

Puangpaka Intarasuwon 2011: Factors Related to Exercise Behaviors Persons in Nonthavej Hospital. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Associate Professor Supat Teravecharoenchai, M.Sc. 104 pages.

The objectives of this descriptive research were to study Factors Related to Exercise Behaviors Persons in Nonthavej Hospital. One hundred ninety-four Persons in Nonthavej Hospital were designated as the sample group. The designated researches were employed for data collection. Data analysis was carried out in terms of percentage, mean, standard deviation, correlation, Chi-square test, Pearson's Product Moment Correlation, Coefficient and stepwise multiple regression

The results were found as follows: 1) Persons in Nonthavej Hospital were at moderate level 2) The biological factors such as sex, age, marital status, education level, income, function and working time not significantly related with the exercise behavioral for persons in Nonthavej Hospital. 3) Predisposing factors such as the knowledge about exercise, positively related to exercise behavioral. Statistically significant at level of .05, the attitude of exercise And perceived benefits/prefix of exercise, not significantly related with the exercise behavioral. 4) The enabling factors policy ministry of Hospital and material in exercise, positively related to exercise behavioral. Statistically significant at level of .01. 5) reinforcing factors such as social support received from people close and receiving information through the media from various sources is positively related to behavioral exercise. Statistically significant at level of .01.

---

Student's signature

---

Thesis Advisor's signature