A Study on the Relationship between Social Support, Social Network and Health Behaviors among Some Rural Peoples

Moo-sik Lee , Dae-Kyung Kim, Eun-Young Kim

Department of Preventive Medicine, College of Medicine, Konyang University

This study was carried out to investigate the relationship between social support, social network and health behaviors as surveyed by cross-sectional study in 744 rural people aged above 30 of a community dwelling sample of one county. Objectives of this study was in order to establish an effective health promotion. The sample was accrued by face to face interview of direct visiting from clustered sampling method. Interview was conducted by trained medical students with the questionnaire consisted of socio-demographic data, health behavior, social support and social network based on previous literature.

The summarized results were as follows:

1. There were significant difference in the level of social support and social network by general characteristic variables except occupation and residency type($p < 0.05$).

2. There were significant difference in knowledge about hypertension, smoking status, status of physical exercise, diet patterns by social support and social network in spite of variation of social support and social network subconcept($p < 0.05$). And there were significant difference in alcohol drinking status, body weight control and diet pattern according to level of social network($p < 0.05$).

3. Major predictors for health behavior on the multiple logistic regression that included general characteristic, social support and social network were age, instrumental social support and worry about health. Significant variables of multiple logistic regression for health behavior that included social support(instrumental and emotional) and social network were instrumental social support and social network.

These results suggest that only a instrumental element and social network may be associated with health behavior.

Keywords : social support, social network, health behavior