

Factors Related Physical Activities Of Students in Institute of Physical Education Sukhothai Campus.

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Abstract

The research on the factors that are correlated with the physical activity of students, Institute of Physical Education. Sukhothai Campus aims to study the physical activity and factors that are correlated with the physical activity of the Institute of Physical Education. Sukhothai Campus, The sample of students group is the Institute of Physical Education, Sukhothai, 500 people, comprised side. Personal information, knowledge quiz, query, queries, contributing factors, attitude. The query and the query factors about the practice of physical activity the examination content validity by highly qualified and expertise 5 persons, direct values equal to 0.85 and validated by precision brings. The query to test with students, close to the sample number of 30 persons has the value precision equal to 0.81 analyze data using statistical values per cent average, standard deviation and the relationship of the variables using Pearson's correlation coefficient. Research has found that physical activity behavior of students in the image are included in intermediate. Having the knowledge of physical education and sports management, sports science, it does not mean that students will have a very physical activity behavior, but. Contributing factors of attitude. The factors will help to encourage more physical activity are. Therefore, the physical environment, and therefore should be adequate to the physical activity needs of students and organize activities to promote physical activities, students increase.

Key words: physical activities/factors that are correlated with physical activities/factors contributing factors/supplementary factors.

INTRODUCTION

Nowadays, the lifestyle of the people has changed greatly. There are includes facilities, The people lack of moving force in daily life, and lack of exercise. Pose a risk for the disease not to contact include diabetes, high blood pressure, coronary artery. Good protection as an alternative is to create good health. With exercise or physical activity or body movement is dedicated to science and technology has brought prosperity to the people of this era is huge. And humans are more comfortable when performing live in a more comfortable use.

Physical strength in the everyday lives of human beings, thus resulting in human less now often have an incomplete body as strong as it should have weakened body condition or abnormal condition to occur.

Current obesity in teens are the latest survey results It found that people aged 15 years and over, Thailand is obese. Ranked 5 of the

South Asia-Pacific. By overweight up to 17 million people nationwide the country, and also has a more serious trend approximately 4 million people per year. In addition to more than half of Thailand, where child obesity upon finding blood in body fat, and then found that 70 percent had the problem of the standard excess fat makes the Government lost more than treatment costs each year to 1 trillion baht (Department of public health, 2555) (overweight) Semantically powered food your body so there is more fat. Indicators, overload, is the appropriate body weight (Body mass index: BMI) calculated from body weight in kilograms divided by height in meters squared. If your BMI is greater than 25 is considered overweight, refers to a condition in which food energy intake exceeds the needs of body fat has accumulated more. Overweight is a measure of weight for height (Body mass index: BMI) calculated as weight in

kilograms divided by height in meters squared BMI over 25 is considered overweight. Especially college students, the most urgent life. Today, we still could not avoid fast food at all easy to take anywhere. Time saving and easy to use. Daily life A hurry The amount not less that turned to fast food as an aid to increase the speed with which communications channel the surge. Infusing cultural promoters resulting in the consumption patterns of Thailand changed as a result. The impact caused the health problems that followed. The amount not less that turned to fast food as an aid to increase the speed with which communications channel the surge. Infusing cultural promoters resulting in the consumption patterns of Thailand changed as a result. The impact caused the health problems that followed. The amount not less that turned to fast food as an aid to increase the speed with which communications channel the surge. Infusing cultural promoters resulting in the consumption patterns of Thailand changed as a result. The impact caused the health problems that followed at the same time; most students still do not see the importance of exercise very much. It can be seen that most students will enjoy activities such as walking, shopping mall ,watch the movies or tourist areas, so physical activity, which is considered as one of the important factors associated with health of students directly. Physical activity is associated with health condition and constitutes the cornerstone of life. Physical activity in daily life such as travel career if there is sufficient physical strength to use, with good results, but because of the health and performance of social, economic and technological development. Physical activity is more likely to have used physical strength will be reduced because there are amenities more. Physical activity during leisure that students can live in the dorm, such as exercise and Sport took an important role in the health of students, in more current. So the researchers thus have an interest to study the factors that correlated with the physical activity practice of physical students of Sukhothai, the information agencies and institutions related to the plan. Update and development exercise and health promotion so that students have the physical activity

practice, and constantly promote the personality, which is an important resource in the development of the country in the future.

