

PH: 012325 : MAJOR HEALTH SYSTEMS DEVELOPMENT PROGRAMME

KEY WORDS : PHYSICAL ACTIVITY/ KAP/ FAMILY HEALTH LEADER

RATREE SIRIPOONBUN: KNOWLEDGE ATTITUDE, AND PRACTICE ABOUT PHYSICAL ACTIVITY AMONG PEOPLE AT HUAI YOT DISTRICT, TRANG PROVINCE. THESIS ADVISOR: VALAIKANYA PLASAI, M.P.H., Dr.P.H. THESIS CO-ADVISOR: ASSISTANT PROFESSOR SOMRAT LERTMAHARIT, M.Sc., M. Med. Stat.116 pp. ISBN 974-9599-70-5

The objectives of this cross-sectional descriptive research were to assess the type, level and intensity of physical activities among the Family Health Leaders (FHL) in Huaiyot District of Trang Province in southern Thailand, to determine the factors influencing the activities, and to also examine the association between those factors and physical activities. The population of the study is FHLs appointed by Huaiyot Health District who had completed training seminar, a total of 13,326 persons. Sample size calculation yielded 400 individuals. A systematic sampling method was employed. First, one village per Tambon (a cluster of villages) was selected from the 16 Tambons of Huaiyot district, 1,692 population. The researcher then, employed systematic sampling scheme to identify 400 respondents from the 1,692 population in the 16 Tambons. A questionnaire designed by the researcher was developed based on the PRECEDE-PROCEED model, and was field tested for reliability among a group of 30 FHLs in the nearby district, using Cronbach's alpha co-efficient. Results showed the score at 0.74 for the section on knowledge, and 0.75 for the section on attitude. Validity was done through expert opinion, using 5 experts working in health promotion in Trang Province. The physical test 117 individuals, Division of Sport and Activity of Thailand, Trang. The research used SPSS for Windows for data analysis. Statistical tests used in this study were frequencies, percentage, means, and standard deviation of all variable, as well as test of association between physical activities and knowledge, attitude, enabling factors and reinforcing factor. Chisquare test was used, with p-value <0.05.

Most of the respondents are female (male: female = 1: 4), age between 26-35, with 6 years of education (65.7%), main occupation is agriculture (72.8%), with income between 2,801-5,000 baht, and being married (78.5%). Attitude and knowledge toward physical activity of this group of FHLs is mostly positive. Both knowledge and attitude on physical activity was found at average level, 79.7% and mean=2.69%, respectively. FHLs also have a level of physical activity at average level of poor, 92 %. They do 5 to 10 different physical activities. The type of daily exercise they do is closely related to housework, regular work, commute, and their hobby.

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Field of study Health Systems Development **Advisor's signature**.....

Academic year 2004 **Co-advisor's signature**.....