

Chamaiporn Onsawang 2012: Factors Relating to the Hermit's Body Twist "Rusiedutton" Exercise Behavior of the Thai Massage Service Providers at Nakhon Nayok Province. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Assistant Professor Karuntharat Boonchuaythanasi, Ph.D. 197 pages.

The purposes of this descriptive research were to examine factors relating to the hermit's body twist "Rusiedutton" exercise behavior of the Thai massage service providers at Nakhon Nayok province. The population were 133 Thai massage service providers at Nakhon Nayok province. Questionnaires were used as research instrument to collect data. Data analysis was made for frequency, percentage, arithmetic mean, standard deviation, Chi-square, Pearson's Product Moment Correlation Coefficient and Multiple Regression Analysis.

The results were as follows:

1. Processes of change, self-efficacy, decisional balance and the hermit's body twist "Rusiedutton" exercise behavior of the Thai massage service providers at Nakhon Nayok province were at high level.
2. The Bio-social factors, namely age, marital status had significant relationship to the hermit's body twist "Rusiedutton" exercise behavior of the Thai massage service providers at Nakhon Nayok province, at a .05 statistical significance level. The Bio-social factors, namely as gender, income per month, underlying disease, experiences of working in Thai massage and training in the hermit's body twist "Rusiedutton" exercise behavior had no significant relationship to the hermit's body twist "Rusiedutton" exercise behavior of the Thai massage service providers at Nakhon Nayok province, at a .05 statistical significance level.
3. Stages of change was significantly related to the hermit's body twist "Rusiedutton" exercise behavior of the Thai massage service providers at Nakhon Nayok province. at a .05 statistical significance level.
4. Processes of change, self-efficacy and decisional balance were significantly related to the hermit's body twist "Rusiedutton" exercise behavior of the Thai massage service providers at Nakhon Nayok province, at a .05 statistical significance level.
5. Processes of change was found to be significant predictor variable of the hermit's body twist "Rusiedutton" exercise behavior of the Thai massage service providers at Nakhon Nayok province, at a .05 statistical significance level. The variable shared 18.70 percentage of variance in the hermit's body twist "Rusiedutton" exercise behavior of the Thai massage service providers at Nakhon Nayok province.

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