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Conference Proceedings

**INTERNATIONAL BUSINESS ECONOMIC TOURISM SCIENCES TECHNOLOGY
HUMANITIES SOCIAL SCIENCES AND EDUCATION RESEARCH CONFERENCE**

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5 – 7 April, 2017*

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INTRODUCTION

We would like to welcome our colleagues to the International Business Tourism Transport Technology Social Sciences Humanities Education Research Conference. It is the seven series in 2016 of Conference on Business Tourism and Apply Sciences was held in Amsterdam. As always many members of the ICBTS 2016 community look forward to meeting, sharing and exchanging their research ideas and results in both a formal and informal setting which the conference provides. Likewise, the concept of alternating the international conference every one month on April to November between Europe and the rest of the world is now well established. This year's event in London (UK) Paris (France) Munich (Germany) Amsterdam (Netherlands) Boston (USA) Toronto (Canada) London (United Kingdom) Zurich (Switzerland) Berlin (Germany) Tokyo (Japan) and another continues with the cultural following the very successful and productive event held in London-Zurich in August 2016 in the field of various types for international academic research conference on Business Economics Social Sciences Humanities Education and Apply Sciences. As usual The ICBTS 2016 brings together leading academics, researchers and practitioners to exchange ideas, views and the latest research in the field of Business Tourism and Apply Sciences.

The theme of this event The 2016 ICBTS International Business Tourism Social Sciences Humanities and Education Research Conference is "Opportunities and Development of Global Business Economics Social Sciences Humanities and Education" It is also represents an emerging and highly challenging area of research and practice for both academics and practitioners a like, The current industrial context is characterized by increasing global competition, decreasing product life cycles, Global Business, Tourism Development, Social Sciences Humanities Education Apply Sciences and Technology collaborative networked organizations, higher levels of uncertainties and, above all, and customers. In our view holding this event in Tokyo represents a timely opportunity for academics and researchers to explore pertinent issues surrounding Business Economics Tourism Social Sciences Humanities Education Sciences and Technology.

Potential authors were invited to submit an abstract to the International Conference Session Chairs. All abstracts were reviewed by two experts from the International review committee and final papers were further reviewed by this volume with 30 contributing authors coming from 18 countries. This book of proceedings has been organized according to following categories:

- Business
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Philipp-Müller-Str. 14
23966 Wismar
Haus 19, Raum 113
phone.: +49 (3841) 753 - 7578

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Dr. Chayanan Kerdpitak

CK Research Consultant
Bangkok, Thailand
Tel.+66 087 0287 287
Email: icbts@icttconference.com
Email: conferenceteam@icbtsconference.com

Proceeding Editors

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Lincoln University, New Zealand
Phone +64 3 4230233

Proceeding Editors & Program Chair

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University of Sunderland, United Kingdom
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Email: vipin.nadda@sunderland.ac.uk

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SPEAKER BACKGROUND



Professor Dr. Ebrahim Soltani

Prof. Dr. Ebrahim Soltani is a Professor of Business School at University of Kent Canterbury in England and he is Department Chair - Quality & Operations Management at Hamdan Bin Mohammed Smart University Dubai of United Arab Emirate. He was appointed associate professor in business management, total quality management, and operation management in 1989 at the University of Kent, he continued his research in the field of operation management, business management. He has published over 50 papers and reports in such journals as International Journal of Technology and Production Research. He supervised a considerable number of PhD theses and is a consultant on industrial and production industry in England and United Arab Emirate.

SPEAKER BACKGROUND



Professor Dr. Kai Heuer

Prof. Dr. Kai Heuer is full professor for business administration at the Business Faculty of Wismar University in Germany. Before, he served as a full professor at the Environmental Campus of Trier University of Applied Sciences. He studied business administration in Germany and the U.S.A. and holds an MBA and a doctoral degree. He has management experience from leading positions in different companies and as business consultant. His research areas are management accounting, organizational development, and international management where he has published numerous papers, reports and textbooks. He is the head of Master Program in Business at Wismar University and a member of the Schmalenbach-Society for Business Economics, Cologne; managing director of the Institute of Health-, Senior- and Social Management; and a former member of the board of the Centre for Aviation Law and Management.

