

## Abstract

The selected factors related to back muscle exercise behavior in low back pain patients receiving Thai massage is the survey study presented the descriptive research. The objectives are to study the selected factors: perceived benefits of back muscle exercise, perceived barriers of back muscle exercise, perceived self-efficacy of back muscle exercise, service for back pain prevention, related to back muscle exercise behavior in low back pain patients receiving Thai massage. The studied samples were 106 patients having low back pain and receiving Thai massage at Thai Traditional Health Promotion Center, the Institute of Thai Traditional Medicine, at the age of 20 – 65 years, both male and female. The data was collected by questionnaire, analyzed by using frequency, percent, average, deviation, and qui-square statistic test.

The results were found that

1. The samples perceived benefit of back muscle exercise in high level (52.8%), perceived barriers of back muscle exercise in high level (68.9%), perceived self-efficacy of back muscle exercise in high level (55.7%), service for back pain prevention in low level (68.9%), and back muscle exercise behavior in low level (58.5%).

2. The individual factors such as gender, age, status, education, occupation, job description, salary, back pain duration were not related to back muscle exercise behavior.

3. Perceived benefits, perceived self-efficacy, and service for back pain prevention were related to back muscle exercise behavior with statistical significance (0.05).

4. Perceived barriers of back muscle exercise were not related to back muscle exercise behavior.

Recommendation

The budget should be supported to develop Thai Traditional Health Promotion Center. Mass media should be made. Policy for health promotion service should be issued, especially, back muscle exercise for clients. The staffs should be supported to train and strengthen their skills. The activities should be arranged to promote behavior of clients continuously.