

Thesis Title	The Relationship between Life Management and Sexual Health Promotion Behavior of Schools Adolescents
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Abstract

This research was a correlation and predictive study. The objectives were to study the relationship between life management and sexual health promotion behavior of schools adolescents, and to search for which variables would be able to predict sexual health promotion behavior. The sample consisted of three hundreds and twenty students ranging from the tenth to the twelfth grade at Nakhonphanom province schools selected by multi-stage random sampling. Data were collected over a period of three weeks through the use of a life management questionnaire and sexual health promotion behavior questionnaire, Cronbach alpha coefficient method was used to test the reliability of an assessment questionnaire, and the reliability was 0.90 and 0.86 respectively, and analyzed by using means, standard deviation, Pearson product moment correlation, and stepwise multiple regression.

Major findings were the following: 1) There was a positively moderate correlation at the statistically significant level of .001 between life management and sexual health promotion behavior of school adolescents.

2) Out of the hypothesized predicting variables, life management, self-awareness of sex, and the level of education predicted significant variances in the sexual health

promotion behavior of schools adolescents accounted for 30.6% at the significant level of .001.

The result of this study shows that life management concept can possibly affect sexual health promotion behavior of schools adolescents. It also suggests that the life management concept is an alternative way to help develop more appropriate sexual health promotion behaviors for Thai youth in the future.

Keywords: life management, sexual health promotion behavior