SPEAKER BACKGROUND



Dr. Tariq Khan

Dr Tariq Khan is a Lecturer and Director of Postgraduate Programmes of Business School in Brunel University, Uxbridge, London, United Kingdom. He received his BEng in Aerospace Engineering from Kingston University, his MSc in Manufacturing Technology from University of Warwick, and his PhD in Intelligent Education Systems from University of Salford. He subsequently worked as a research associate in Heriot-Watt University Edinburgh and as a senior lecturer at London Metropolitan University. He has specialist teaching in Business Process Modelling, Web Programming ,Software Engineering, Classical Logic, Human Computer Studies. He has Book and published over 20 papers and reports in such journals as Information Systems Evaluation and Integration (ISEing). He supervised a considerable number of PhD theses and is a consultant on business and supply chain and engineering industry in England and United Kingdom.

SPEAKER BACKGROUND



Dr. Chayanan Kerdpitak

Dr. Chayanan Kerdpitak is a Lecturer and management committee of Doctor of Business Administration Programmes of College Management Innovation in Valaya Alongkorn Rajabhat University in Thailand and a management committee of CK Research Consultant in Bangkok. I was a Lecturer of Principle Marketing, Sales Management, Consumer Behavior, and Marketing Research at The Suan Dusit University in Thailand. She received a Ph.D. in the field of Business Logistics within Industrial at Ramkhamhaeng University, Thailand. She has published over 20 proceeding paper and some reports in such journals as International Journal Business and Economics Research. She has been a consultant on Import Automobile Industry from Germany for International Marketing and Marketing Research. Chayanan graduated a B.B.A and M.B.A in Business Administration from The Ramkhamhaeng University, Bangkok, Thailand (Major in Marketing).

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EMPOWERMENT PROGRAM ON PROMOTING PERCEIVED SELF-EFFICACY AMONG PREGNANT WOMEN FOR PREVENTING GESTATIONAL DIABETES MELLITUS

Napissara Dhiranathara* & Petcharat Techathawewon **

* *College of Nursing and Health, Suansunandha Rajabhat University 1 U-Thong nok Road, Dusit, Bangkok 10300 Thailand. E-mail :napissara.dh@ssru.ac.th*

** *College of Nursing and Health, Suansunandha Rajabhat University 1 U-Thong nok Road, Dusit, Bangkok 10300 Thailand. E-mail :petcharat.te@ssru.ac.th*

ABSTRACT

This study aimed to investigate the effect of the empowerment program by teaching strategy on promoting perceived self-efficacy among pregnant women for preventing gestational diabetes mellitus. Sample was 60 pregnant women who attend the antenatal care services at Sunandha clinic, during November 21, 2015 to January 30, 2016. Questionnaire was the instrument of this study. The statistics to be used were percentage, average, standard deviation

Results showed that most of the pregnant women were 15-18 years old (25 persons, or 41.67 percent), followed by 19-22 years old (18 persons, or 30 percent), and the least were over 30 years old (1 person, or 1.67 percent). Most of the pregnant women were finished in Diploma/ Occupational Certificate (13 persons, or 21.67 percent), but the least were finished in primary school (1 person, or 1.67 percent). Most pregnant women did not engage in any occupation (25 persons, or 41.67 percent), followed by work as employee (23 persons, or 38.33 percent), and the least were self-business (1 person, or 1.67 percent)

This study organized into 2 phases, before and after educating the pregnant women on the knowledge of the nutrition. Results from the first phase showed that the majority (26 persons, or 43.33 percent) were answered 5 questions (out of 5 questions) correctly, followed by answered 6 questions correctly (12 persons, or 20 percent), and the least were answered 1 and 8 question correctly (2 person each, or 3.33 percent).

