

Determinants on Physical Activity among Secondary School Students Aged 14-17 Years in
Khon Kaen Municipality, Thailand

Suvannetra Po (B.Sc.)^{1,3,*}, Thanatchaporn Therdkiatkul (B.Sc.)², Sariya Meepat (B.Sc.)²,
Kurusart Konharn (Ph.D, PT)^{1,2,3}

¹Exercise and sport sciences program, Graduate School, Khon Kaen University, Thailand

²Department of physical therapy, Faculty of Associated Medical Science, Khon Kaen University, Thailand

³Research Center in Back, Neck, Other Joint Pain and Human performance (BNOJPH),

Khon Kaen University, Thailand

*Corresponding author: suvannetra@gmail.com

Abstract

Introduction: In Thailand there has an increase in obesity among adults and children. Rate of obesity increased with age, especially in aged 14-17. Prevalence of type 2 diabetes and obesity among school students aged 10-15 years in Khon Kaen municipality found that overweight children were 27.6 percent, 2.2 percent were diagnosed with type 2 diabetes, Physical activity is important to take measures to prevent this problem. This study aimed to the study about determinants of physical activity in secondary school students in Khon Kaen municipality. It can be a guideline for analyzing and developing factors that promote physical activity.

Method: Three hundred and eighty four (192 boys and 192 girls) aged 14-17 years from 3 public secondary school in Khon Kaen municipality were answered the questionnaires from the Thailand Physical Activity Children Survey–Version 14-17 (TPACS-V14-17).

Results: Excessive movement or exercise of most students is encouraged by friends in 78.4 - 79.7 percent. They persuaded their friends to movement or exercise. And the most of parent's active, practice with student are low active and do not active in 67 percent, and the area where the students most often engaged activity around their house with 35.5 percent, and inside the house are accounted for 25.8 percent.

Conclusion: The secondary school students aged 14-17 years in Khon Kaen municipality has determinants of physical activity such as encouraged by friends, student has persuaded their friends, activity around their house, their participation in sports competition at school, community or other organizations, how to go and back to school and the physical activity of parent.

Keyword: Determinants, Physical activity, Secondary school student, Children age 14-17 years old