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SANGOUN NOANIM : A COMPARATIVE STUDY ON
PHYSIOLOGICAL AND PSYCHOLOGICAL RESPONSE BETWEEN NORMAL
AND NIOSH ACCLIMATIZATION PROGRAM (N.A.P.) PRACTICE AMONG
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This study is a quasi-experimental research designed to compare the
physiology and subjective feelings between Naval recruits following normal and
National Institute for Occupational Safety and Health (NIOSH) acclimatization
program (N.A.P.) practice. Thirty-six subjects at the Naval Nurse Corp School were
selected by simple random sampling. They had an average age of 19.28(± 0.7) years.
They had an average body surface area of 1.68(± 0.06) square metre and similar
personal history data. The study was conducted for a period of three years (1996-
1999) between the monthly of February and April. The method of experiment was
duplicated from real practices of recruits in the field their consumed energy was
approximately 240 kilocalorie/square metre of body surface/hour. The environmental
condition was 30.13-32.80 °C WBGT, 0.17-1.24 m/s velocity and 41-62% humidity.

The results of the study showed that there were different results in heart
rates between the normal practice group and in N.A.P. practice group. The change
of heart rate was found to be greater in the normal practice group than in the N.A.P.
practice group (p-value < 0.05). In other parameters : oral temperature, heat and
feeling of tiredness there were no difference between methods (p-value > 0.05)