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NITIKUL CHAIRAT : THE EFFECT OF ASCETICS EXERCISE ON PHYSICAL FITNESS ON PHYSICAL PERFORMANCE AND SATISFACTION OF THE ELDERLY AT BANGKAE 2 HOME FOR THE AGED . THESIS ADVISORS : CHANYA SIENGSAKOR, B.Sc.HONS, M.P.H. WILAI KUSOLVISITKUL, B.A.1 CLASS HONS, M.Sc. CHARUVAN HEMATORN, B. Sc.,M.A.,M.P.H.. PHENNAPA SARPCHAROEN, M.P.H.M. 195 P. ISBN 974-662-562-4

This research used a quasi-experimental design. The purpose of the research was to study the effects of the Ascetics exercise on physical fitness on the physical performance and satisfaction of the elderly with an application of Bandura's Self - Efficacy. The sample group consisted of 60 elderly women who lived in Bangkae 2 home for the aged, Bangkok metropolis. Thirty subjects were assigned to the experimental group and thirty subjects were assigned to the comparison group. The experimental group participated in 12 weeks of the Ascetics exercise on physical fitness activity which was taught by the researcher while the comparison group participated in a 12 week ordinary exercise program. The data were recorded by interviewing elderly in the field of self- ability satisfaction and the physical performance before and after the experiment. Statistical analysis was performed by percentage , mean, standard deviation, t- test and paired t- test.

Results of this study indicated that the mean of physical performance, expectation in ability of exercise and expectation in the benefit of exercise in both experimental group and comparison group were significantly higher after the experiment than before the experiment (p -value < 0.05). The leg and hand muscular strength, the flexibility of shoulder, ankle, spinal joint, lung capacity and the expectation in ability in exercise of the experimental group were higher than those of the comparison group. There was no significant difference of the results of the experimental group and the comparison group in the flexibility of elbow, balancing and the expectation in the benefit of exercise. The mean of satisfaction in exercise of experimental group was significantly higher than that of the comparison group (p -value < 0.05) .

The results showed that the Ascetics exercise on physical fitness had positive effects on physical performance, the expectation in ability in exercise and expectation in the benefit of exercise, greater than those of the ordinary exercise. So this exercise is one of the appropriate styles of exercise for the elderly that promotes their excellent health and prolongs their lives. Thus, it is recommended that this program should be taken into consideration and extended to the elderly in other areas.