

Chomlak Kongart 2012: The Effectiveness Training Model of Thai Wisdom to Prevention and Relief Muscle Pain Syndrome for Care Taker in Elderly. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Associate Professor Supat Teravecharoenchai, M.Sc. 127 pages.

The purpose of this quasi-experimental study was to examine the effectiveness Training model of Thai Wisdom to Prevention and Relief Muscle Pain Syndrome for care taker in elderly, before and after intervention. The intervention consisted of: activities to improved Knowledge, Attitude, Self-Efficacy and Behavior. The population consisted of 15 care takers of Bang Khen Youth Center. The population group received Training Model of Thai Wisdom to Prevention and Relief Muscle Pain Syndrome for Care Taker in Elderly for 4 times in 1 week.

The week intervention consisted of activities to Thai massage, Herbal compress and steam. The data were collected before and after the experiment using Training Model of Thai Wisdom to Prevention and Relief Muscle Pain Syndrome for Care Taker in Elderly, questionnaire and skilled knowledge observation form. The effective of intervention were assessed on 1<sup>st</sup> week and 2<sup>th</sup> week after intervention. Data analysis was made by statistical package for Percentage, Mean Standard deviation and Wilcoxon Signed Ranks test

Both the results of 1<sup>st</sup> week after the intervention and 2<sup>th</sup> week after the intervention revealed that the population group had good level of behavior and significantly higher score in all four aspect of the intervention as compare to the results before intervention. (p-value = .001)

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Thesis Advisor's signature