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ABSTRACT

This study determined the wellness practices of the middle-aged residents of Balaoan, La Union. The descriptive research design was utilized in this study. A questionnaire was used as the main tool to gather data. Frequency count, percentage and weighted mean were utilized to treat the data.

The salient findings of the study are as follows: (1) The middle-aged respondents often engage in the wellness practices along physical, emotional, nutritional and spiritual, while they sometimes engage in the social and seldom engage for the intellectual practices; (2) The wellness practices strengths of the middle aged respondents were the dimensions on physical, emotional, nutritional and spiritual while weaknesses were the social and intellectual dimensions; and (3) Proposed IEC material can enhance the wellness practices of the middle-aged residents.

It was concluded that the middle age respondents know how to take care of themselves or maintain wellness. There are more strengths than weaknesses on the dimensions of wellness practices by the middle aged residents. The proposed IEC material can enhance the wellness practices of the middle-aged residents.

The researcher recommended that the IEC material should be presented to RHU and BHW for possible adoption and utilization. Parallel study can be conducted in other municipalities of La Union.