

Jhoompol Surakit 2007: Factors Affecting Exercise Behaviors for Health Among the Provincial Public Health Officers of Samut Songkhram Province. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Associate Professor Supat Teravecharoenchai, M.Sc. 146 pages.

The purpose of this survey research was to study factors affecting exercise behaviors for Health Among the Provincial Public Health Officers of Samut Songkhram Province. The sample were 310 personnel of the Provincial Public Health Officers of Samut Songkhram province obtained by sacrificial random sampling. Data were collected by the questionnaires developed by the researcher and analyzed by computer program for percentage, mean, standard deviation, Chi-square, Pearson's Product Moment Correlation Coefficient and stepwise multiple regression.

The results showed that the bio-social factors that had significant relationship with exercise behaviors of the Provincial Public Health Officers of Samut Songkhram province was officer place. The other studied variables had no significant relationship. Predisposing factors which had significant relationship at 0.05 level with exercise behaviors of the Provincial Public Health officers of Samut Songkhram province were attitude and perceived health status, while knowledge had no significant relationship with exercise behaviors of the Provincial Public Health officers of Samut Songkhram province. Enabling factors had no significant relationship with exercise behaviors of the Provincial Public Health Officers of Samut Songkhram province. Reinforcing factors had significant relationship at 0.05 level with exercise behaviors of the Provincial Public Health Officers of Samut Songkhram province. The most powerful predictive variable was perceived health status and joint predictive variables were attitude and reinforcing factors, all of which could jointly predict 54.50 % of the exercise behaviors for health of the provincial public health officers Samut Songkhram province.



Student's signature

 26/02/07

Thesis Advisor's signature