

Nanphorn Jitpetch 2012: Factors Relating to Physical Activities of the Elderly in Phutthamonthon District, Nakhon Pathom Province. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Assistant Professor Karuntharat Boonchuaythanasi, Ph.D. 89 pages.

The purpose of this descriptive was to examine factors relating to physical activities of the elderly in Phutthamonthon district, Nakhon Pathom province. Populations in this study were 2,775 elderly peoples in Phutthamonthon district, Nakhon Pathom province. Three hundred and fifty members of geriatric club were selected to be subjects in this study. Questionnaires were used as research instruments to collect data. Data analysis was made for frequency, percentage, arithmetic mean, standard deviation, Chi-square, Pearson's Product Moment Correlation Coefficient and Multiple Regression Analysis.

The results were as follows:

1. The most of the elderly people in Phutthamonthon district, Nakhon Pathom province were at maintenance level of stage of change, 49.4 percentages.
2. Processes of change, self-efficacy of the elderly in Phutthamonthon district, Nakhon Pathom province were at high levels, decisional balance, physical activities was at a moderate level.
3. Stages of change, processes of change, self-efficacy and decisional balance were significantly related to physical activities of the elderly in Phutthamonthon district, Nakhon Pathom province at a .05 statistical significance level.
4. Self-efficacy, processes of change and decisional balance were found to be significant predictor variables of the physical activities of the elderly in Phutthamonthon district, Nakhon Pathom province at a .05 statistical significance level. The three variables together shared 64.0 percentage of variance in physical activities of the elderly.

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