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Abstract

The purpose of the present descriptive research was to study the causes and benefits of doing physical exercise of the warrant officers in Suranaree Camp, Nakorn Ramasima Province. The sample consisted of 369 warrant officers in Suranaree Camp, Nakorn Rajasima Province. The instrument used for collecting data was a 5-level rating-scale questionnaire which was developed by the present researcher herself. It was consisted of two parts. The first part dealt with causes for doing physical exercise, the management, the arena and facilities, and advisers. The second part of the questionnaire contained questions on the benefits of doing physical exercise, physical health, social and recreational aspects. The questionnaire had been tried-out for reliability and found to have an alpha coefficient of .96. The collected data were analyzed by means of a SPSS Program for Windows version 9.0 for percentage, arithmetic mean, standard deviation, a t-test and Pearson's Product Moment Correlation Coefficient.

The findings:

1. The causes of doing physical exercise of the warrant officers in Suranaree Camp, Nakoran Rajasima Province were at a "moderate" level ($\bar{X} = 3.27$)
2. The benefits deriving from doing physical exercise of the warrant officers in Suranaree Camp, Nakorn Rajasima Province were at a "high" level ($\bar{X} = 3.94$);
3. The causes of doing physical exercise between the warrant officers who made greater salaries and those who made lesser salaries were not significantly different;
4. The causes of doing physical exercise between the older warrant officers and younger warrant officers were significantly different at the .05 level of significance;
5. The benefits deriving from doing physical exercise between the warrant officers who made greater salaries and those who made lesser salaries were not significantly different;
6. The benefits deriving from doing physical exercise between the older warrant Officers and younger warrant officers were significantly different at the .05 level of significance;
7. The causes and benefits of doing physical exercise of the warrant officers had a significantly positive relationship at the .01 level of significance ($r = .478$).