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YUWARET SAISEESUB: A STUDY OF PERCEIVED SELF-EFFICACY AND SITUATIONAL INFLUENCES ON EXERCISE BEHAVIOR IN CORONARY ARTERY DISEASE PATIENTS AT UTTARADIT HOSPITAL.
THESIS ADVISORS: SOMPAN HINJIRANAN, M.S., PENCHUN SEREEWIWATTHANA, M.Sc., BONGKUCH KENGKHETKIT, M.Ed. 106 p.
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Coronary artery disease is a chronic disease. The disease is not completely curable. Treatment helps the patients to survive longer but they have to take lifelong medication to prevent deterioration. Beside medication, lifestyle modification is a way to meet the goals of treatment. Regular exercise is one of the most significant factors to treat this disease. The purpose of this research was to study perceived self-efficacy and situational influences on exercise behavior in coronary artery disease patients at Uttaradit Hospital. The samples for this study were 145 patients with coronary artery disease. The coronary artery disease patients were those who followed up at the heart clinic and were selected by a purposive sampling technique. The data were collected by interview forms to determine exercise behavior, perceived self-efficacy and situational influences on exercise behavior between March 2000 to April 2000. The data were analyzed by percentage, mean, standard deviation, Pearson's Product Moment Correlation Coefficient and stepwise multiple regression analysis.

The results showed that exercise behavior in coronary artery disease patients was at a fair level ($\bar{X} = 2.41$, $SD = .93$). Perceived self-efficacy and aerobic capacity could predict the exercise behavior in coronary artery disease patients by 35.06 percent at the statistically significant level of .001.

From the results of this study, the researcher recommends that nurses and other health care providers promote the coronary artery disease patients to perform appropriate exercise continuously and should arrange a cardiac rehabilitation program for coronary artery disease patients. Nurses have to encourage the coronary artery disease patients to have properly perceived self-efficacy on exercise behavior.