Factors Influencing Health Promotion Behaviors of Thai Police Officers

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Abstract

Purpose: This study aimed to examine health promotion behaviors and factors influencing health promotion behaviors of Thai police officer.

Design: A correlational predictive study design.

Methods: Participants comprised 82 police officers in two metropolitan police stations, Bangkoknoi District, Bangkok, Thailand. The research instruments included a demographic and health status questionnaire, health promotion behaviors questionnaire, perceived self-efficacy, perceived benefits and barriers to perform health promotion behaviors questionnaires. The data were analyzed using descriptive statistics and multiple regression.

Main findings: The participants’ age ranged from 23-58 years old. Perceived self-efficacy and perceived benefits to perform health promotion behaviors were positively and significantly correlated with health promotion behaviors (r = .695 and r = .514, p < .01, respectively). Perceived barriers to perform health promotion behaviors had a significant negative relationship with health promotion behaviors (r = -.349, p < .01). Only perceived self-efficacy to perform health promotion behaviors significantly predicted health promotion behaviors (p < .01). The three factors could explain 50.8% of the variance in health promotion behaviors (p < .05).

Conclusion and recommendations: The results demonstrated that perceived self efficacy was a significant predictor of health behaviors. Nurses should therefore develop nursing interventions to enhance awareness and self efficacy among police officers to perform health promotion behaviors.

Keywords: health promotion behaviors, perceived barriers, perceived benefits, perceived self-efficacy, police officers

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