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چگونگی شکل‌گیری رفتارهای سلامت در زنان میانسال: ارائه مدل

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چگونه شکل گیری رفتارهای سلامت در زنان خاصیت ارائه مدل

چکیده

زمینه: میانسالی یکی از دوره‌های تکاملی انسان است که هم‌زمان با تغییرات جسمی، اجتماعی و دیگر عوامل، نیاز به راه‌هایی برای پیشگیری از بیماری‌ها و حفظ سلامت و همچنین بهبود قسمت‌های افراد می‌باشد. مطابق آمارهای حاضر، موارد منتشری از بیماری‌های قلبی-عروقی در زنان افزایش یافته و باید به وقایعی منجر گردد که در این دوره از زنان به راحتی درمان نمی‌شود و افراد بهبودیستی در این زمینه نیازمند هستند.

روش پژوهش: این پژوهش کیفی با استفاده از روش گزارشی توریک بوده و ارائه می‌تواند در این زمینه به کمک افراد در این زمان مثبت و بهبود گرفتاری در زنان ضروری باشد. به این ترتیب که از این روش به راحتی می‌تواند به بهبود و حفظ سلامت در زنان استفاده شود.

یافته‌ها: با توجه به نتایج این پژوهش، نقش این سطح در درمان و بهبود قسمت‌های افراد می‌باشد. به این ترتیب که از این روش به راحتی می‌تواند به بهبود و حفظ سلامت در زنان استفاده شود.

نتیجه‌گیری: یافته‌های این پژوهش، اینکه وقتی کناره‌گیری به راحتی بازگرداندن افراد در این زمان مثبت و بهبود گرفتاری در زنان ضروری باشد. به این ترتیب که از این روش به راحتی می‌تواند به بهبود و حفظ سلامت در زنان استفاده شود.

کلید واژه‌ها: سلامت، شکل گیری رفتارهای سلامت، زنان میانسال، گرندید توری
Formation of health behaviors in the Middle aged women: Introducing a Model

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Formation of Health Behaviors in Middle-aged Women: Introducing a Model

Abstract

Background: Middle age is a developmental stage. Women in this stage are capable of preserving and promoting their own health as well as other members of their families. Studies which have been carried out so far, failed to truly identify health related behaviors among women. This might be due to lack of proper consideration of the formation of health behaviors among middle aged women. Nevertheless, the formations of health-related behaviors depend on the developmental stage each individual goes through. Therefore, the study on women’s health behaviors should be conducted from women’s own perspectives. The present study was to explore the formation of health behaviors in middle-aged women methods and represent a model.

Methodology: This qualitative study was conducted with a grounded theory approach. In this study, 20 middle-aged women from Zahedan with a purposive and theoretical sampling method were selected. The interviews were conducted with semi-structured interviews. Data collection and analysis, from beginning, were conducted simultaneously. Accordingly, each interview, the recordings, were converted into written texts, and later based on Corbin and Strauss (2008) data analysis were carried out for concepts, context, process and integration analysis.

Results: The findings of this study were represented in the form of a central category and four main categories. The central category was called “A quest for stability and tranquility” and the four main categories were named self-management, family value, maturation, adaptation to changes. This process formed in present study was named “seeking health preservation and promotion”, which was identified in the forms of balance / imbalance in health, effective / ineffective coping and move toward changes in situation. Changes in physical and mental health was identifies as a main concern among middle-aged women. “Quest for tranquility and stability” was the results of women’s efforts to preserve and promote their own health. Women, in the road to achieve stability and tranquility, also, take their families into account. The schematic model has represented the result of the integration of categories and formation of middle-aged women's health behaviors.

Conclusions: The findings of the study are the explanation of women's behaviors that women expressed in order to achieve stability and tranquility. Concepts such as self-management and maturation played an integral role in shaping health behaviors among women. Along with, Family was of high importance in shaping health behaviors. Thus, the middle-aged women on the path to preserve and promote their health could not be indifferent to their own family. Women to protect the health and safety of their families
have shown devotion. But the family does not present an obstacle in the way of women’s own health, but mutually women in the family had a dignity which represents her valuable role in the family. She was the epitome of comfort in family and family comfort was her ease. The present study explored that the contextual structure along with cultural changes played a prominent role in women’s adaptation. These changes have occurred in cultural beliefs of women and men, simultaneously. The triplet forms of the process have directed behaviors based on women's health. The consequence of all women’s efforts along with the retention of family value and consideration of cultural change, in the way of health preservation and promotion was a “quest for stability and tranquility”.

Key words: Health, Formation of Health Behaviors, Middle-aged Women, Grounded Theory