

THE STUDY OF EXERCISE BEHAVIOR OF SUAN SUNANDHA RAJABHAT UNIVERSITY

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Abstract - The purpose of study was to investigate exercise behaviors of Suan Sunandha Rajabhat University. The behaviors were compared and correlated with exercise Knowledge and attitude. The subjects were 200 students from the center, 100 males and 100 females, stratified randomly sampled. The data were treated for frequency, percentage, mean, standard deviation, the t-value and the r-value by Pearson product. The results showed that majority of the subjects took exercise for health. The subjects showed their exercise knowledge, exercise attitudes and exercise behaviors at good level. Male and female subject expressed different behaviors on exercise, significant at .05 levels. There were positive correlations among exercise knowledge, exercise attitudes and exercise behaviors, significant at .05 levels.

Keywords - Behavior/ Health Behavior/ Knowledge/ Attitude/ Exercise

I. INTRODUCTION

The development of the population to lead a good quality of life means that all citizens must have good health which can work effectively and participate in the development of their communities. One important action for promoting public health is time to exercise or play all kinds of sports. This factor is important and must be practice consistently and continuously in order to make the better health performance. Cultivating all age of people to exercise and get to know how to play the sport properly is important. Therefore, the public organizations should help to promote exercise and sport.

The exercise helps to create a balance in our life. The Center for Disease Control of the United States has concluded that, the effects for practice physical activity on health are reducing the rate of premature death, reduce mortality from coronary heart disease, reduce the incidence of diabetes, discounted rates cause high blood pressure, help to control blood pressure in patients with hypertension, reduce the incidence of bowel cancer and concerns, helps in weight controlling, helps to build and maintain strong bones, muscles and joints, the seniors can move strengthen by reducing the rate of falls.

For this importance reason, the researcher interested to study the fitness of Sport Sciences department Suan Sunandha Rajabhat University students in 2015, on the subject of knowledge of the exercise and the exercise attitude. The aim of the research is to study and consider the exercise behaviors of students in department of Sport Sciences, Suan Sunandha Rajabhat University in 2015. In addition this research can be an example to the public. And also used for the development of teaching physical education to children in the future.

Table 1. Shows the frequency and percentage of the basis data of the sample classified by gender and level of education.

Basis Data	Frequency	Percentage (%)
Gender		
Male	100	50.0
Female	100	50.0
Total	200	100.0
Students Levels		
1st year	42	21.0
2nd year	52	26.0
3th year	55	27.5
4th year	51	25.5
Total	200	100.0

The populations in this study were students in department of Sport Sciences, Suan Sunandha Rajabhat University. The sample were selected by Stratified Random Sampling were classified into 100 men and 100 women as shown in Table 1. The variables in this study were gender and age to compare the exercise behavior of the student. The hypothesis of the research is that male and female students of Sport Sciences, Suan Sunandha Rajabhat University have the different exercise behaviors.

II. DETAILS EXPERIMENTAL

Definitions

Behavior is the range of actions and mannerisms made by individuals, *exercise* is any bodily activity that enhances or maintains physical fitness and overall health and wellness, and *the student* is students of Sport Sciences, Suan Sunandha Rajabhat University

Tools

The tools which used in this research were questionnaires set, the researcher created four

separate sections of questions. The first section was the question concerning general status of the respondents in checklist form, and then the second part was the proficiency survey about exercise and sports in the form of multiple choices, and the third part was questions of attitudes about the exercise and sport by rating scales form, the answers can be classified to 5 types included strongly agree, agree, undecided, disagree, strongly disagree. Similarly, in the last section was an exercise behaviors questioning by rating scales form, the answers can be classified to 5 types included almost always, often, sometimes, seldom and never.

Data collection

The research was travel to collect data manually. These tools are built and examine by 5 experts to determine the construct validity and update the content of the query by using Face Validity method. And then, Try-out to the students who were not the sample for correcting the query to check reliability of the questionnaire by using a-Coefficient method of Cronbach until the reliability coefficient is more than 0.80.

