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### Abstract

The purpose of the present survey research was to study the practice of self-care, leisure and physical exercise of women in the golden period of their life who came to Maharaj Hospital in Nakhonratchasima Province for services. The target group consisted of 500 women in their golden age period of life who came to Maharaj Hospital in Nakhonratchasima Province for services. The instruments used in the study included 3 sets of 6-level rating-scale tests, i.e. 1) a self-care test which covered 2 aspects of physical health and mental health, 2) a test on the use of leisure time which covered two aspects of relaxation and hobbies, and 3) a test on physical exercise which covered 2 aspects of physical exercise for health and for recreational and social purposes. The tests were constructed by the present researcher herself and had been tested for reliability and found to have alpha coefficients of .91, .93 and .98, respectively. The collected data were analyzed by means of an SPSS Program for Windows Version 9.0 for arithmetic mean, standard deviation and Pearson's Product Moment Correlation Coefficient.

The findings:

1. The women in the golden period of life who came to Maharaj Hospital in Nakorn Rajasima Province for services practiced self-care for physical and mental health at a "rather good" level ( $\bar{X} = 4.18$ ).
2. The women in the golden period of life who came to Maharaj Hospital in Nakorn Rajasima Province for services used their leisure time on relaxation and hobbies at a "rather good" level ( $\bar{X} = 4.16$ ).
3. The women in the golden period of life who came to Maharaj Hospital in Nakorn Rajasima Province for services practiced physical exercise for physical health, recreational and social purposes at a "good" level ( $\bar{X} = 4.53$ ).
4. Self-care and physical exercise practices of the women in the golden period of life who came to Maharaj Hospital in Nakorn Rajasima Province for services had a "rather low" level of positive relationship at the .01 level of significance ( $r = .352$ ).
5. Use of leisure time and physical exercise practice of the women who came to Maharaj Hospital in Nakorn Rajasima Province for services had a "rather low" level of positive relationship at the .01 level of significance ( $r = .388$ ).