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Self-care behaviors among adolescent pregnancy in Samut Sakhon province, Thailand

Pregnant women's health during pregnancy can be maintained by self-care practices. Self-care behavior can prevent health problems during pregnancy and childbirth. Adolescent pregnancy had higher risk complications during pregnancy than pregnant adults. The self-care behaviors are important and necessary for pregnancy among teenagers. This study aimed to study the level of self-care behavior, knowledge of self-care, belief in self-efficacy, maternal role acceptance, social support from close relatives and social support from medical personnel among the adolescent pregnancy, to compare the pregnant teenagers' self-care behaviors and to determine predictors of pregnant teenagers' self-care behaviors. The samples of 231 pregnant teenagers attending ANC clinics of two government hospitals in Samut Sakhon Province of Thailand and were derived by Stratified Random Sampling Technique. Data collection was questionnaires constructed by the researcher. The data were analyzed by using descriptive and inferential statistics. The results revealed that the teenagers' knowledge of self-care, belief in self-efficacy, maternal role acceptance and social support from close relatives were found at the moderate level, the social support from medical personnel and self-care behavior were found at the high level. The pregnant teenagers' self-care behaviors was classified by age, marital status, educational level, occupation, family's monthly income, and order of offspring were different statistic significant at $p < 0.05$. The pregnant teenagers' knowledge of self-care, maternal role acceptance, social support from close relatives and social support from medical personnel predicted the pregnant teenagers' self-care behavior at the percentage of 63.8 with statistic significant at $p = 0.001$.

Biography

Duangkamol Viroonudomphol is currently working as a professor at *Siam University, Thailand*. He is much passionate about research and advancements in improving women health.

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