

Atcharee Onkaew, Captain 2007: Factors Relating Exercise Behavior among Nursing Personnel at Medical Department in Phamongkutklao Hospital. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Assistant Professor Karuntharat Boonchuaythanasit, Ph.D. 129 pages.

The purposes of this descriptive research were to examine the factors relating exercise behavior among nursing personnel at Medical Department in Phamongkutklao Hospital. The samples were 232 personnel of Medical Department in Phamongkutklao Hospital. The research instrument was the questionnaire. 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) The processes of Change, the self- efficacy, the decisional balance and the exercise behavior of nursing personnel at Medical Department in Phamongkutklao Hospital were at a moderate level.
- 2) The stage of change was significantly related to the exercise behavior of nursing personnel at Medical Department in Phamongkutklao Hospital at a .001 statistical significance level.
- 3) The processes of change, the self-efficacy and the decisional balance were significantly related to the exercise behavior of nursing personnel at Medical Department in Phamongkutklao Hospital at a .01 statistical significance level.
- 4) The Bio-social factors, such as age, marital status, education, income, body mass index, working time, had no significant relation to the exercise behavior of nursing personnel at Medical Department in Phamongkutklao Hospital, at a .05 statistical significance level .
- 5) The processes of change, the stage of change, the decisional balance were found to be significant predictor variables of the exercise behavior of the nursing personnel at Medical Department in Phamongkutklao Hospital at a .05 statistical significance level. The three variables together share 49.30 percentage of variability in the exercise behavior.

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