

Thesis Title	The Relationships Between Life-Style of Administrators and Overnutrition		
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ABSTRACT

The objectives of this study involved gaining a better understanding of life-styles of administrators in terms of daily activities, eating behaviors, exercise behaviors and activities in leisure time. This study also aimed to investigate the relationship among life-styles of administrators, demographic and social characteristics, and overnutrition.

The subjects in this study were the administrators of seven private commercial bank with offices in Bangkok. A questionnaire was sent to 373 administrators : However only 149 administrators completed and returned the questionnaire.

The questionnaire consisted of 5 sections, namely (1) demographic and social characteristics, (2) daily activities, (3) eating behaviors, (4) exercise behaviors and activities in leisure time, (5) and overnutrition. The data were analysed by using descriptive statistics (frequencies, percentages, means, and modes) and analytical statistics

(cross-Tabulations, Chi-Square Tests, Contingency Coefficients, Phi Coefficients.

The result revealed that while 64.4 % of bank administrators were not overweight, 35.6 % of the sample was overweight. Inappropriate Life-Styles of administrators that appeared to contribute to over-nutrition included certain eating behaviors. Those eating behaviors that were found to be highly associated with overnutrition were the number of meals per day($P<0.001$), eating food after 10 p.m. ($P<0.0005$), eating snacks while watching television($P<0.001$), drinking coffee ($P<0.0001$), drinking alcohol($P<0.05$), smoking($P<0.05$), and eating all remained on the plate($P<0.005$). Interestingly the results of this study did not show a significant relationship between aspects of life-styles concerning exercise behaviors and activities in leisure time , and overnutrition in bank administrators.