Abstract

The purpose of this study was to study exercising behaviors of students in Kasem Bundit University.

Methods: Stratified random sampling method was used to sample 445 students in 2015 classified as their faculties and years of enrollment to participate in this study. Five experts comprehensively considered Content Validity as determined by Index of Congruence: IOC. In addition Cronbach’s Alpha Coefficient of Reliability was figured out. Analyses were made with descriptive statistics in terms of frequency, percentages, means and standard deviations.

Results: It was found from the study of exercising behaviors of the students that the major reason for exercise was for strength accounting for 44.5%. The most popular sport was badminton for 39.6%. The most exercise time was in the evening from 4:00 to 8:00 pm. Mostly exercise duration was 15 to 20 minutes. Exercise facilities provided by the university such as badminton courts, fitness room and swimming pool were chosen as exercise venue. Analyses of the general levels of knowledge and attitude towards exercise of the students were found to be moderate.

Conclusion: The bachelor students of Kasem Bundit University still lack of proper knowledge and good attitude towards exercise. Therefore the university should supplement exercise promotion policy correctly and appropriately for students to enhance their exercising behavior and improve their attitude towards exercise.

Key Words: Exercising Behavior / Knowledge / Attitude / Student