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YOSAPON LEAUNGSOMNAPA : EFFICACY EXPECTATION
AND OUTCOME EXPECTATION TO EXERCISE BEHAVIOR OF NURSING
STUDENTS AT PHRA POK KLAO NURSING COLLEGE, CHANTHABURI
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One strategy for motivating people to exercise is to present a good role model from the health leader. The objective of this study was to examine the relationship among efficacy expectation, outcome expectation and exercise behavior. The study sample was 250 nursing students from Phra – Pok – Klao Nursing College, Chanthaburi. Data were collected by self – reported questionnaires. Percentage, arithmetic mean, standard deviation, Pearson' product moment correlation, and multiple regression were used to analyze the data.

The results showed that nursing students had low level of exercise behavior, moderate level of efficacy expectation and high level of outcome expectation. Efficacy expectation was the only factor accounting for 26.7 % variance exercise behavior. To improve exercise behavior among nursing students, it is suggested that efficacy expectation be promoted.