

Thesis Title	The Effect of Aerobic Exercise Program on Adaptation of the Elderly in rural area, Pitsnuloke province
Name	Supatana Chomson
Degree	Master of Science (Public Health) major in Public Health Nursing
Thesis Supervisory Committee	Somchit Padumanonda B.Sc.,M.A.,M.P.H.,Dr.P.H. Thavatchai Vorapongsathorn, B.Sc.,M.A.,Ph.D. Siriporn Thitilertdecha, B.Sc.,M.Sc.
Date of Graduation	29 May B.E. 2535 (1992)

ABSTRACT

The deterioration of biological changes in aging processes was the major health problems appeared in the ineffective behavior. The purpose of this study was to evaluated the effect of aerobic exercise program on the adaptation of elderly. The one-group Pretest-Posttest design was implemented. The sample group consisted of the 36 elderly who lived in Lhao Kwan village, Pitsnuloke province aged between 60-74 years old. Purposive sampling technique was used. They participated in 15-20 minutes of supervised exercise training program five times each week for twelve weeks. The tool used to collect data was the adaptation evaluated schedule which composed of interview schedule and physical examiantion schedule. Data were analyzed by using paired t-test. After the experimentation, it was found that the mean scores of Physiological need mode, Self-concept mode and both modes were statistically higher than before the study. Also the mean of grade scores of Physiological need mode, Self concept mode and both modes were statistically higher than before the study.

From the result of this study, it was recommended that the aerobic exercise program should be set up under Supervision in rural area to promote the quality of life. It was also suggested that further study on the comparison between two groups should be performed.