

ABSTRACT

Thesis Title : Knowledge, Attitude and Self - Practice in Exercise for
Health of Personnels of The Teachers Council of Thailand

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Degee Sougth : Master of Education

Major : Physical Education

Academic Year : 1998

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This research aimed at a study on a comparison and a relation of knowledge, attitude and self - practice in exercise for Health of personnel of The Teachers Council. The independent variables are : sex, age, educational level, marital status, and salary. The proportional random sampling is 200 samples, from all personnels of the teachers council of 62 males and 138 females. A questionnaire on personal background, knowledgable - test measurement and self practice in exercise for health, The SPSS/PC⁺ is used for Mean, Standard - Deviation, T - test, F - test, and Pearson's correlation coefficient.

The results are founded as the following :

1. Personnels have knowledge, attitude and self - practice in exercise for health at a good level.

2. Personnels of sexual differences have insignificant differences in knowledge, and attitude in exercise for health except only self - practice which has significant difference at .05 level.

3. Personnels of age differences have insignificant differences in knowledge, attitude and self - practice in exercise for health.

4. Personnels of educational level differences have insignificant differences in knowledge, attitude and self - practice in exercise for health.

5. Personnels of marital status differences have insignificant differences in knowledge, attitude and self - practice in exercise for health.

6. Personnels of salary differences have insignificant differences in knowledge, attitude and self - practice in exercise for health.

7. Personnels have significant relations on statistics in knowledge, attitude and self - practice in exercise for health at .05.