

Sununta Thongtong 2010: Factors Relating to Exercise Behaviors Among Personnel of Wang Sai Phun Hospital, Phichit Province. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Associate Professor Supat Teravecharoenchai, M.Sc. 128 pages.

The purpose of this descriptive research was to study factors relating to exercise behaviors among personnel of Wang Sai Phun Hospital, Phichit Province. The sample of this study were 109 personnel of Wang Sai Phun Hospital, Phichit Province. Data were collected by the questionnaire constructed by the researcher. Data analysis was made by statistical computer package for percentage, mean, standard deviation, Chi-square test, and Pearson's Product Moment Correlation Coefficient

The research result were as follows.

1. Exercise behaviors among personnel of Wang Sai Phun Hospital, Phichit Province were at a moderate level.
2. The biosocial factors namely sex had relation with exercise behaviors with statistical significance level of .05 but age, level of education, marital status, monthly income, position classification, check up and illness history, had no significant relation with exercise behaviors.
3. The predisposing factors namely knowledge and exercise-related attitude, showed no significant relation with exercise behaviors but perception of health had statistical significant relation at a level of .01
4. The enabling factor namely encouraging exercise behaviors policy of the Wang Sai Phun Hospital, provision and accessibility to exercise club and equipments, and appropriate exercise times allocation, showed no relation.
5. The reinforcing factors namely receiving information of consumption and social support had relation with exercise behaviors among personnel of Wang Sai Phun Hospital, Phichit Province at a statistical significance level of .01

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Student's signature

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Thesis Advisor's signature