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KEY WORD : OVERWEIGHT / SELF WEIGHT REDUCTION

SOMSONG SOMKHUANHET : A STUDY OF SELF WEIGHT REDUCTION OF PERSONS PERCEIVED OVERWEIGHT IN BANGKOK METROPOLIS. THESIS ADVISOR: SIRIORN SINDHU, D.N.Sc. ,JARIYAWAT KOMPAYAK,Dr.P.H. (PUBLIC HEALTH), NIRAT IMAMEE ,Ph.D. 107 p. ISBN 974-589-556-3

Increasingly more and more people want to lose weight, although not all of them are overweight. The purposes of this research are twofold. Firstly, to investigate status of bodyweight of persons perceived overweight. Secondly, to investigate self weight reduction. The sample consisted of 200 persons, 100 males and 100 females who perceived themselves as overweight and used self weight reduction method, age 15-59 years old, in Amphur Patumwan, Bangkoknoi and Bangkhuntien in Bangkok. The instrument used for data collection was semi-structured questionnaires and an evaluation of weight and height. Data were analysed by content analysis and presented in quantitative method.

The results are as follow: Most subjects (53.5%) were overweight, 50% did not understand the definition of overweight, 84.5% perceived eating habit as the cause for being overweight and 35.0% perceived lack of exercise as the cause for being overweight, 49.0% thought that being overweight results in a loss of beauty and personality, 55.5% of the subjects used relationship of weight and height to evaluate overweight, 39.5% used diet control and exercise for self weight reduction, 59.0% succeeded in losing weight at a rate of about 2-4 kilogram per month or more and did not have any complications, 43.0% wanted to lose weight for beauty more than health, 60.0% believed in self control.

The researcher recommends that health personal should give information in respect to criteria for the evaluation of overweightness through mass-media and to set up educational exercise programs for television and video for people who want to reduce their weight.