

Thesis Title	Behavior Modification Process for Weight Control of Payap University Personnel
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ABSTRACT

The study was an Action Research One-Group Pre – Post-test Design. The duration of the experiment was 12 weeks with 1 month follow up. The purpose of this research study was to aim at the behavior modification process for weigh control of Payap University personnel. The sample consisted of 32 Payap University Personnel recruited via volunteering. The participants' BMI was 25 to 29.9 kg/m² without any harmful condition to their health while attending.

The instruments were the questionnaire applied self-efficacy theory to control weigh, food and exercise diary, the 6-period-weigh control program (3 hrs./period) using 4 techniques of self-efficacy theory; Experience, Modeling, Social Motivation, and Physiological Factor. Data were analyzed using SPSS for windows program. Demographic Data and group scores are reported as frequency and percentage. Paired t-test was applied to analyze the perceived self-efficacy prior to and after the program. The result revealed that the experiment group could lose more weight after joining the program. The mean score of the experimental group before implementation was statistically significant at .001 level. The result showed that the body mass index of the experimental group was decreased after participating in the weight control program with a statistically significant .001. The level of perceived self-efficacy in the experimental group was increased statistically significant .05 after they participated in the weight control program. The result showed the success of practicing behavior modification process for weight control of Payap University personnel. By using Self-efficacy, Payap University personnel's self-confidence increased a lot more than before they enter the weight control program. They were able to adjust their behavior in order to control their nutrition and their exercise to achieve the target of weight

loss and weight control. It was also obviously seen that weight loss has significantly correlate with lower body mass index. After the experimental period, one month follow-up has been observed and found that the participants were still continuing their weight control program especially, exercising and watching calories they were taking while eating.