

Independent Study Title	The Attitude Towards The Exercise of Disabled People of Yardphon Rehabilitation Center in Chiang Mai Province	
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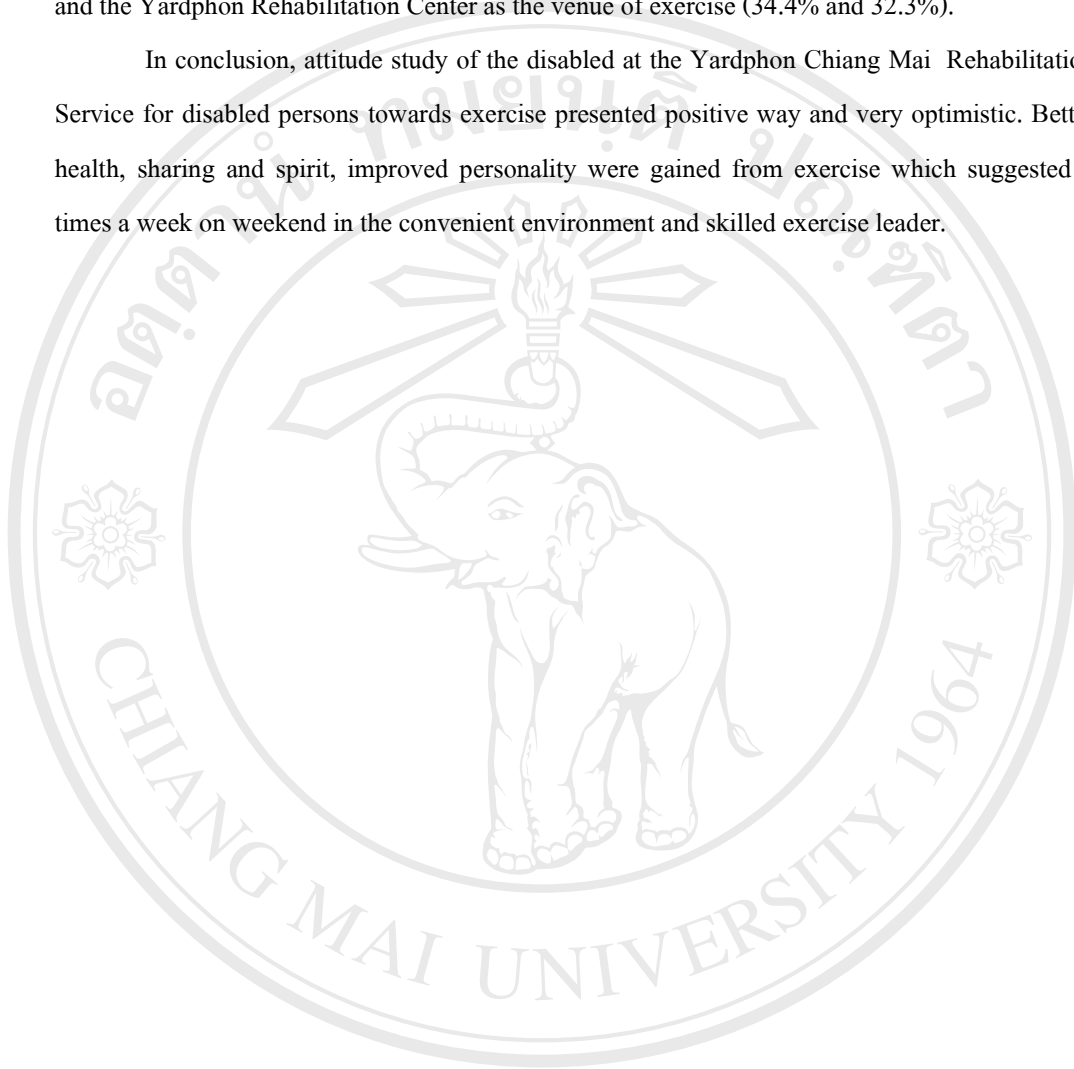
ABSTRACT

The attitude study of the disabled at the Yardphon Chiang Mai Rehabilitation Service for disabled persons towards exercise aimed to investigate the disabled's attitude, format, problems and obstacles in exercise. 93 questionnaires were used in this study which consisted of 3 parts; personal data, attitude and interest in exercise. Data were statistically analyzed using SPSS program for Windows version 10. The results showed the samples were mostly males (81.7%), primary school educational level (38.7%) and closed to the secondary school educational level (31.2%), income less than 1,000 Baht (84.9%), living with parents (68.8%), The causes of their disabilities were mostly from traumatic accident (53.8%), congenital (28%) and acquired illness (18.2%). They were self gait ambulation (49.5%), using assistive device (30.1%), wheelchair dependent (20.4%) and having hand-arms function (41.9%).

Positive attitude towards exercise was presented; better health from exercise (95.7%), sharing and spirit (89.3%), and better personality (84.7%). Location was the main obstacle dealing with venue and sanitary convenience (95.7%), good and clean environment and climate (94.6%), suitable times : 3 times a week (64.5%) on weekend (65.6%), keen and skill exercise leader (80.7%) and good personality (54.8%). 95.7% disabled were interested in exercise, they received information from public communication media, television (76.3%), Newspapers (11.8%) and radio broadcast (10.8%). Most interesting issues were health benefit from exercise (71%), health mental (20.4%) and exercise and illness (8.6%). Calisthenics was the most popular method

(54.8%) and petanque and basketball were equally in number (15.1%). They used school space and the Yardphon Rehabilitation Center as the venue of exercise (34.4% and 32.3%).

In conclusion, attitude study of the disabled at the Yardphon Chiang Mai Rehabilitation Service for disabled persons towards exercise presented positive way and very optimistic. Better health, sharing and spirit, improved personality were gained from exercise which suggested 3 times a week on weekend in the convenient environment and skilled exercise leader.



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