

Phimphitcha Limkanjanaphatt 2007: Factors Related to Personnel's Physical Activities and Exercise Behaviors for Health in Industrial Work Places ; A Case of Thai Master Frame Co., Ltd. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Associate Professor Ranumas Ma-oon, Ph.D. 139 pages.

The purpose of this descriptive research was to study factors related to personnel's physical activity and exercise behaviors for health in industrial work places. The samples, selected by purposive sampling, were 302 personnel in Thai Master Frame Co.,Ltd. The research instrument was the questionnaire developed by the researcher and its quality was tested and accepted. The data analysis were made by statistical program for percentage, mean, standard deviation and Chi-square test.

The major finding were as follows:

1. Internal individual factors such as (1) the knowledge about physical activities and exercise behaviors for health associated with the quantity of physical activities and exercise behaviors for health and walking for health with statistical significant at the level of .001 and associated with muscle strenght training with statistical significant at the level of .01 (2) Attitude toward physical activities and exercise behaviors for health associated with walking for health and exercise on leisure time with statistical significant at the level of .01 and associated with muscle stretch with statistical significant at the level of .001 (3) Self-Efficacy about physical activities and exercise behaviors for health associated with quantity of the exercise behaviors with statistical significant at the level of .001 and associated with exercise on leisure time with statistical significant at the level of .01 and associated with muscle stretch with statistical significant at the level of .05
2. External individual factor is the facilities on work place associated with the quantity of physical activities and exercise behaviors for health and muscle strenght training with statistical significant at the level of .001 and associated with walking for health with statistical significant at the level of .01 and associated with exercise on leisure time and muscle stretch with statistical significant at the level of .05

Phimphitcha Limkanjanaphatt.
Student's signature


Thesis Advisor's signature

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