

**Thesis Title :** Factors Predicting Exercise Behaviors in Lower Secondary School Students

**Author :** Mr. Chacrit Teparatana

**M.Ed. :** Health Promotion

**Examining Committee :**

Assist. Prof. Sapon Arunrutana	Chairman
Assoc. Prof. Anek Changnoi	Member
Assoc. Prof. Uthen Panyo	Member

**Abstract**

The purposes of this study were to investigate the exercise behaviors in lower secondary school students at Chai Nat Province and the factors which predict the exercise behaviors. The study focused on three factors based on the PRECEDE-PROCEED and Health Promotion Model. The first was predisposing factors consisted of gender, level of education, athletic experience, knowledge of exercise, attitudes toward exercise, value of exercise, perception of benefits and barrier of exercise, self-esteem, and self-efficacy. The second was enabling factors which include the accessibility of media concerning exercise, the sufficiency of play ground and supplies. The third was reinforcing factors which include social support. 421 students were randomly selected out of the total population of 8,947 students. Data were collected through interview questionnaires, in-depth interview and observation technique and analyzed by means of the SPSS/PC<sup>+</sup> to obtain the frequency, mean, standard-deviation, and stepwise multiple regression.

The findings were as follows :

1. Exercise behaviors of the students in lower secondary school in Chai Nat Province were at a moderate level. Only lower than half of the student would spend 30 minutes or more for exercise and they only do it once a week. After exercise, most of the students would breath harder, faster as well as more sweat than their regular physical activities.

2. The predisposing factors that predicting the exercise behaviors of the students were gender and the knowledge of exercise, and the enabling factor, accessibility of media, was also predicting the exercise behavior of the students as well. The reinforcing factors and other factors did not effect the behavior of exercise. When ranking the three factors that predict the exercise behaviors of the students the result was gender, knowledge and accessibility of the media respectively.

3. Physical education curriculum at every schools were mostly based on the requirement of the General Education Department, Ministry of Education. Physical education class, intramural program, and interscholastic program were regularly conducted in the school, but an adapted physical education for handicapped students were omitted. Most of the parents or guardians want their children to be healthy but they don't have time to take care the exercise activity at home. So they expect that school should have good supporting of the supplies, play ground and to build sports skill for their child.