

Songyos Changcharoen 2012: The Activity Program of Health Promoting for Elderly Based on Health Promoting Temple. Master of Science (Health Education), Major Field: Health Education, Department of Physical Educations. Thesis Advisor: Associate Professor Ranumas Ma-oon, Ph.D. 140 pages.

The Field - experimental research has its purpose for studying the activity program of health promoting for elderly based on health promoting temple. The samples were 64 elderly, who participated in health promoting temple activities, and were separated into two groups by random assignment, the experimental and control group. There were 32 elderly in each group equally. The research instruments, developed by the researcher, were activities program for elderly and questionnaires it quality was tested and accepted. Experimental design was the pre test-post test static group comparison design and follow up for 4 weeks. The data analyses were employed for percentage, mean, standard deviation and t – test.

The major results found that the activity program of health promoting for elderly based on health promoting temple had high effectiveness considered the indicators of the effectiveness as follow: after attended the activity program of health promoting for elderly based on health promoting temple and 4 weeks follow up the experimental group had 1) Perceived Benefits of Action 2) Perceived Barriers to Action 3) Perceived Self-Efficacy 4) Activity-Related Affect 5) Nutrition and Drink Behavior 6) Physical Movement and Activity Behavior 7) Stress Management and Spiritual Growth 8) Drug and Narcotic Control Behavior and 9) Interpersonal Relations Behavior, and better than the pre experimental group with statistical significance at the level of .05. This research results indicated that the health promoting model in elderly was effective.

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Student's signature

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Thesis Advisor's signature