

Abstract

Research Title : Health Status and Health Promoting Behaviors Among Academic Staffs
of Suan Sunandha Rajabhat University

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The objectives of this research was to investigate the Health Status and Health Promoting Behaviors Among Academic Staffs Suan Sunandha Rajabhat University. Study the factors that are correlated with and Health Promoting Behaviors. The sample population of 234 people. Data collected by questionnaire. Statistical analysis using percentage, mean, standard deviation, correlation, Chi-square test, Pearson's Product Moment Correlation Coefficient.

The results of this research found

1) The biological factors of human society. Found that most of the women, work in the support line, under the faculty of humanities , aged 21-30 year, single, education bachelor's degree, no self promotion, the monthly income of less than 10,000 and operates 8 hours per day.

2) The Health Status, found to have a body mass index in the appropriate, muscle aches and pains are for some time, not periodic health examination. The top 5 most common diseases of the stomach is followed by inflammation, allergies, migraines or a muscle, high blood pressure, high blood cholesterol or fat, respectively. Monitoring symptoms without treatment.

3) The mental health Status, the majority found that the mental health of people.

4) Behavioral Health Promotion found that the responsibility for their own health. Access to health promotion, the knowledge about health and health problems to consult with a physician, to check for signs of physical self. The samples on a regular basis.