

GOMEZ, D. G. (2012). Lifestyle Practices of Men with Benign Prostatic Hyperplasia: A Basis for a Lifestyle Modification Guide. Lorma Colleges, City of San Fernando, La Union.

Keywords: *lifestyle practices, benign prostatic hyperplasia, men, modification guide*

Abstract:

The study determined lifestyle practices of men with benign prostatic hyperplasia in selected barangays of San Fernando City, La Union for the calendar year 2010-2011. The descriptive method of research was employed in this study. The researcher utilized a questionnaire and it was the main data gathering tool. Frequency count, percentages, weighted mean, single factor Analysis of Variance (ANOVA), T-test and Tukey's test were utilized to analyze the data gathered.

Result revealed that majority of men with benign prostatic hyperplasia were mostly 60 and above or in late adulthood stage, belonged to 30 kg/m² and above or obese class 1, married, with negative family history, college graduate, farmer and received P16,000 below monthly income.

The study also showed that the extent of lifestyle practices of men with benign prostatic hyperplasia is always practiced along personal hygiene; often practice along diet, rest and sleep, activity pattern and recreation, substance use, and elimination practice; and moderately practice along sexual practices.

There is a significant difference on the extent of lifestyle practices of men with benign prostatic hyperplasia along profile according to civil status, educational attainment, occupation, and family health history; whereas, there is no significant difference on the extent of lifestyle practices along age, weight, and monthly income.

The strength of lifestyle practices of men with benign prostatic hyperplasia in selected barangays of San Fernando City, La Union includes personal hygiene practices, and weaknesses include dietary practices, rest and sleep practices, activity pattern and recreation, substance use practices, elimination practices and sexual practices. A lifestyle modification guide was proposed based on the weaknesses of the findings of the study.