The objective of this research.

1. To study the physical activity practice of physical students of Sukhothai Campus.
2. To identified study the factors that have no relationship to the student's physical activity physical Sukhothai Campus

Equipment and methods.

1. This research is a (Survey Research).
2. Samples used in this research include: Sukhothai physical student number of 500 people.
3. The tools used in the research: knowledge about physical activity and query.
4. Collection of information Researchers continue to collect data manually with questionnaires students physical Sukhothai Campus.
5. Data analysis, knowledge, attitudes and behaviors, physical activities. The data were analyzed by arithmetic mean (Mean) and standard deviation (Standard Deviation) for the relationship of inputs and factors contributing factors to the practice of physical activity. By analyzing the relationship with. Correlation coefficient of Pearson (Pearson Product Moment Correlation Coefficient) at the level of 0.05

Summary of research and recommendation

1. Students who complete the questionnaire as the male rather than the female by a male. The number of 450 people for 50 people and a female student, Faculty of education, the number of 400 people, sports science and health, Faculty of Arts and science number of 40 people, mostly students living in a dormitory, Institute of physical education. 50% Revenue obtained from the parents per month is lower than 3, 000. Most 60.50 percent spend their free time playing Face book, Watch tv and play computer games chat Percent to 80.00, and spends his free time walking, shopping malls. 48.90 percent.
2. students have the physical behavior included in intermediate ($X = 2.35$) physical behaviors performed by students in level 3 is the first and most students learn subjects about exercise or sports ($X = 4.15$). Students study subjects with exercise or sports ($X =$

3.20) and change the building by walking ($X = 2.87$), as shown in table 1.

The table 1 average behavior with student physical Sukhothai Campus a list of term 5th individually ($n = 500$)

The list	mean	Level operating activity
1. The student change school building by walking	2.87	much
2. students participate in health promotion programs at the Faculty and campus provide at	2.45	less
3. students use bicycles for transportation on campus at	1.40	less
4. Students are learning about exercise or sport is	3.20	much
5. Students study subjects about exercising or playing sports.	4.15	much
6. Students swimming. In the swimming pool of the campus.	1.54	less
7. Students swimming. In the swimming pool of the campus.	2.35	medium
8. Students use the exercise equipment in the gym of campus.	1.88	medium
9. The student fitness center, Sport Science and health.	1.84	medium
10. The student fitness center, Sport Science and health.	1.77	medium
Total average	2.35	medium

3. Students have knowledge about physical activity levels should improve with 53.92 percent of knowledge about physical activity, moderate 39.60 percent and knowledgeable about the physical activity level of 6.48 percent.

The list	Level of knowledge	The amount (people)	Percentage
Knowledge of physical activity	Improved	269	53.92
	Medium	198	39.60
	Good	33	6.48

4. Students have a positive attitude about physical activity included a good level ($X = 4.30$), except of exercise help the healthy remain at a good level ($X = 4.30$).

The list	average	Level attitude
1. Exercise helps keep healthy.	4.52	Very Good
2. Walk more up-down stair to help healthy.	4.10	Good
3. Students should exercise when you are available continuously.	4.18	Good
4. Exercise helps relax the stress tension.	4.21	Good
5. Students who exercise regularly do. Work longer and less tired than those who did not exercise.	4.44	Good
6. Exercise is necessary for all students.	4.30	Good
7. Students should create health by swimming. The sport of cycling, more The seating and play Face book or watch tv.	4.33	Good
8. Walking during the day Have the effect of promoting a healthy lifestyle.	4.25	Good
9. Exercising regularly helps the circulatory system. Respiratory system and helps strengthen the heart muscle.	4.35	Good
10. Students are able to exercise, even thought when there are no friend to exercise with.	4.34	Good
Total average	4.30	Good

5. Campus factors contributing to help students with behavioral and physical health at a high level. Percentage 80 factors contributing to the facility that helps students with physical activity on most campuses have outdoor stadium. And there's a gym for exercise and sport
6. The leading factor contributing factors and factors associated with physical activity behavior statistically significant at the 0.05 level.

Suggestion for further research

1. Campus should have a policy or motivating students to realize in practice, more physical activity.
2. Faculty and campus activities should be organized or encouraged are bodily events allow students to participate in physical activity, so that there is increasing.

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