

Thesis Title            The Effects of Application Self-Efficacy Theory in Exercise  
                                  Program on Elderly Exercise Behavior at Elderly Bangsai  
                                  Club, Chonburi Province

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Degree                   Master of Science (Public Health)  
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# ABSTRACT

Exercise is one of the health promotions for the elderly. It can improve health condition and physical fitness in order to improve self-care. Thus this a quasi-experimental research was mainly aimed at studying the effects of application of Self-Efficacy theory in an exercise program on elderly exercise behavior at Bangsai Club. The study had a one group pretest-posttest design. Thirty-one elders were selected through a set of criteria, particularly lack of exercise activity and examination by doctor. These elders were requested to train in the exercise program, which was designed by the researcher, for eight weeks and follow-up for 4 weeks. Data were collected through a structured questionnaire and the test of physical fitness. Percentage, arithmetic mean, standard deviation and samples paired t-test were used to analyse the data.

The research findings were as follows:

These elders had high efficacy-expectation in exercise behavior and out come-expectation in exercise. About 51.61 percent were in good health condition and nearly half of the elders were concerned with physical fitness.

After this experiment efficacy-expectation ( $p < 0.001$ ) and outcome-expectation ( $p = 0.0115$ ) were increased. Health condition and physical fitness were also significantly higher than before the experimentation. ( $p = 0.003$ ,  $p < 0.0001$ ) But Exercise Behavior was increased to the moderate level.

One month after this experimentation were increased Efficacy-Expectation ( $p < 0.014$ ) and Health Condition but Outcome-expectation wasn't significantly higher than after the experiment ( $p = 0.001$ ). Exercise behavior and physical fitness weren't significantly lower than after the experiment.

The results indicated that exercise activity as developed in this study was able to improve exercise behavior, health condition and physical fitness. In addition, subjects continued improving for one month after experimentation, yet physical fitness was constant. The information gained in this study could be used for developing a public exercise program.