

THESIS TITLE : A STUDY RELATIONSHIP BETWEEN ACHIEVEMENT
MOTIVATION , SELF CONTROL OF WORK AND EXERCISE
BEHAVIOR OF MEMBERS OF AEROBIC CLUB IN KHONKAEN
PROVINCE

AUTHOR : MR.TANES CHIRASANYANSAGUL

THESIS ADVISORY COMMITTEE :

Damras Darasak Chairman
(Associate Professor Damras Darasak)

Somsak Phuekpan Member
(Assistant Professor Somsak Phuekpan)

Kanjana Darasak Member
(Assistant Professor Kanjana Darasak)

ABSTRACT

The purposes of this descriptive research was to 1.) Study achievement motivation, self-control, and exercise behavior of members of Aerobic club in Khonkaen province. 2.) Study correlation between achievement motivation and self-control to exercise behavior. 3.) Study predictive equation and quantity of accounted for exercise behavior by achievement motivation and self-control. The sampling group was members of Aerobic club in Khonkaen province 272 persons.

The tool used in this research was achievement motivation test with reliability value of .78, self-control test with reliability value .64 developed by Bonrab Sakmanee (1989). Exercise behavior test content 1.) Future of exercise behavior test with reliability value of .76 and

2.) Report exercise behavior test with reliability value of .70 developed by researcher from Weerapon Chuntima (1998). Statistical analysis involved percentage, arithmetic means, standard deviation, Pearson's product moment and stepwise multiple correlation analysis.

The results showed that :

1.) Achievement motivation, self-control and exercise behavior of members of Aerobic club in Khonkaen province were rather high.

2.) Positive correlation were found between achievement motivation and self-control to exercise behavior at the .01 level of significance.

3.) Achievement motivation (X_1) and self-control (X_2) accounted for 24.4% variance in the exercise behavior (Y). The predictive equation were as followed

$$Y = 60.356 + .427 (X_1) + .589 (X_2)$$