The second phase was took place after educating the pregnant women on the knowledge of the nutrition. Results revealed that 4 participants, or 6.67 percent, were answered all correctly (5/5 items), the majority (19 persons, or 31.67 percent) were answered 6 questions correctly, followed by answered 5 questions correctly (15 persons, or 25 percent), and the least were answered 3 questions correctly (1 person, or 1.67 percent).

Recommendation, there was no practical measurement on the activities for educating the pregnant women about the nutrition to prevent diabetes. Moreover, they also lack of monitoring of the actual nutrition. Therefore, the medical staff should be grouped the pregnant women, in the similar gestational age, for helping each other in annutrition, in order to help prevent diabetes.

Keywords–Pregnant women, gestational diabetes mellitus, nutrition

INTRODUCTION

Gestational diabetes mellitus (GDM) is a potentially serious condition that develops during pregnancy. GDM is high blood glucose (hyperglycemia) first occurring or first recognized during pregnancy. Between 1% and 14% of pregnant women develop GDM, with some at a higher risk than others (for example, women who are overweight or obese, older, of particular ethnicities, have had GDM previously, or have a family history of type II diabetes). GDM can cause significant health problems for mothers and babies. The babies may grow very large and, as a result, be injured at birth, or cause injury to mothers during birth. Women with GDM have an increased risk of

having an induced birth, of their babies being born by caesarean section, and of having a preterm birth (before 37 weeks of pregnancy). Additionally, there can be long-term health problems for mothers and babies, including an increased risk of type II diabetes. Some diets (for example, those with low fiber and high glycemic load) and physical inactivity, are potentially modifiable risk factors for GDM. There is evidence that lifestyle interventions in the general population (promoting diet and exercise changes) can prevent type II diabetes, and it has been suggested that these interventions may help prevent GDM in pregnancy.

Treatment of GDM with diet and insulin reduces health problems mother and child. Treatment of GDM is also accompanied by more inductions of labor. A repeat OGTT should be carried out 6 weeks after delivery, to confirm the diabetes has disappeared. Afterwards, regular screening for type 2 diabetes is advised. If a diabetic diet or G.I. Diet, exercise, and oral medication are inadequate to control glucose levels, insulin therapy may become necessary. The development of macrosomia can be evaluated during pregnancy by using sonography. Women who use insulin, with a history of stillbirth, or with hypertension are managed like women with overt diabetes.

Existing literary in Thailand apply empowerment program on promoting perceived self-efficacy for preventing diabetes mellitus in many population such as elderly or high risk population. But no evident related to use this program preventing GDM in pregnant women.

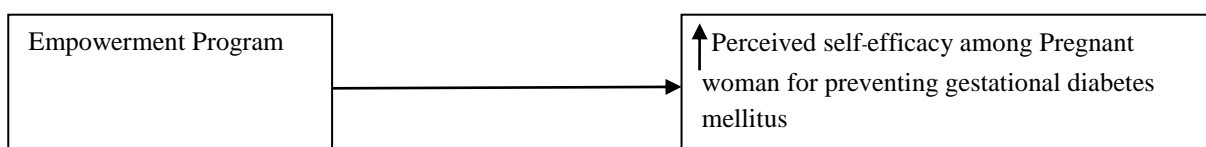
OBJECTIVES/ RESEARCH METHODOLOGY

This study aimed to determine the effect of the empowerment program on promoting perceived self-efficacy among pregnant women for preventing gestational diabetes mellitus.

SCOPE OF THE STUDY

This study comprised action research aimed at investigating the effect of the empowerment program on promoting perceived self-efficacy among pregnant women for preventing gestational diabetes mellitus. The 60 samples were select by Simple Random Sampling without Replacement technique from the eligible population in this study are pregnant women who's received services at the outpatient department of Sunandha Clinic, SuanSunandhaRajabhat University among 21st NOV 2016 to 30th JAN 2017.

