

Ratanaporn Lattanun 2011: Factors Relating Exercise Behaviors among Students at Benchamatheputhit School, Phetchaburi Province. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Assistant Professor Karuntharat Boonchuaythanasi, Ph.D. 90 pages.

The purposes of this descriptive were to examine factors relating to exercise behaviors among students at Benchamatheputhit School, Phetchaburi Province. The samples were 317 students at Benchamatheputhit school, Phetchaburi 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, excise behavior of students at Benchamatheputhit school, Phetchaburi province were at moderate levels, decisional balance was at a high level.
2. Stages of change were significantly related to the exercise behavior of students at Benchamatheputhit school, Phetchaburi province at a .001 statistical significance level.
3. Processes of change, self-efficacy and decisional balance were significantly related to the exercise behavior of students at Benchamatheputhit school, Phetchaburi province at a .01 statistical significance level.
4. Processes of change and decisional balance were found to be significant predictor variables of the exercise behavior of students at Benchamatheputhit school, Phetchaburi province at a .05 statistical significance level. The two variables together shared 21.40 percentage of variance in exercise behavior.

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Thesis Advisor's signature