HEALTH BEHAVIORS AND HEALTH RISK BEHAVIORS OF RAJABHAT UNIVERSITY STUDENTS

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Abstract— The purpose of this descriptive study was to describe health and health risk behavior in students of Suan Sunandha Rajapbat University. The subjects were ***400*** undergraduate students, sampling by proportion . Data were collected using a questionnaire with questions selected from PRECEDEPROCEED Model of Green and Kreuter (1991) who had attended Health behaviors and health risk behaviors a sexual and health problems.
The results showed that 6***2.0*** percent of the students had normal body mass index33.7, percent planned to lose body weight, 42.4 percent perceived their health was good, and 2.9 percent perceived their health was poor. Their healthy behaviors were that they ate vegetables (97.4%), and drank milk (84.2%),drank fruit juice (67.4%), 97.4) .Their risky behaviors were drinking alcohol ***(*** 7***5.0*** %), smoking (22.6%), , substance abuse (1.6%),. Twenty nine point six percent had had sexual intercourse. Their sexual risk behaviors were not using a condom ***27*** students 6.***75*** % . The findings of this study should be attitude and beneficial in health promotion for students in university.

Keywords— Health Behaviors, Health Risk Behaviors, Sexual Behavior.

I. INTRODUCTION

Tobacco use/dependence flags potentially serious behavioral and emotional problems since the association with physical health . In the field of mental health, the importance of screening the clinical and general population for tobacco use is important.
Thailand has a current population of 17 million young people, 27 percent more compared to the amount of the country'spopulation. Teen Resources Human valuable and highly sensitive. But as the old a change of mind makes a curious challenge, assertive like to focus more friends. Need for social acceptance Like being together as a group and as friends. We have been persuaded to inappropriate behavior, such as drinking, smoking, drug use is consistent with the survey of the National Statistics Office in 2005 to the present, Thailand has found that people aged 11 years and over who drink. alcoholic beverages amounted to 18.61 million, representing 29.13 percent of the total population of 63.88 million people, the size of the consumption of alcoholic beverages. A total of about 3,691 million liters, worth more than 1.5 billion baht will continue to analyze the consumption of alcoholic beverages on average 41.6 liters per person per year by 2001, up from last year. Since 1989 the. drinking an average rate of 20.2 liters per year more than doubled. And the rate of beer consumption per capita increased more than five times the prevalence of adolescents aged 15-19 years, consumers have increased. And a target (Office of Public Health and Alcohol Research Centre, 2009), data from the statistics showed. Day by day, the problems of youth violence will be even more complex. The last to drink less and less. Although teens are aware that drinking alcohol is a general perception that the drink would have cost increase of expenditures necessary to sustain life and in medicine, it was found that drinking alcohol. affect the health of those who drink mostly negatively than positively. The use of alcohol, drugs affect them, such as unsafe sex, the risk factors that influence young people and young people with risky behaviors, including sexual. To curb uncontrolled lust for. To get stimulus from the media. Beliefs and values in group sex. Drinking and substance abuse services. Other risk factors include: Get Stress Pressures of everyday life Aggressive personality, emotion The nature of the family Relationships among friends Environmental education for the community and the factors that help promote healthy behaviors include knowledge about risky behavior. Which can be used as a framework for reducing risk behaviors in youth.
As a researcher who has been involved in health behavior and health risk behaviors requires research on health behavior and health risk behaviors of students to learn and apply a preventive risk behavior. And find ways to provide students with good health habits further.

II. CONCEPT MODEL

This research is a major PRECEDE-PROCEED MODEL is a conceptual framework, Using PRECEDE-PROCEED MODEL analysis process is operating in a project from the initial target of a health problem or situation is, or the outcome. Return to the reasons why. Why are not the focus of what is a reverse process to analyze what is the component inputs or what. The cause of the condition or results and the tomb to bring this information to plan for corrective action. Correct behavior. Restrictive framework on PRECEDE-PROCEED MODEL.

A. Advantages

1. The process is beginning to show and the relationship in stages. This analysis is the first step
2. A concept that combines knowledge in various fields, which can be applied to modify behavior in

reality. Because there are many causes for the behavior of individual combinations.

3. Analysis of the causes of behavior Can demonstrate the contributing factors and factors. And editing process is ongoing.

B. limitation

A framework to analyze the reasons, but not its form. Resolution process Response Planning And to analyze the behavior only

C. Analysis of the behavior of a third party is.

1. factors within the party The interior features include a thirst for knowledge, attitudes, beliefs, intentions, behavior.

2. external parties The external components include education, culture, environmental characteristics.

3. internal and external factors The group was due to both internal and external factors together.

Lawrence W. Green and Marshall W. Kreuter has created PRECEDE-PROCEED MODEL analyzed health behavior and the behavior can cause cloudy plan to tackle the di-based operation and evaluation. (Croyle, 2005)

III. OBJECTIVES

1. To study health behavior and health risk behaviors of students.

2. To identify factors that are associated with health behavior and health risk behaviors of students.

IV. RESEARCH DESIGN AND SAMPLES

A. Conceptual Framework

1 Independent variables or variable factors including the age of the class of attitudes towards health promoting behaviors. Perceived health status, contributing factors, including income, education, access to resources, including behavioral health care, behavioral health care factors.

