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WIRAPOND PRINGRUGSA : A STUDY ON QUANTITATIVE OF
MICROORGANISM AND USER'S ATTITUDES ON FITNESS CENTERS. THESIS ADVISOR:
ASST. PROF. RATTAPON ONCHANG, Dr.techn. 115 pp.

This study aims to study the difference of quantitative of microorganisms (bacteria and fungi) in fitness centers both in air and on surfaces of exercise equipments. User's attitudes toward fitness center's environment were also investigated. Three different kinds of the fitness centers, i.e., air-conditioning, no-air-conditioning and open air) were chosen for the study. Results found that quantities of microorganisms are correlated to quantity of users and fitness center environmental factors (i.e., temperature, humidity, ventilation and quantity of users) at a significant level of 0.05. The quantity of microorganisms is difference to the fitness centers, but not for time services at a significant level of 0.05. Quantity of microorganisms on surface of exercise equipments are correlated to the quantity of users and fitness center environmental factors (i.e., temperature and humidity) at a statistically significant level of 0.05. The quantity of these microorganisms is difference to the fitness centers and also time services at a significant level of 0.05.

For user's attitudes toward cleanliness of fitness centers and equipments, this results that air-conditioning fitness center is at low level effect on users, while no-air-conditioning and open air are at medium level effect on users.

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