

**REGULAR PHYSICAL EXERCISE AND ITS RELATIONSHIP
TO GLOBAL AND PHYSICAL SELF-ESTEEM IN
ADMINISTRATIVE STAFF UNDER 60 YEARS OF AGE AT
CHULALONGKORN UNIVERSITY FACULTY OF
ENGINEERING, BANGKOK, THAILAND.**

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for the Degree of Master of Public Health in Health Systems Development**

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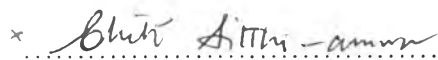
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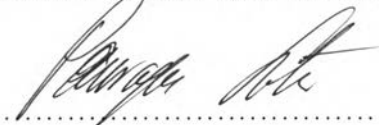
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The study on regular exercise and self-esteem had five main objectives. The first objective was to determine the prevalence of exercise among the study population, second to examine the relationship between exercise and physical self-esteem, third to examine the relationship between exercise and global self-esteem, fourth to examine the relationship between physical self-esteem, importance values, and global self-esteem, and lastly to identify important factors in this relationship. Self-administered questionnaires (Cronbach's alpha = .86) were used to collect data from 74 administrative staff at the Faculty of Engineering, Chulalongkorn University.

Results showed a low prevalence of regular exercise when using American College of Sports Medicine guidelines (10.8%). A positive significant relationship was observed between exercise intensity and physical self-esteem at $p=.020$. Significant relationships were also observed between exercise intensity and competency self-esteem ($p=.006$), exercise frequency and appearance self-esteem ($p=.042$), and exercise alone status and competency self-esteem ($p=.002$). Exercise characteristics and global self-esteem showed no significant relationships. Physical self-esteem, importance values, and global self-esteem also showed no significant relationship in a test of linear regression ($p=.636$). Gender was the biggest determinant of exercise behavior and self-esteem scores. Males were more likely to participate in running ($p=.002$), while females were more likely to participate in aerobics ($p=.003$). Additionally males had higher levels of strength self-esteem than females ($p=.040$)

These findings are in partial agreement with research conducted in the west, however further research is needed in the context of Thailand. Safe areas designated for running and aerobics may increase visibility of exercise benefits, therefore increasing participation. Additionally, since the home is one of the more popular exercise locations for exercisers within this group, exercise-at-home activities should be promoted by local health institutions.

Field of study Health Systems Development Student's signature 
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Glossary

ACSM: American College of Sports Medicine

SD: Standard Deviation

Std. Deviation: Standard Deviation

Std. Error Mean: Standard Error Mean

DF: Degrees of Freedom

SE: Self-Esteem