Data Analysis

The first step of primary analyzing was collecting the results which were fundamental data analysis by calculating the data frequency and percentage. The next step was to present the analysis on exercise behavior by calculating the **mean** and **standard deviation**. And next is the analysis which compared the exercise behavior classified by gender, educational level and faculty of student who were sample, the study used statistical t-test independent statistics and ANOVA. Finally, the last section was an analysis of the relationship between attitude and behavior of exercise by using the Pearson's correlation coefficient (r_{xy}).

III. RESULTS AND DISCUSSION

Table 2. Shows the results in case of comparative of knowledge about exercise, attitudes about exercise and exercise behavior classified by gender

Variants	Gender	X	S.D.	t	Sig
Knowledge of exercise	Male	0.826	0.244	-8.080	0.419
	Female	0.845	0.243		
Attitude about exercise	Male	4.110	0.544	2.805	0.005
	Female	3.969	0.499		
Exercise Behavior	Male	3.954	0.417	3.252	0.001
	Female	3.824	0.416		

The results which had been presented is a comparative analysis of exercise behavior by gender, education level, using statistical t - test independent

statistics and ANOVA as shown in following Table 1, 2 and 3. In Table 1 and 2 shows the results in case of comparative of knowledge about exercise, attitudes about exercise and exercise behavior classified by gender and by level of education respectively.

Table 2 showed that the attitudes about exercise and exercise behavior is different between male and female which is significant statistically 0.01. The results shown male attitudes and behavior about exercise is higher than female, whereas the knowledge about exercise when gender differences are not statistically significant.

Table 3. Shows the results in case of comparative of knowledge about exercise, attitudes about exercise and exercise behavior classified by students' levels

Variants	source variant	SS	MS	F	Sig
Knowledge of exercise	Between Group	3.31	1.10	21.22	0.00
	Within Group	22.49	0.05		
Attitude about exercise	Between Group	1.63	0.54	1.96	0.12
	Within Group	119.94	0.28		
Exercise Behavior	Between Group	3.94	1.31	7.73	0.00
	Within Group	73.52	0.17		

Additionally results which had been show in table 3 found that the knowledge about fitness and the exercise behaviors were changed at least one pair with different education level significantly statistically at 0.01, while the attitude of exercise was no significant difference statistically in different levels of education. And also from above variance analysis showed that students with different levels have differences knowledge about fitness and exercise behavior significantly statistically. For this reasons, the multiple comparisons method by means of Scheffe was calculated to find the detail of differences of exercise knowledge and behaviors.

Furthermore Table 4 presented the analysis of relationship between attitude and behavior of exercise by using the Pearson's correlation coefficient (r_{xy})

Table 4. Shows The analysis of correlation between the attitude about exercise and exercise behavior.

Variants	Exercise Behavior	sig
Attitude about exercise	0.515	0.05

According to table 4, we can discover that attitudes about exercise had been positively related to exercise behavior significantly statistically at 0.05 levels with the correlation coefficient was 0.511. This means that if a student has a bad attitude about exercise, the exercise behavior would be low. Conversely if a student has a good attitude about exercise, as a result the exercise behavior would be higher as well.

CONCLUSIONS

The researcher concerned to study the exercise behaviors of students in 2015, on the subject of knowledge of the exercise and the exercise attitude. The aim of the research is to study and consider the exercise behaviors of students in department of Sport Sciences, Suan Sunandha Rajabhat University. The results showed that majority of the subjects took exercise for health. The subjects showed their exercise knowledge, exercise attitudes and exercise behaviors at good level. This research can conclude that the exercise behaviors of Suan Sunandha Rajabhat University were related to the attitudes about exercise significantly statistically at 0.05 levels.

ACKNOWLEDGMENTS

I would like to express my thanks to my university Suan Sunandha rajabhat for his invaluable help and constant encouragement throughout the course of this research. I am most grateful for his advice, not only the research methodologies but also many other methodologies in life. I would not have achieved this far and this research would not have been completed without all the support that I have always received from him. In addition, I am grateful for the teachers of sport sciences and others person for suggestions and all their help. Finally, I most gratefully acknowledge my parents and my friends for all their support throughout the period of this research and succeed today.

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