

Preferred patient behaviours related to health

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ABSTRACT

Introduction: Health education is the child of medicine and pedagogy, and they share a common focus on humans. The aim of this study was to assess the preferred behaviours associated with health as well as the health locus of control of the tested patients.

Materials and methods: The study included 300 patients from surgical wards (group I) and 300 from non-surgical wards (group II), studying them using the Health Behaviour Inventory (HBI) and the Multidimensional Health Locus of Control Scale (MHLC) scales.

Results: For the six statements contained in the Sanitary Behaviours Letter concerning proper nutrition, the surveyed patients received the lowest average values. Among the preventive behaviours, participants reported that they complied with medical recommendations, conducted settled family and social life, and reduced their smoking, but that they did not attach sufficient importance to rest or weight control. In relation to the four examined

categories of behaviour, general indicators of the severity of health behaviour did not differ significantly between the groups, which both reported a low level of health behaviour. The majority of women expressed the conviction that their health depends on themselves, demonstrating internal health control, while men tended to claim that their health was dependent on fate or luck. Inhabitants of rural areas exhibited internal control and blamed their own health behaviour for their well-being. Urban residents, on the other hand, showed a stronger belief in the influence of others on their health.

Conclusions: The majority of patients showed poor attention to health matters, especially in terms of preferred health practices. However, the less education the participants had and the worse their financial situation grew, the stronger the care for their own health became.

Key words: Health behaviours, patients, HBI, MHLC
