

**KNOWLEDGE ATTITUDE, AND PRACTICE ABOUT PHYSICAL
ACTIVITY AMONG PEOPLE AT HUAI YOT DISTRICT,
TRANG PROVINCE**



Mrs. Ratee Siriponbun

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for the Degree of Master of Public Health in Health Systems Development**

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Among People at Huai Yot District, Trang Province


By : Mrs. Ratre Siripoonbun

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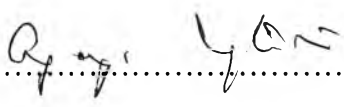
Thesis Advisor : Valaikanya Plasai, M.P.H., Dr. P.H.

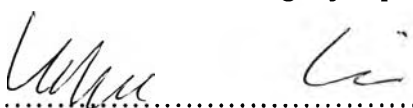
Thesis Co-advisor : Assistant Professor Somrat Lertmaharit, M.Sc., M. Med. Stat.


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..... Dean of the College of Public Health
(Professor Chitr Sitthi-Amorn, M.D., M.Sc., Ph.D.)

THESIS COMMITTEE

..... Chairperson
(Associate Professor Ong-arj Viputsiri, M.D., Dr. P.H.)

..... Thesis Advisor
(Valaikanya Plasai, M.P.H., Dr. P.H.)

..... Thesis Co-advisor
(Assistant Professor Somrat Lertmaharit, M.Sc., M. Med. Stat.)

..... Member
(Ubonwon Wathanadilokul, M.D., M.Dis. St.)

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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.

Student's signature Ratree siripombun

Field of study Health Systems Development Advisor's signature Valai Kanya Plasai

Academic year 2004

Co-advisor's signature Somrat Lertmaharit

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TABLE OF CONTENTS

	Page
ABSTRACT	iii
ACKNOWLEDGEMENTS	iv
TABLE OF CONTENTS	v
LIST OF TABLES	viii
LIST OF FIGURE	x
ABBREVIATIONS	xi
CHAPTER I BACKGROUND AND SIGNIFICANCE	1
Research Questions.....	5
Objectives.....	5
Assumptions.....	6
Definitions.....	6
Conceptual Framework.....	7
CHAPTER II LITERATURE REVIEW.....	8
Definition of Physical Activities.....	9
Benefits of Physical Activities.....	11
Types of Physical Activities.....	12
Principles of Physical Activities.....	13
Attitudes on Physical Activities.....	14
Health Behaviors.....	16
Relation Among Knowledge, Attitudes and Practices Relating to Health.....	17
The Influencing Factors on Health Behaviors.....	17

The Physical Fitness.....	20
General Physical Fitness.....	22
Special Physical Fitness.....	22
The Physical Test.....	23
The Influencing Factors on Physical Fitness.....	23
Related Theory.....	26
Background of the Family Health Leaders.....	31
Related Research Works.....	32
CHAPTER III RESEARCH METHODOLOGY.....	41
Research Design.....	41
Population.....	41
Sample Size Calculation and Sampling Scheme.....	41
Group Sampling.....	42
Data Collection Tool.....	43
Scoring Criterion.....	45
Stops of Tool Development.....	49
Quality Assessment of Tool.....	49
Data Collection.....	51
Study Parameters.....	51
Data Management & Analysis.....	54
CHAPTER IV RESEARCH RESULTS.....	56
Section 1: Socio-demography characteristics of the informants.....	57
Section 2: FHLs' knowledge about physical activities.....	58
Section 3: FHLs' attitude toward physical activities.....	60

Section 4: Enabling factors to physical activities reported by FHLs	62
Section 5: Reinforcing factors on physical activities of FHLs	65
Section 6: Practice of physical activities among FHLs	66
Section 7: Relation between knowledge, attitude and practice about physical activities	74
CHAPTER V SUMMARY AND DISCUSSION	84
Summary	84
Discussions	87
Recommendations	91
Recommendations for Future Research	92
REFERENCES	93
APPENDICES	96
APPENDIX 1 Questionnaire English	97
APPENDIX 2 Questionnaire Thai	107
CURRICULUM VITAE	116

LIST OF TABLES

	Page
Table 1: Number, and percentage of FHLs' socio-demographic characteristics (N =400).....	58
Table 2: Number and percentage of FHLs who answered the questions about knowledge correctly (n = 400).....	59
Table 3: Level of the knowledge of Physical Activity of FHLs.....	60
Table 4: Percentage and mean score. (n = 400).....	61
Table 5: Percentage and mean score. (n=400).....	62
Table 6: Number and percentage of enabling factors reported by FHLs (n = 400).....	64
Table 7: Number of hours for different activity in each day.....	64
Table 8: Source of information about physical activities.....	65
Table 9: Frequency of knowledge obtained.....	65
Table 10: Reinforcing factors on physical activity of FHLs (n=400).....	66
Table 11: Physical activities of FHLs in Huaiyot district, Trang province (n= 400).....	67
Table 12: Number of activity.....	72
Table 13: Level of the Practice of Physical Activity of FHLs.....	73
Table 14: Physical Fitness Evaluations of FHLs (n = 117).....	73
Table 15: Relationship between knowledge and attitude about house cleaning. (n=400).....	74
Table 16: Relation between enabling factors and reinforcing factors on physical examination: house cleaning.....	75
Table 17: Relation between knowledge, attitude and physical activity: walking.....	78

Table 18: P-value number of FHLs and p-value of relation between Enabling factors and physical activity, n = 400.....	79
Table 19: Relation between knowledge and attitude and aerobic physical activity.....	81
Table 20: Relation between enabling factors and reinforcing factors and physical activity: aerobic exercise.....	82

LIST OF FIGURE

	Page
Figure 1: Conceptual framework.....	7

ABBREVIATIONS

FHL	:	Family Health Leader
WHO	:	World Health Organization
MET	:	Metabolic Equivalent