

Nida Nuiden 2011: The Effectiveness of Capsaicin Oil Massage with Behavior Change on Abdomen Fat Reduction. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Associate Professor Supat Teravecharoenchai, M.Sc. 139 pages.

The objective of this quasi-experimental research was aimed at examining the effectiveness of Capsaicin oil massage with behavior change on abdomen fat reduction. Health education was applied for behavior modification in both experimental and comparison groups. Simple random sampling technique was used for both samples, consisting of 30 individuals in each group. They were all female with a waistline from 80 centimeters and above. Those in the experimental group were massaged with the Capsaicin oil together with health education. To evaluate the change, a questionnaire was utilized. Data collection were carried out twice, pre and post experiment. Data obtained from both groups were analyzed with Wilcoxon Signed Ranks Test, and the statistics used for comparing the two groups was Mann-Whitney U test.

The results of the study were revealed as follows. Following the experiment, with the health education provided to both group, knowledge, attitudes, and health practices of the subjects in the experimental group were significantly increased at .05 significance level. While the attitudes of those in the comparison group were significantly increased at a .05 significance level. For those in the experimental group, the result showed that their body mass indexes (BMI), waistlines, and fat thicknesses of abdominal muscles significantly decreased at a .05 significance level. While those in the comparison group receiving health education only, their body mass indexes (BMI) and fat thicknesses of abdominal muscles also significantly decreased at a .05 significance level. Notably, it should be recognized that a provision of health education to the subjects as well as massaging with the Capsaicin oil influenced their health behaviors modification resulting to a decrease of their waistlines and the fat thicknesses. However, in order to gain a remarkable outcomes, all of them need to be inclusively treated.

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Student's signature

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Thesis Advisor's signature