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WALEERUT TRAETULAKARN : THE APPLICATION OF SELF-EFFICACY  
AND PARTICIPATORY LEARNING TO EXERCISE FOR HEALTH OF THE FIRST YEAR  
NURSING STUDENTS BOROMARAJONANI COLLEGE OF NURSING, SRITHUNYA  
NONTABURI PROVINCE. THESIS ADVISOR : ROONGROTE POOMRIEW, M.P.H., Ph.D.  
SUREE CHANTHAMOLEE, M.P.H., Dr.P.H. SUPREYA TANSAKUL, B.Ed., M.Ed., 158 p.  
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The main purpose of this quasi-experimental study is to determine the effectiveness of a health a promotion program applying Self-Efficacy and Participatory Learning to exercise for health of the first year Nursing Students, Boromarajonani College of Nursing, Nonthaburi Province. The sample of this study was selected from the first year nursing students. There were 40 subjects in the experimental group and 40 subjects in the comparison group. The experimental group received the health promotion program. Self-administered questionnaires and the physical fitness test record were used to collect data both before and after the experiment. Percentage distribution, Paired Samples t-test, Student's t-test and Pearson's Product Moment Correlation Coefficient were employed to analyse data.

The results of the study show that the experimental group gained significantly better knowledge, perceived self-efficacy, outcome expectation, exercise behavior for health, resting pulse rates and blood pressure than pretest and than the comparison group ( $P < 0.05$ ). The body mass index (BMI) of the experiment subjects, however, was neither significantly changed, nor was it significantly different from that of the control group. It was found that perceived self-efficacy was significantly correlated with exercise behavior for health ( $P < 0.001$ ).

These results indicate that a health promotion program with application of Self-Efficacy Theory and Participatory Learning could improve exercise behavior for health.