

Thesis Title Self-Efficacy and Practice in Preventing Obesity among Adolescent Girls

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Abstract

The purpose of this descriptive correlational research was to explore the relationship between perceived self-efficacy in preventing obesity and practice in preventing obesity among adolescent girls. The sample were 275 adolescent girls aged between 15 - 18 years old, who had normal weight, perceived their risk of obesity, and realized the importance of obesity prevention. They were students in two high schools under the Ministry of Education, and two private schools in Muang district, Chiang Mai province. The sample were selected using proportional stratified sampling. The instrument used for data collection was developed by the researcher according to the literature review, which consisted of three parts : Demographic data form, Preventing Obesity Self-Efficacy Scale (POSES), and Practice in Preventing Obesity Scale (PPOS). The content validity was obtained by 6 expert reviewers. The reliability of

the POSES was assessed using Cronbach's coefficient alpha and the value was 0.83.

The reliability of the PPOS was assessed using Test- Retest reliability and the value was 0.79.

The SPSS/ FW program was used for data analysis. Frequency, percentage, arithmetic means, standard deviation, Pearson's product moment correlation coefficient, were the statistics used in this study.

The results of this study indicated that:

1. The total mean score of perceived self-efficacy in preventing obesity among adolescent girls was moderate ($\bar{x} = 73.22$, $SD=11.21$) and the total mean score of practice in preventing obesity among adolescent girls was moderate ($\bar{x} = 73.60$, $SD=9.75$)
2. Perceived self-efficacy in preventing obesity of adolescent girls was significantly, positively related to their practice in preventing obesity. ($r = .8841$, $p < .0001$).