

Thesis Title	Ways of Living of Students in Chiang Mai University Dormitories	
Author	Mr. Karrun Panyo	
M.Ed.	Health Promotion	
Examining Committee		
	Asst. Prof. Sapon Arunrutana	Chairman
	Lect. Chutarut Borwornsin	Member
	Assoc. Prof. Chainart Nakkubpha	Member

Abstract

The purpose of this study was to investigate ways of living of the first year students in Chiang Mai University dormitories. The sample consisted of 360 students, selected through stratified random sampling technique. The data collected from questionnaire and by a group meeting were analyzed using percentage, frequency, average and standard deviation. The population means were estimated around 95% level of confidence.

From the research, it was found that ways of living of students were at good level and could be classified as follows :

1. Physical and recreational activity was at good level.
2. General competence in self care was at good level.
3. Sleep patterns was at good level.
4. Stress management was at good level.
5. Consumed behavior was at good level.
6. Relationship with others was at good level.
7. Avoidance of health risk behavior was at very good level.