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**CHAWEEWAN JITSACORN: PERCEIVED BENEFITS AND
BARRIERS TO EXERCISE BEHAVIOR IN CORONARY ARTERY DISEASE
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Exercise is beneficial for coronary artery disease (CAD) patients. The purpose of this research was to study exercise behavior in CAD patients and the effect of personal factors, perceived benefits and perceived barriers on exercise. This study was conducted based on the Pender Health Promotion Model (1996). A descriptive design and purposive sampling were used to recruit 150 patients with CAD who followed up at Her Majesty's Cardiac Center, Siriraj Hospital, and the Heart Clinic of the Out Patient Department of Rajavithi Hospital, and Bangkok Metropolitan Administration Medical College and Vajira Hospital from May, 2000 to July, 2000. Data was obtained from questionnaires, which included personal data, exercise behavior, perceived benefits and perceived barriers to exercise. Data analysis was performed by using frequency distribution percentage, arithmetic mean, standard deviation, and path analysis.

The findings of this study showed that exercise behavior in CAD patients was at a good level ($\bar{x}=2.89$, $SD=0.94$). The highest direct effect on exercise behavior was perceived barriers ($\beta=.592$, $p<.001$), followed by perceived benefits ($\beta=.178$, $p<.001$). The highest indirect effect on exercise behavior was aerobic capacity ($\beta=.357$).

The results of this study provide considerations for nursing practice and future research. Nurses and health care providers should enhance perceived benefits of exercise and break down perceived barriers to exercise by giving information and encouraging CAD patients through an exercise program, which should be established in the heart clinics or the out patient departments. Future research should be action research to develop an appropriate nursing intervention program to promote exercise behavior in CAD patients which enhances perceived benefits of exercise and breaks down perceived barriers to exercise.