ASSOCIATION BETWEEN SELF-EFFICACY, FAMILY SUPPORT AND PHYSICAL-SOCIAL FUNCTIONING ACTIVITY AMONG THE ELDERLY IN COMMUNITY QOL PROGRAM, KANCHANABURI PROVINCE, THAILAND

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ABSTRACT

This cross-sectional study was conducted to describe the physical-social functioning activity of the elderly and to examine the relationship between self-efficacy, family support and physical-social functioning activity among the elderly living in a community QOL program in Kanchanaburi province. A total of 289 self-administered questionnaires were used to collect data using stratified sampling.

The result showed that individuals with high self-efficacy and high family support were more likely to perform physical-social functioning activity than those with lower self-efficacy and family support. About 48% of the elderly studied had good physical-social functioning activity. However, household-activity and leisure time activity were commonly performed more than regular exercise. Over half (60%) had either high or moderate self-efficacy while 51.9% had high family support. Self-efficacy and family support were positively correlated with the physical-social functioning activity of the elderly. Multiple linear regression predicted self-efficacy and family support as significant predictors (p<0.001, R-sq (adj) =43%) when adjusted with other factors.

Physical and social activities ensure the well-being and welfare of the elderly. Several interventions to increase self-efficacy and family support for health promoting behavior targeting the elderly should be strengthened and continued.

KEY WORDS: SELF-EFFICACY / FAMILY SUPPORT / PHYSICAL-SOCIAL FUNCTIONING ACTIVITY/ ELDERLY IN QOL PROGRAM

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