

Sopis Gatuporn 2007: Factors Influencing Body Weight Control Behavior of Phra Nakhon Si Ayutthaya Hospital's Personnel. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Assistant Professor Karuntarut Boonchuaythanasit, Ph.D. 150 pages.

The purpose of this study was to determine factors influenced body weight control behavior of Phra Nakhon Si Ayutthaya Hospital's personnel. The sample were 220 personnel completed the questionnaire developed by the researcher. The data was analyzed by statistic program for percentage, arithmetic mean, standard deviation, chi-square test, Pearson's Product Moment Correlation Coefficient and stepwise multiple regression.

The results of this study were as follows: 1) The attitude of the body weight control, the perceived susceptibility when the body weight is not normal, the perceived severity of disease when the body weight is not normal and the perceived benefit to the body weight control of Phra Nakhon Si Ayutthaya Hospital's personnel, were at a high level. 2) The knowledge of body weight control, the perceived barrier of body the weight control and the body weight control behavior of Phra Nakhon Si Ayutthaya Hospital's personnel, were at a moderate level. 3) The bio-social factors, which were sex, marital status, educational level, income and body mass index (BMI) of Phra Nakhon Si Ayutthaya Hospital's personnel, were no statistically significant related to the weight control behavior at the .05 level 4) The attitude of the body weight control, the perceived severity of disease when the body weight is not normal, the social support to the weight control behavior of Phra Nakhon Si Ayutthaya Hospital's personnel, were statistically significant related to the weight control behavior at the .05 level whereas the self-efficacy of the weight control behavior was statistically significant related to the weight control behavior at the .01 level. 5) The attitude and the self-efficacy of the weight control of Phra Nakhon Si Ayutthaya Hospital's personnel, were found to be predictor variables at the .05 level, and shared 9.4 percentage of variability in the weight control behavior.

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Student's signature

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