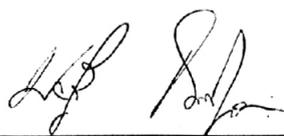


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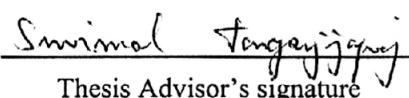
The purpose of this research and development was to develop the exercise model for the 65-70 years older adults, and to study the effect of exercise on the elderly quality of life in terms of self-optimism attitude and life. Subjects were the 65-70 years elderly who were members of senior citizen club. at Kamphaensaen Hospital, Nakhon Pathom province. They were 60 persons who were selected by multistage sampling, included 30 males and 30 females.

The research instruments were : -1) the exercise model for developing flexibility and agility that was assessed by rating scale and focus group from 16 experts ; 2) the evaluation forms of quality of life related to self-optimism attitude and life of the elderly. Their index of congruence were in the range of .92 - .95. The Pearson product moment coefficient correlation of the Self-optimism Attitude Evaluation Scale was .79. Meanwhile the Alpha coefficient reliability (Cronbach) of the Optism Life Evaluation Scale was .78 ; 3) the Rating Perceive Exertion Scale ; and 4) the physical fitness test in flexibility and agility. Data were analyzed by using frequency, mean, standard deviation, repeated measure in one dimension, one-way analysis of variance with repeated, and Tukey matched pair test.

Findings were revealed that :-1) the exercise model for promoting the 65-70 years elderly quality of life was exercise 3 times a week. It was consisted of 6 minutes warm-up, 24 minutes exercise and 10 minutes cool-down; 2) the flexibility and agility before training and after the eighth week training were significant differences at .01 level; and 3) there were significant differences between the Self-optimise Attitude Evaluation Scale and the Optism Life Evaluation Scale before training, after the sixth week training and after the eighth week training at .01 level.



Student's signature



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Thesis Advisor's signature