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KEY WORDS : EXERCISE AND NUTRITION PROMOTION PROGRAM / HEALTH PROMOTION BEHAVIORS / CLIMACTERIC SYNDROME / MENOPAUSAL WOMEN

KANYANEE TANALARD :THE EFFECT OF AN EXERCISE AND NUTRITION PROMOTION PROGRAM ON HEALTH PROMOTION BEHAVIORS AND CLIMACTERIC SYNDROME OF MENOPAUSAL WOMEN IN TAO-NGOI DISTRICT, SAKONNAKHON PROVINCE. THESIS ADVISORS : CHANYA SIENGSAHOH, B.Sc., M.P.H., WILAI KUSOLVISIT, B.A., M.Sc., REWADEE CHONGSUWAT, M.S., Ph.D., JARUKOOL TRETRILUXANA, B.Sc., M.Sc. 170 p. ISBN 974-662-950-6

The main objective of this quasi - experimental research was to determine the effect of an exercise and nutrition promotion program on health promotion behaviors and climacteric syndrome of menopausal women in Tao- ngoi district, Sakonnakhon province. The sample of the study consisted of 64 females, aged 40-56 years, with 1-5 years of postmenopausal stage and having climacteric syndrome. The sample was divided equally into two groups : the experimental and the comparison group. The experimental group participated in the exercise and nutrition promotion program while the comparison group received regular service from the health center. The intervention was conducted over a period of 8 weeks, from February 27 to April 26, 1999. The data were collected before and after the intervention by using interview - questionnaire. Statistical analysis was performed by using percentage, mean, standard deviation and t-test.

The results of this study showed that, after the experiment, the experimental group had statistically significantly more knowledge ($P\text{-value} < 0.001$) and had significantly better health promotion behaviors than the comparison group. It was also found that the climacteric syndrome of the experimental group was significantly decreased ($P\text{-value} < 0.001$).

The exercise and nutrition promotion program of this study was shown to improve the health promotion behaviors and the climacteric syndrome of menopausal women. The use of this intervention is recommended with other groups of menopausal women.