Atthachai Wongju 2007: Factors Related to Food Consumption Behaviors and Exercise Behaviors of Students in Upper Elementary School in Nong Prue District, Kanchanaburi Province. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Associate Professor Ranumas Ma-oon, Ph.D. 143 pages.

The purpose of this descriptive research was to study the factors related to food consumption behaviors and exercise behaviors of students in upper elementary school in Nong Prue District, Kanchanaburi Province by observing 309 participants which were upper elementary students, and 301 their parents, by multi – stage sampling. The research instruments were the questionnaires, developed by the researcher, and their qualities were tested and accepted, The data analysis as made by statistic for percentage, mean, standard deviation, Chi-square test, Pearson's Product Moment Correlation Coefficient and Multiple Regression Analysis.

The major findings were as follows: 1) The food consumption behaviors and exercise behaviors of students were at a medium level of 45.63 % and 44.01% respectively and the nutritional status of students were normal level of 75.08 %. 2) The bio - social factors, sush as number of siblings and monthly income of their parent were related to food consumption with statistical significant at the level of .05, where as age, gender, number of siblings, family members and class level related to the exercise behaviors with statistical significant at the level of.05, .01 and .001 respectively, while, gender and number of siblings were related to nutritional status with statistical significant at the level of .01 and .001 respectively. 3) The factors which had positive relation to the food consumption behaviors of students were perceived susceptibility about the bad food consumption and no exercise, knowledge about the food consumption, nutritional status and exercise, social support from intimate ones and child care behaviors with statistical significant at the level of .05 and .001 respectively. 4) The factors which had positive relation to the exercise behaviors of students were knowledge about the food consumption, nutritional status and exercise, perceived susceptibility about the bad food consumption and no exercise, perceived benefits about the food consumption and exercise, social support from intimate ones and child care behaviors with statistical significant at the level of .001. 5) The factors, which had related to nutritional status were food consumption behaviors, child care behaviors and exercise behaviors with statistical significant at the level of .05 and .01 respectively. 6) There were two variables used in predicting to the food consumption behaviors of students, which were the child care behaviors and knowledge about the food consumption, nutritional status and exercise. All of these had to predicted the food consumption behaviors for 12.50 %. The best predictive variable was child care behaviors, which could had predicted food consumption behaviors for 10.40 % with statistical significant at the level of .001. 7) There were three variables used in predicting to the exercise behaviors of students, which were social support from intimate ones, child care behaviors and knowledge about the food consumption, nutritional status and exercise. All of these had to predicted the exercise behaviors for 24.90 %. The best predictive variable was social support from intimate ones which could had predicted exercise behaviors for 16.40 % with statistical significant at the level of .001.

Atthachai   _Ranumas_   28 / 04 / 2007

Student's signature   Thesis Advisor's signature