CONCEPTUAL FRAMEWORK



EXPECTED BENEFITS

1. Pregnant women improve the knowledge regarding to preventing gestational diabetes mellitus
2. Investigate the correlation among 4 variables are age, educational level, carrier and income

RESULTS

Data collecting by using questionnaire and individual interview to the participant who's received services from 21st NOV 2016 to 30th JAN 2017. The data collecting instruments were develop by researcher and the participant returned 100% of questionnaire. After collecting data, the researcher prepares to complete

the process by using SPSS software. The researcher collected and analyzed data by using a computer program as follows:

Table1.
The social characteristics of pregnant women (n=60)

social characteristics	Mean	Max	Min	SD
Age	19.23	32	14	3.25
Monthly Income	11935.80	18,000	9,000	945
Educational Level	-	Certificate/ Diploma	Lower than primary school	-
Career status	-	No career	Government official	-

For this study revealed the average age of the pregnant women to be 19.23 years with high school educational levels at a rate of 63.33% . The average monthly incomes was 11,935.80 baht/month. As for careerstatus in the population, most pregnant women were no career (41.67%)

Table2
Scores of knowledge regarding preventing gestational diabetes mellitus (N=60)

Score	Mean	Max	Min	SD
Pretest	5.83	8	0	1.25
Posttest	6.33	9	2	1.05
Pretest Compared with posttest	3.33	5	0	1.65

From table 2 propose the highest and lowest scores of pretest was 8and 0 respectively (43.33% and 0%) with mean score of pretest was 5.83. (SD=1.25)For the posttest the highest and lowest scores of pretest was 9 and 2 respectively with mean scores 6.33 (SD=1.05). The mean score of improvement score between pretest and posttest was 3.33 (SD=1.65)

Table 3
Percentage of correlation between social characteristics data and scores of knowledge regarding preventing gestational diabetes mellitus (More than 4 of 5 scores)

Social characteristics	Mean	Max	Min	SD
Age	19.23	32	14	3.25
Monthly Income	11935.80	18,000	9,000	945
Educational Level	-	Certificate/ Diploma	Lower than primary school	-
Career status	-	No career	Government official	-

Table 4
Percentage of correlation between age and posttest scores of knowledge regarding preventing gestational diabetes mellitus (More than 4 of 5 scores)

Age	N	Percentage
< 15	1	6.67

15-18	11	36.67
19-22	7	23.33
23-26	3	10
27-30	7	23.33
>30	1	6.67

Mean= 18.83 Max = 30 Min= 14 SD= 3.25

The table4 present the age among 15-18 years got highest posttest scores of knowledge regarding preventing gestational diabetes mellitus (More than 4 of 5 scores), and the range of age with lowest posttest scores were <15 and > 30 years. Average age of posttest scores of knowledge regarding preventing gestational diabetes mellitus (More than 4 of 5 scores) was 18.83 years.

Table 5
Percentage of correlation between education level and posttest scores of knowledge regarding preventing gestational diabetes mellitus (More than 4 of 5 scores)

Education Level	N	Percentage
Lower than primary school	0	0
Secondary school	10	33.33
Certificate/Diploma	13	43.33
Bachelor Degree or over	7	23.33

The sample who was graduate in certificate/diploma level got the highest posttest scores of knowledge regarding preventing gestational diabetes mellitus (More than 4 of 5 scores)

Table 6
Percentage of correlation between career status and posttest scores of knowledge regarding preventing gestational diabetes mellitus: dietary control (More than 4 of 5 scores)

Career	N	Percentage
No career	10	33.33
Student	11	36.67
Employee	8	26.67
Own business	1	3.33

Table 7
Percentage of correlation between monthly income and posttest scores of knowledge regarding preventing gestational diabetes mellitus: dietary control (More than 4 of 5 scores)

Income	N	Percentage
No income	18	60
<10,000	2	6.67
10,000-11,000	5	16.67
11,001-12,000	2	6.67
12,001-13,000	1	3.33
13,001-14,000	1	3.33
14,001-15,000	1	3.33
>15,000	0	0

DISCUSSION

Empowerment program on promoting perceived self-efficacy among pregnant women for preventing gestational diabetes mellitus was studied among 21st NOV 2016 to 30th JAN 2017 at Sunandha Clinic, Sunandha Rajabhat. Aimed to determine the effect of the empowerment program on promoting perceived self-efficacy among pregnant women for preventing gestational diabetes mellitus.

