

## The Study Factor and Exercise Behavior of Buriram Rajabhat University Students

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### Abstract

Thailand has been diagnosed with non-communicable diseases and other diseases. Distributed widely among students, increasing steadily. The students had less exercise behavior. Affecting health in every dimension. So, this study emphasized on factor and exercise behavior of Buriram Rajabhat University students. The samples consisted of 400 regular semester Buriram Rajabhat University students. Using an stratified random sampling selection method. The research instrument was the questionnaires developed by the researcher, tested its quality of which the results were excepted. The statistics used in the research were frequency, percentage, mean and standard deviation. The research results revealed as follows : 1) Student information, Most were female, 54.25 percent, mostly aged 20 - 22 years 64.5 percent, the majority weighed an average of 51 – 60 kg. 46.5 percent, the majority of the faculty of education accounted for 27.5 percent, the majority of whom were studying in year 2. 39 percent, the majority of them living in non-university dormitories 76.25 percent, the majority of the accommodation traveled from the accommodation to the university in 1 - 5 kilometers. 73.25 percent, the majority of people traveling by motorcycle accounted for 94 percent, the majority of whom did not have the disease. 89.75 percent, 2) Overall exercise knowledge factor at a high level accounted for 73.25 percent, 3) Attitudes factor about exercise habits overall ( $\bar{X}$  = 3.23, S.D. = 0.72) 4) The overall information receiving factor was at a high level. ( $\bar{X}$  = 3.13, S.D. = 0.72) and 5) The overall exercise behavior was at a high level. ( $\bar{X}$  = 3.22, S.D. = 0.77).

So, values should be created and a policy on health promotion through physical exercise should be established for students and personnel in Buriram Rajabhat University.

**Keywords:** Factor Behavior Exercise