



**Independence Study Title** Factors Affecting Exercise in Lampang Hospital Staff  
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### ABSTRACT

Exercise is a public health recommendation for health promotion. But some people including hospital staff do not get exercise regularly. This study aimed to examine factors affecting exercise in Lampang hospital staff. Based on Pender's concept and literature review, factors examined were perceived benefit of exercise, perceived barrier of exercise, self efficacy to exercise, like to exercise, intention to exercise, personal influence, situational influence, place and activity provided by hospital. Demographic data were also investigated. A cross-sectional study was conducted in a random sample (n=320) selected from Lampang hospital staff using a reliable and valid questionnaire to collect data.

Results revealed that like to exercise and intention to exercise were important factors affecting exercise. These two factors explained 25.6% of variance in exercise. Respondents with no disease had higher exercise than those with disease. Respondents who had past experience of exercise showed greater exercise than those who did not. Intervention to support these factors could promote hospital staff to get exercise.