Nuntawun Nobnorb 2011: The Effect of Self-Efficacy Upon Motivation in Exercise for Patient with Low Back Pain. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Miss. Supatcharin Pan-uthai, Ph.D. 114 pages.

The object of this studying is to examine the effects of a self-efficacy program on motivation in exercise for patients with lower back pain. The subjects were patients with lower back pain. The 30 patients were divided into 2 groups: the control group used the medical management program of Mackenzie and the experimental group used the medical management program of Mackenzie plus a program to build self-efficacy; which included perceiving success, vicarious experience and verbal persuasion. The study lasted for a constant period of 8 weeks. The methods used in this study were general information questionnaires, semi-structure interviews, an usual manual lower back muscle exercise program beyond Mackenzie, a program to build self-efficacy, and an evaluation of the level of pain. The data analysis was done through qualitative data by triangulation method and quantitative data method include were statistically analyzed by using mean, standard deviation, and t-test. All testing used the 0.05 level of significant. The results showed that the build up self-efficacy program affected the daily routine of the participants of the experimental group by allowing them to work better and also enhanced the participation in the twice-daily exercise for low back pain. Moreover they increased concentration and the willingness to exercise with the specific goal to reduce lower back pain. In addition it was found that the statistical difference in the pain score of the control and experimental groups was 0.05 after 8 weeks.

In conclusion the build up self-efficacy program increased the motivation to exercise in lower back pain patients which could reduce pain medication and encourage patients with lower back pain to have a better quality of life.

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