

Thesis Title	Self-Efficacy and Weight Control Behaviors of Chiang Mai Vocational Students	
Author	Missis Kwanjit Inyeo	
M.Ed.	Health Promotion	
Examining Committee		
	Assist. Prof. Sopon Arunrutana	Chairman
	Lect. Dr. Kasem Nakornkhet	Member
	Assoc. Prof. Dr. Tay Chiengchee	Member

Abstract

The purposes of this study were to examine self efficacy among Chiang Mai vocational students concerning weight control and weight control behaviors. The 792 samples consisted of students who were studying in Chiang Mai vocational schools in the academic year of 1998. Data were collected through questionnaires and analyzed by using SPSS for windows to obtain percentage, arithmetic means and standard deviation.

The findings were as follows:

1. Self efficacy concerning weight control among the vocational students were found at moderate up to somewhat high level. Considering at each category of the self efficacy survey, it was found somewhat high in vicarious experience and verbal persuasion categories. The performance accomplishments category was found at the moderate up to somewhat high level. The emotional arousal category was found at the moderate level.

2. Total weight control behaviors among the vocational students were found at the moderate level. Considering at each behavior namely eating habit, exercise and routine physical activities it was also found at the moderate level as well.