

## C341828 : MAJOR PHYSICAL EDUCATION

KEY WORD : POSTURE/PHYSICAL FITNESS/MATHAYOM SUKSA ONE STUDENTS

VORAYUT KRILERTMONGKOL : THE RELATIONSHIPS BETWEEN POSTURE AND PHYSICAL FITNESS OF MATHAYOM SUKSA ONE STUDENTS OF THE EIGHTH SCHOOL CLUSTER UNDER THE JURISDICTION OF THE DEPARTMENT OF GENERAL EDUCATION, BANGKOK-METROPOLIS. THESIS ADVISOR: ASSO.PROF.PRAPAT LAXANAPHISUTH, 77 PP. ISBN 974-581-436-9

The purposes of this investigation were to study and to find the relationships between posture and physical fitness of mathayom suksa one students of the eighth school cluster under the Jurisdiction of the Department of General Education, Bangkok Metropolis. The 380 samples were, male and female students in the academic year 1991, randomized by using multistages random sampling method. The instruments in this research were New York State Posture Rating Chart and the ICSPFT physical fitness test. The data had been statistically analyzed in terms of percentages, means, standard deviations, T-score and Pearson Product Moment Correlation Coefficient by the SPSSX program. The results were presented in tables and essays.

It was found that:

1. There were 34.2, 54.2 and 11.6 percentages of male students who had good, fair and poor posture respectively. There were 47.9, 47.9 and 4.2 percentages of female students who had good, fair, and poor posture respectively.

2. The means of physical fitness test items for boys and girls were: 8.72 and 9.86 seconds for 50 meters run, 175.96 and 146.11 centimeters for standing broad jump, 22.52 and 19.06 kilograms for grip strength, 20.88 and 15.52 times for 30 seconds sit-ups, 2.20 times for pull-ups (boys) and 4.76 seconds for flexed-arm hang (girls), 12.52 and 13.98 seconds for shuttle run, 9.62 and 9.82 centimeters for trunk forward flexion, 5.39 minutes for 1,000 meters run (boys) and 4.67 minutes for 800 meters run (girls), respectively.

3. The relationships between total posture score and T-score of total physical fitness of male ( $r = .332$ ) and female ( $r = .182$ ) students were significantly at the .05 level.