

## **Factors Affecting Self-Help and Self-Care Behavior of the Persons with AIDS**

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The objective of this study is to investigate self-help and self-care behavior of the persons with AIDS (PWAs). The four factors influencing this behavior under investigation are the demographic and socio-economic background of the PWAs, stage of illness and family and social support. The selective random sampling technique was employed to draw samples from Bamratnaradul Hospital, Wat Prabathnampuh, "Wednesday" self help group, Nakornpathom Provincial Hospital and Mercy Center. Data were collected during December 1997 to January 1998. The instrument used in this inquiry was a structured interview schedule. Data were first presented by means and percentage distribution. Then, the multivariate analysis was employed to analyze the results of multiple factors affecting the self-help and self-care behavior.

Results of this study showed that the stage of illness (fullbrown AIDS& tuberculosis), income, receiving of counseling service, family occupation, family support, education, number of the household members and duration of illness were the significant factors affecting the self- help and self-care behavior of PWAs. PWAs who have higher education, own income, live in family of the larger number of the household member, receive more family support, have been ill for a long time and have received counseling support, are more likely to be active in self-help and self-care. On the contrary, PWAs who live in agricultural family, already become fullbrown AIDS and are infected with tuberculosis, are less likely to be engaged in self-help and self-care behavior. Lastly, policy implications are discussed in relation to counseling strategies and assistance plans for PWAs and their families to improve self-help and self-care.