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SIRIRAT NGAOSOMSKUL: A STUDY OF PERCEIVED BENEFITS OF ACTION AND SELF-EFFICACY TO EXERCISE BEHAVIOR IN CORONARY ARTERY DISEASE PATIENTS AFTER REVASCULARIZATION. THESIS ADVISOR: SOMPAN HINJIRANAN, M.S., BONGKOCH KENGKHETKIT, M.Ed., MAYUREE KAEWCHANTR, M.Sc., 109 p. ISBN 974-664-774-1

Coronary artery disease (CAD) is a major cause of death in Thailand. CAD patients normally undergo revascularization by percutaneous transluminal coronary angioplasty or coronary artery bypass graft. However, these procedures offer only palliative treatment of CAD rather than correcting or altering the progression of CAD. Management of the pathologic progression of the disease requires changes in the patient's lifestyle. Exercise is an important factor to be considered. The purposes of this research were to study exercise behavior and predictive path coefficients of exercise behavior in CAD patients after revascularization. The 120 subjects were selected by purposive sampling at Cardiovascular Clinic, Her Majesty's Cardiac Center, and Department of Surgery, Siriraj Hospital. The data were collected by using a structured interview questionnaire at the time of March to May 2000 and analyzed with percentage, mean, standard deviation, and path analysis.

The results showed that exercise behavior in CAD patients after revascularization was at a fair level ($\bar{X}$ = 2.49, SD = 1.17). Perceived self-efficacy of exercise had the highest positive direct effect on exercise behavior (β = .417), followed by perceived benefits of exercise (β = .204). Aerobic capacity had a positive indirect effect on exercise behavior through perceived self-efficacy of exercise and perceived benefits of exercise (β = .156). Gender had a positive indirect effect on exercise behavior through perceived self-efficacy of exercise (β = .153). The data partially supported by the hypothesized model's prediction of exercise behavior.

The findings of this study suggested that nurses and other health care providers should recommend an exercise program to CAD patients after revascularization. The exercise program should emphasize on perceived self-efficacy of exercise and aerobic capacity to motivate patients to perform regular exercise.