

Thesis Title Influence of Internal-External Locus of Control on
 Success in Weight Reduction of Middle-aged Women
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Abstract

Urban people in Thailand are at present experiencing nutritional problem, that of obesity. The Statistics of Public Health shows the number of people who died at the ages of 30-59 because of heart failure in association with obesity. While there are numerous weight loss programs available at present, the number of obese people is still increasing. Studies on factors contributing to success in weight reduction is, therefore, necessary. This study was aimed to speculated the Internal-External Locus of Control and their effects on weight reduction's success. It also investigated three other supportive factors which were occupation, satisfaction level of physical appearance prior to joining weight reduction programs, and reasons in program participation. The Multidimensional Health Locus of Control Scale developed by Wallston et.al (1978) was modified to be used to measure the Internal-External Locus of Control in the weight reduction program which had been tested for its content validity by three experts and reliability test with correlation coefficient equals to

0.7212 ($p < 0.001$) to used 30 samplings, who middle-aged women, that used on 100 women at World Figure and Health Club which was selected by a quota sampling technique.

The result showed that there was the similarity of the social factors of woman characteristics. The relationships between Internal-External Locus of Control and success in weight reduction was statistically significant. The result of data analysis from this study failed to accept the hypothesis of this study except for the satisfaction level of physical appearance. It also demonstrated that women who held high external locus of control were more weight reduction than those with low external locus of control, and women who held low internal locus of control were more weight reduction than those with high internal locus of control. For factors contributing to success in weight reduction, it is found that the relationship between satisfaction level of physical appearance and weight reduction's success was statistically significant. From this study the researcher suggested that further research should be done as follows: The study of other dimensions of Internal-External Locus of Control for the samplings who join the weight reduction service need to be done, the longitudinal study of the relationship between other dimensions of Internal-External Locus of Control and the success in weight reduction is be done. Other factors influencing the success in weight reduction should also be studied. Researcher further suggested that the management of weight reduction program should apply into different program design for person who holds different Internal-External Locus of Control.