

Atcharat Yongtawee 2011: Development of the Recovery – Stress Questionnaire for Thai Athletes. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Miss Supatcharin Pan-uthai, Ph.D. 121 pages.

The purposes of this study were to develop and validate of the Recovery – Stress Questionnaire for Thai Athletes (RESTQ – Sport). The RESTQ – Sport was developed by Kellmann and Kallus (2001) and translated into Thai language. This study on process of translation. A Thai version of RESTQ – Sport (RESTQ – Sport: T) employed back translation procedure for its content validity and use confirmatory factor analysis to test its construct validity. A total 560 Thai athletes (n=362, 64.60% for boys; n=198, 35.40% for girls), aged 13 – 19 years old (15.50 ± 1.54 yrs.), and the experience of sports training 1 – 15 years (4.03 ± 2.57 yrs.), who study and training at the sports schools of Institute of Physical Education of Ministry of Tourism and Sport were samples in this study.

The findings provided an empirical support for the applicability of RESTQ – Sport: Thai version. The RESTQ – Sport: T with its 2 factors (total stress and total recovery) including 4 scales, 19 subscales and 76 items was show a good model fit ($\chi^2 = 70.67$, $df = 62$, $\chi^2/df = 1.14$, RMSEA = 0.016, GFI = 0.99, AGFI = 0.96, NFI = 0.99, NNFI = 1.00, CFI = 1.00, CN = 698.95), the Cronbach's alpha coefficient of RESTQ – Sport: T were 0.94 and the composite reliability were 0.74 – 0.86. These analysis indicated that the Recovery – Stress Questionnaire for Athletes: Thai version is an appropriate tool to examine the recovery – stress and overtraining in athletes

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