

Title:

Family Health and Wellness: Thai Mothers' Perceptions

Pamela E. Treisman, MN¹

Julia Snethen, PhD, MSN, BSN²

Wirunpat Sakunsuntiporn, PhD, MSN, BSN³

Moudi S. Albargawi, MSN, BSN⁴

Shahera Andargeery, MSN, BSN⁴

Sheryl T. Kelber, MBA⁵

(1)College of Nursing, University of Wisconsin Milwaukee, Milwaukee, WI, USA

(2)College of Nursing, University of Wisconsin-Milwaukee, Milwaukee, WI, USA

(3)Boromarajonani College of Nursing, Amphur Muang, Ubonrachathani province, 34000, Thailand

(4)University of Wisconsin Milwaukee, Milwaukee, WI, USA

(5)Werley Center for Nursing Research and Evaluation-College of Nursing, University of Wisconsin-Milwaukee, Milwaukee, WI, USA

Session Title:

Promoting Health

Slot:

A 03: Saturday, 28 October 2017: 2:15 PM-3:00 PM

Scheduled Time:

2:15 PM

Keywords:

Mother, Perception and Thai

References:

Snethen, J. A., Treisman, R., Buseh, A., Kelber, S. (2014). Exploring Future Nurses Attitudes and Beliefs Related to Childhood Overweight. *Journal of Nursing Education*, 53(9 Suppl), S101-5.

Snethen, J., Broome, M., Treisman, P., Castro, E., & Kelber, S. (2016). Effective Weight Loss for Children: A Meta-analysis of Intervention Studies 2002–2015. *Worldviews on Evidence-Based Nursing*, 13(4), 294-302.

Abstract Summary:

This study explores Thai mother's perceptions of the health and wellness of their families. This will provide insight into what nurses should address when working with their patients.

Learning Activity:

| LEARNING OBJECTIVES | EXPANDED CONTENT OUTLINE |
|---|---|
| The learner will be able to identify concerns of Thai mothers on the health and wellness of their families. | Expand nurses knowledge related to Thai mothers perceptions of wellness and family healthcare needs |
| The learner will be able to identify how demographic factors impacted Thai mother's perceptions on the health and wellness of their families. | Discuss factors which influence mothers perceptions of health and wellness within the family. |

Abstract Text:

Background/Significance. Around the world, nurses provide assistance to families in helping promote health and wellness. In order to do this effectively, nurses need to have a better understanding of the needs of these families across cultures. Mothers are important to determining the health and wellness needs of the family in Thai culture; however, limited information exists regarding these needs. The purpose of this investigation was to examine Thai mother's perceptions of the health and wellness needs of their family. The research question was: What are Thai mother's perceptions of the health and wellness needs of their family? **Theoretical Framework.** Socioecological Framework **Sample.** Thai mothers (N = 153) with elementary school children. **Settings.** An elementary school in a city in Thailand. **Methods.** In an exploratory cross sectional study, participants completed a 92-item survey on their perceptions of the health and wellness needs of their family. The reliability of the survey subscales ranged from 0.77-0.93. **Results:** A majority of the Thai mothers (98.6%) held jobs, with 37% working more than 40 hours/week. Over fifty percent perceived themselves as being normal or underweight. Overweight mothers were significantly more concerned about eating family dinners together ($t[150]=-2.066$, $p=0.041$) and relaxing together ($t[147]=-2.095$, $p=0.038$) than normal or underweight mothers. College educated mothers reported having more time to be healthy, ($M=3.39$, $SD=1.311$) than mothers without a college degree ($M=3.89$, $SD=1.306$). Lower income mothers were significantly more likely ($M=4.53$, $SD=1.115$) to worry about good health insurance for the family than mothers with higher incomes ($M=3.8$, $SD=1.605$). Part time workers also worried significantly more about the cost of health insurance than full time workers ($t[147]=2.229$, $p=0.027$). **Conclusions and Implications.** The participating mothers had significant differences in their perspectives based on education, weight, work hours, and income. Access to insurance was one of the major concerns reported in this study. This data provides insight into some of the health and wellness concerns within Thai families, which can be explored in more depth in future studies. In particular, it is important to explore more into why concerns are reported regarding health insurance as Thailand has a universal health care system in place.