

Abstract

This study on self - care behavior : A case study in Bangkok Metropolis has 2 main objectives : one is to find pattern of self - care behavior , the other is to study determine factors of self - care behavior . To access data in this study is through questionnaire .Sample size is 297 persons . Bangkok Metropolis is used area to study.

This study has found that

1. Food and medicine behavior , recreation behavior , exercise behavior , health examine behavior , mental health behavior , self and appliance hygiene , home and office environment , and selected product have similar pattern of self - care behavior which most sample have a middle self - care behavior .

2. Based on individual factors , vary of age and education have various pattern of self - care behavior , but have not sex .

3. Sample though that self - care behavior is not attention , they have self - care behavior better than sample though that self - care is .