

ABSTRACT

Thesis Title : A Comparison of Physical Fitness between Premenopausal,
Menopausal and Postmenopausal Women in Thanyaburi
Home for Women, Changwat Pathum Thani

Student's name : Mr. Chakkrit Chadikod

Degree Sought : Master of Education

Major : Physical Education

Academic Year : 2001

Advisory Committee :

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The purpose of this research was to compare the physical fitness of premenopausal, menopausal and postmenopausal women in Thanyaburi Home for Women, Changwat Pathum Thani. The subjects, selected purposively, were 47 women from the age of 45 to 55 years who showed no abnormal signs in their menstruation, being premenopausal or menopausal, and were in good health with no physical disabilities so that they could participate in the Physical Best test. The test consisted of 5 items: one-mile walk/run, body composition, sit and reach, modified sit-ups and pull-ups. The data obtained from the test were analysed using mean (\bar{X}), standard deviation (S.D.) and one-way analysis of variance by statistical package for the social sciences/personal computer plus (SPSS/PC⁺).

It was found that premenopausal, menopausal and postmenopausal women in Thanyaburi Home for Women, Changwat Pathum Thane were not significantly different in their physical fitness at the .05 level.