

4136915 PHPH/M : MAJOR : HEALTH EDUCATION AND BEHAVIORAL  
SCIENCES ; M.Sc. ( PUBLIC HEALTH )

KEY WORDS : EXERCISE MODEL / MOTIVATION THEORY / SOCIAL  
SUPPORT / NURSING STUDENT

SOMSIRI WANNADILOK: THE DEVELOPMENT OF AN  
EXERCISE MODEL FOR FIRST YEAR NURSING STUDENTS IN THE  
NAVAL NURSE CORPS SCHOOL THESIS ADVISORS : CHANCHAI  
YAMARAT , M.S.P.H. ROONGROTE POOMRIEW M.P.H., Ph.D. SUREE  
CHANTHAMOLEE , M.P.H., Dr.P.H. 97 P. ISBN 974-664-350-9

This quasi-experimental research investigates studying the effectiveness of a development of an exercise model based on motivation theory and social support for nursing sergeant students in the Naval Nurse Corps School. The sampling group consists of 89 male students studying primary nursing attached to the Defence Ministry. The experiment group consists of 40 first year nursing students in the Naval Nurse Corps School. The comparison group consists of 49 Medical sergeant students, Military Guardian School, Military Medical Department. The experiment group attained the development of an exercise model designed by the researcher. Research methods included distributing questionnaires for data collection, recording any physical changes such as body mass index, lung capacity, blood pressure and pulse at relaxation. Data was analyzed statistically by percentage, mean, Paired samples t – test and Student 's t – test.

It was found that the experiment group's knowledge of exercise, behavior in an exercise model, body mass index, lung capacity, blood pressure and pulse at relaxation was better than in the pre – test and was also better than that of the comparison group at a significance level ( $p$ -value  $< 0.05$ ) which shows that the development of an exercise model based on motivation theory and social support approach can help develop exercise behavior in nursing students. It is expected that this knowledge and experience can be applied and implemented in other areas required by the Royal Thai Navy.