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NGERN POUNGNAK : HEALTH EDUCATION PROGRAM ON EXERCISES AND DIETARY CONTROL BEHAVIOR MODIFICATION AMONG NON – COMMISSIONED OFFICERS OF THE NAVY IN BANGKOK. THESIS ADVISORS : CHALERMPOL TANSAKUL, Dr. P.H. CHANCHAI YAMARAT, M.S.P.H. ROONGROTE POOMRIEW, Ph.D. 225 p. ISBN 974-662-768-6

This study is a quasi – experimental research designed to study the effectiveness of a health education program applying the protection motivation theory on exercises and dietary control behavior modification among non-commissioned officers of the Navy in Bangkok. The ninety eight subjects were non – commissioned officers of the Navy. The subjects were selected by simple random sampling; fifty were assigned to the experimental group and forty - eight were assigned to the comparison group. The experimental group was given a health education program while the comparison group was not manipulated with any health education program. The study was conducted from March to May 1999. The data was collected by using questionnaires, through self – administered report, and measurement blood pressure, lung capacity and body mass index. Descriptive statistical analysis was conducted using percentage, mean, standard deviation, student 's t-test and paired samples t-test.

The results of this study showed that the experimental group gained a significantly better perception of the severity and susceptibility, self – efficacy expectancy, response efficacy, intention of exercise and dietary control behavior modification, exercises and dietary control behavior modification, blood pressure and body mass index than before the experiment and than the comparison group. However, lung capacity was not significantly changed. The results suggest that this program is useful and should be extended to other officers of the Navy.