2 variables or variable threshold behavior is meant to promote healthy behaviors that affect health such as dietary habits. Exercise behavior Drinking alcohol Sexual risk behaviors Management and stress management

B. Procedures

The research that has to step in to do it is divided into two parts:

1. Crawl the documents or any type of information or documents that are means, as the questionnaire was adapted themselves created.

C. Data analysis

Analyses were used statistic package program. . Descriptive statistics :frequency and percentages were analysed.

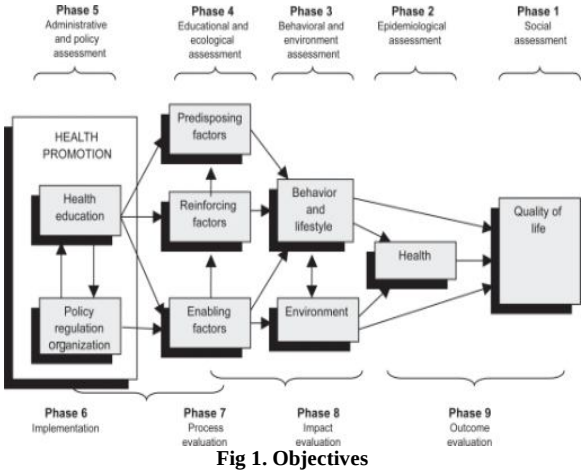


Fig 1. Objectives

V. RESULTS

Students who have been drinking alcohol, accounting for 75.0 percent of the female students and 50.1 percent among male students. It is seen that students Degree. Alcohol than students whose university students, only 37.8 percent had alcohol. Because the city than Bangkok. Especially among female students tend to drink more alcohol. Most university students have appropriate health behaviors, 62.0 percent had a BMI in the normal range and 33.7 percent had a body mass index less than the benchmark. 50.0 percent of students, but there is a perception that they have a body mass index in the normal range. Students, and 42.1 percent are planning to lose weight. 37.5 percent of 150 students who have the perception that they have a healthy BMI in the normal range. Behavioral health, including the top three. Vegetables (97.4 percent), milk (84.2 percent) and fruit juice (percentage 67.4), health risk behaviors 3 The first three habits, drinking alcoholic 300 people, representing 75.0. sexual risk behaviors 240 students, including 118 students, 60 percent, 29.5 percent of people having sex. Having been forced to have sex. After drinking alcohol Students have their first sexual intercourse at the age of 15 years and 30 percent have 7.5 to prevent infection. And pregnancy, 27 percent of students 6.75. Therefore, prevention of infection and pregnancy, the risk of contracting a sexually transmitted disease, HIV and unwanted pregnancies as a consequence. We need to educate and raise awareness to prevent infection. And protection for pregnant teens and young adults more. 25.0 percent of students had ever smoked by the male students and 18.0 percent of female students by 7.0 percent, which is necessary to establish the correct values in health promotion. And protection of non-smokers Especially female students about values smoking. Drinking alcohol And Congress premature. As well as the prevention of infection and pregnancy, the use of condoms. Behavior and risks to motorcyclists should increase awareness of motorcyclists.

Table 1. Data of the sample.

Student status	Full sample (%)
Health	62
Recognition BMI	33.7
Body mass index normal	33.7
BMI less than satisfactory	50
Weight Loss Plan	37.5
Health	97.4
vegetables	84.2
drinking milk	67.4
Alcohol use	75
Sexual Risk	60
Having been forced to have sex for the first time when younger than 15 years.	7.5
Pregnancy	6.75
smoking	25

VI. DISCUSSION & CONCLUSION

The research aims to study health behavior and health risk behaviors of students's Suan Sunandha Rajabhat University. Statistical data found The problem of youth violence is more complex. And older to drink less. Although students are aware that drinking alcohol will cost you more. And is not healthy. Moreover, The samples are behaving overall health is the most moderate.(79.02 percent), the group with behavioral health on many levels, including. Faculty of Nursing Science, Faculty of Humanities Sciences, Faculty of Management Science. Faculty of Science, And a behavioral health in the medium is Industrial Technology Review of Research, A research found that in many of the states corresponding to the risks of smoking habits in students, which is consistent with the findings of this research. The plan is to promote the health of students by reducing smoking is what the interest. Educating advice on the smoking. May decide to reduce or stop smoking have increased.

However Regardless of the ethical And the right decision So the experience of educating, counseling and advice. In addition, further study the efficacy of their own strength and the support of social care is an important part of changing smoking habits. For example Factors that may want to quit smoking, Awareness of the health condition of the sample who had quit smoking successfully, The goal in the future, Increase awareness of the effect on the family, The way to stop drinking and so permanently.

CONCLUSION AND RECOMMENDATIONS

1. To establish the correct values or attitudes about health behaviors, especially for non-smokers. Drinking alcohol And Congress should prevent infection and pregnancy stress. The use of condoms
2. Behavioral Health That should be the subject exercise And permitting universities to distribute food to health.
3. The results can be studied in another institution in the future.

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