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KEY WORD : NEED FOR EXERCISES/GOVERNMENT OFFICIALS/EASTERN REGION

YAVANEE PAJUN : NEED FOR EXERCISES OF GOVERNMENT OFFICIALS IN
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The purposes of this research were to study need for exercises of government officials in Eastern region and to compare the need of those government officials by sex. Questionnaires were sent to 617 government officials in Eastern region. All questionnaires were returned and the obtained data were analyzed in term of percentage, means, standard diviation and then calculated the different means of needs for exercises by using t-test.

The major results were as follow :

1. Need for exercises of government officials in Eastern region preferred a period of time for exercises at the high level in the evening on the working day. Need for physical exercise activities were running, human physiology and movement education, health park and human relationship was mostly at the high level.

2. The result of need for exercise of government officials in Eastern region when compare by sex. There was no significiant difference at the .05 level.