and health promoting behaviors. The sample population consists of 234 personnel. Data were collected through questionnaires. Statistical analysis shows percentage, mean, standard deviation, correlation, Chi-square test and Pearson's Product Moment Correlation Coefficient.

The results show that; most of respondents were women (55.4%) and work in the back office (27.4%). The age of the samples mostly ranges from 21 to 30 years (42.2%). The marital status of the sample is mostly single (58.5%). Physical health status: most of the samples have BMI level in normal (53.3%), have never had annual health checkup (41.5%). Three congenital diseases that were found the most are gastritis (28.2%), allergy (26.6%), and migraine (17.1%). Mental health status: most of the samples' mental health is fair (48.72%).

Factors correlated with health status can be shown as followed. Demographic factors including gender, field or work, age, marital status, education degree, and income per month have no correlation with health promoting behaviors. Annual health checkup is significantly correlated with health promoting behaviors in the dimensions of self-responsibility for one's health and spiritual development at the statistical level 0.1. BMI has no correlation with health promoting behaviors in any dimension. Mental health status is significantly correlated with health promoting behaviors in the dimensions of self-responsibility for one's health, nutrition, exercise, stress management, interpersonal relationship, and spiritual development at the statistical level 0.1. The recommendation for this research would be that the results should lead to the proper methods and provide health welfare for university personnel to achieve the goal of being healthy, sustainably.

**Keywords:** Health, Health promotion, Health Behaviors.

## INTRODUCTION

Nowadays, Thai people are experiencing difficulties in maintaining healthiness due to both communicable and non-communicable diseases and changing lifestyles. People have consumed more fatty food and less fibric food, doing less exercise and some people are still smoking and consuming alcoholic drinks in a significant amount. [1]. Social environment and physical environment are also affecting people's health in large-scale. Healthiness is described as perfection of physique, mind, emotion, society and spirit which is one of everyone's greatest desires. Healthiness leads to a better quality of life, greater working proficiency, less health issues and less money spent on health care[2]. Health promotion becomes an essential procedure to better one's life. [3,4].

Suan Sunandha Rajabhat University has prioritized health promotion by providing health-related courses such as applied Thai traditional medicine, health and beauty science, and nursing. Therefore, university's personnel, who are responsible for building qualified graduates, need to be in a healthy state of all aspects in order to build the data base for future health promotion policy which contributes to a better quality of life and working proficiency, and a major drive to the university's goal of being "Smart Archetype University of the Society

## OBJECTIVE

1. to study health status and health promotion behaviors of the personnel in Suan Sunandha Rajabhat University.

2. to study the relation between physical and mental health status and health promotion behaviors of the personnel in Suan Sunandha Rajabhat University.

### METHODOLOGY

This descriptive research is conducted with 234 samples selected by Stratified Random Sampling method.

Instrument used in this research is 4-part questionnaire as followed;

Part 1 is Bio-Social Questionnaire including gender, department of work, original affiliation, age, marital status, education degree, freelance job, income per month, and work hour

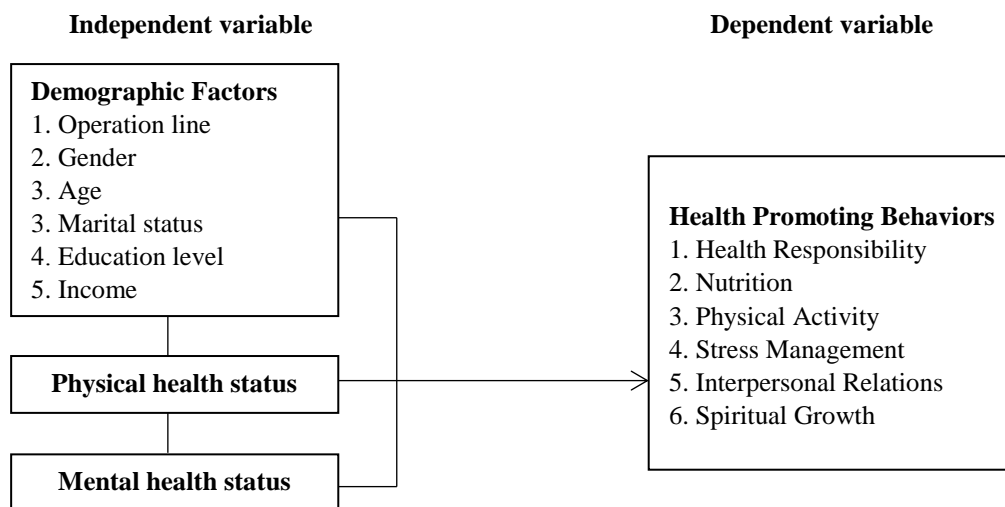
Part 2 is Physical Health Questionnaire including BMI (Body Mass Index), pains in back, shoulder, and neck muscle, annual health check-up, congenital disease, and treatment applied for certain disease.