Hypothesis of this study is after received the empowerment program, the pregnant women will improve perceived self-efficacy for preventing gestational diabetes mellitus.

The 60 samples were select by Simple Random Sampling without Replacement technique from the eligible population. This study revealed the average age of the pregnant women to be 19.23 years with high school educational levels at a rate of 63.33%. The average monthly incomes was 11,935.80 baht/month. As for career status in the population, most pregnant women were no career (41.67%)

The highest and lowest scores of pretest was 8 and 0 respectively (43.33% and 0%) with mean score of pretest was 5.83. (SD=1.25). For the posttest the highest and lowest scores of pretest was 9 and 2 respectively with mean scores 6.33 (SD=1.05). The mean score of improvement score between pretest and posttest was 3.33 (SD=1.65)

The age among 15-18 years got highest posttest scores of knowledge regarding preventing gestational diabetes mellitus (More than 4 of 5 scores), and the range of age with lowest posttest scores were <15 and > 30 years. Average age of posttest scores of knowledge regarding preventing gestational diabetes mellitus (More than 4 of 5 scores) was 18.83 years.

The sample who was graduate in certificate/diploma level got the highest posttest scores of knowledge regarding preventing gestational diabetes mellitus (More than 4 of 5 scores). The correlation between career status and posttest scores of knowledge regarding preventing gestational diabetes mellitus: dietary control (More than 4 of 5 scores) was the sample who were student got the highest scores. And the researcher found amazing result regarding correlation between monthly income and posttest scores was the sample who have no monthly income have positive relationship with highest posttest scores of knowledge regarding preventing gestational diabetes mellitus

The highest posttest scores was 9 and the lowest was 0. Mean score of posttest was 6.33(SD1.05). The study presents the difference scores of pretest and posttest. The effective of empowerment program on promoting perceived self-efficacy among pregnant women for preventing gestational diabetes mellitus relevant to the learning theory

Learning theories are conceptual frameworks describing how information is absorbed, processed, and retained during learning. Cognitive, emotional, and environmental influences, as well as prior experience, all play a part in how understanding, or a world view, is acquired or changed and knowledge and skills retained.

Behaviorists look at learning as an aspect of conditioning and will advocate a system of rewards and targets in education. Educators who embrace cognitive theory believe that the definition of learning as a change in behavior is too narrow and prefer to study the learner rather than their environment and in particular the complexities of human memory. Those who advocate constructivism believe that a learner's ability to learn relies to a large extent on what he already knows and understands, and the acquisition of knowledge should be an individually tailored process of construction. Transformative learning theory focuses upon the often-necessary change that is required in a learner's preconceptions and world view.

The age between 15-18 years is late adolescent and in the transition period to adult. The existing literary support that the age effect to the perceived and learning process. For late adolescent in general, this changes their ability to think about themselves, others and the world around them. This is a gradual process that spans adolescence and young adulthood. For example, early in the process youth are limited in their ability to hold more than one point of view understanding something from one perspective but not another. While young adolescents experience rapid and profound physical changes triggered by hormones acting on different parts

of their body, physical and sexual body changes are primarily complete. While most physical development is complete, young men may continue to physical grow until age 21. Greater acceptance of physical appearance

The education level effect on perceive self-efficacy as well, for those participant who graduate certificate/ diploma, in this level the student need to pass the process of critical thinking and analyze the information to perform the appropriate behavior.

The correlation between career and posttest score, student got the highest score due to the student still in the process of learning, therefore they can manage their thinking process better than any other career.

And for the factors of monthly income is relevant to the factor of career status since the students got the highest posttest scores so this group of sample can pay more attention time to the program and cause of good learning process.

LIMITATION OF STUDY

The study need to improve in research methodology by follow up the participant with screening weekly weight and blood sugar level of pregnant women. And also follow up the behavior regarding dietary control by manual record for improve the quality of study.

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