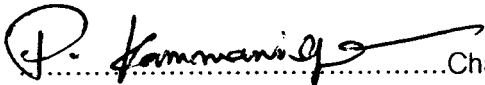



THIS TITLE: THE EXERCISE ACTIVITIES SUPPORT FOR THE ELDERLY
PERSONS

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ABSTRACT

The objectives of this study were: 1) to assess the extent of physical exercises among the elderly persons; 2) to evaluate the satisfaction with the exercises; and 3) to develop a model for promoting exercise activities for the aged.

The sample for this study was a group of males and females aged 60 years and over, who were residing in Nongkrainoon village, Tambol Tarpra, Muang District, Khon Kaen Province. The total number of the aged in the group was 62. These elderly persons received the development interventions which included provision of physical check up before and after project operations, organizing a senior citizen club, delivering educational messages about the benefits of physical exercise by a medical doctor and by a physical therapist, demonstrating the correct exercise posture for the elderly persons through pre-recorded local musical video-tape on exercise program and through distributed physical exercise handbooks; visiting the elderly club of Phone District for exchange of exercise techniques, providing moral supports and advices, if

necessary, and giving welfare for all the elderly persons participated in this development project.

The data collection instrument was a questionnaire. The elderly persons participated in this project were interviewed twice, one before the commencement and one at the completion of development interventions. Data collected from the interviews were analyzed by using SPSS for Windows. The statistical methods used in the analyses of data were percentage, mean, standard deviation, McNemar Test and Wilcoxon Signed Rank Test.

It was found that the elderly persons in the studied village were neglected and did not receive proper advice about how to look after their own health conditions. No attempt was made to organize a senior citizen club in the village. Neither, there was any development plan and project to support the elderly persons. Therefore, there was an urgent need for exercise activities support for the elderly persons.

It was noted that, after necessary supports for exercise activities were arranged, the elderly persons were more knowledgeable about and could see the benefits of, physical exercise. In addition, they were able to regularly exercise. Consequently, these elderly persons were quite satisfied with the support for exercise activities they had received .

This study indicated that the most suitable exercise for the elderly persons must be the type that had low risk of injury while doing the exercise. Moreover, the exercise had to be easily adaptable for both individual and group activities. It was recommended that the elderly persons exercise in a group for 3 days a week. The recommended duration of each exercise session was between 30 to 45 minutes. The satisfaction of the elderly persons reached the highest level when the exercise sessions were accompanied by local music of the Northeast.