Part 3 is 15-item Mental Health Questionnaire (Thai Mental Health Indicator Version 2007 = TMHI-15).

Part 4 is Health Promoting Behaviors Questionnaire including 6 dimensions: self-responsibility for one’s health, physical activities, nutrition, interpersonal relationship, spiritual development, and stress management.

Statistics applied to this research are frequency, percentage, average, and standard deviation; to indicate bio-social factors, physical health status, mental health status, self-health promoting behaviors analyzation, relation between bio-social factors and health promoting behaviors analyzation, relation between physical health status and health promoting behaviors. Chi – square Test is applied to these data. Pearson’s Product Moment Correlation Coefficient is applied to analyze the relation between mental health status and health promoting behaviors.

### Conceptual framework



### RESULTS

**Demographic Factors:** Most of the samples; more than half of the samples were female (55.4%) or work in supporting department/back office (57.4%), belong to the Faculty of Humanities (15.9%), ranges from the age of 21 - 30 years old (42.2%), more than half of them are single (58.5%), hold the bachelor’s degree (43.3%), earn 15,000 - 20,000 baht per month (49.6%) and work 8 hours per day.

**Physical health status of university’s personnel:** Body Mass Index: BMI level of most of samples is normal, between 18.5 – 24.9, (53.3%). They seldom experience the pains in back muscle, shoulders, and neck (33.9%). They have no treatment for that pain, waiting for the pain to relieve itself, (30.1%). Most of them have never had annual health checkup (41.5%). Five congenital diseases were found the most: gastritis (28.2%), allergy (26.6%), migraine (17.1%), arthritis/myositis (16.7%), and high cholesterol/blood pressure (8.5%). Most of them have never seen doctor or been given treatment for their congenital diseases at all (20.8%).

### Mental health status of university's personnel:

| Health Promoting Behaviors Level | Percent (%) |
|----------------------------------|-------------|
| Good                             | 36.8        |
| Fair                             | 34.6        |
| Not good                         | 28.6        |

Their mental health status is mostly the same as the average (Good), (36.8%), better than the average (Fair), (34.6%), below the average (Not good), (28.6%).

### Factors relation analysis

#### Relation of physical health status:

| Physical health status | Health Promoting Behaviors     | p-value |
|------------------------|--------------------------------|---------|
|                        | Chi – square Test ( $\chi^2$ ) |         |
| Body Mass Index : BMI  | .270                           | .000*   |
| Muscle pain            | .321                           | .000    |
| Annual health check    | .371                           | .008*   |
| Congenital disease     | .100                           | .071    |

\*p < .01

There are correlations found among BMI, annual health check and health promoting behaviors

#### Relation of mental health status:

| Mental health status | Health Promoting Behaviors  | p-value |
|----------------------|-----------------------------|---------|
|                      | Correlation Coefficient (r) |         |
| Mental health        | .209                        | .001*   |

\*p < .01

There are correlations found between mental health status and health promoting behaviors

## CONCLUSION AND FUTURE WORK

According to the results, both physical and mental health status are positively correlated with health promoting behaviors in 7 dimensions: self-responsibility for one's health, nutrition, exercise, stress management, interpersonal relationship, and spiritual development. [5,6,7] The healthiness of mind makes people good-tempered, able to adjust themselves to the surroundings or able to manage life issues, and have a clear mindset, in other words, ones with good physical and mental health tend to work more efficiently. [8,9,10]

Further research should be conducted specifically about the proper method for health promotion and providing annual health checkup as health well-fair to every university's personnel to improve their health and promote health promoting behaviors.

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