

## **ABSTRACT**

**Title** : Factors Effecting to Fitness Center Services in Wadhana District,  
Bangkok Metropolitan

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This research is a Survey Research entitled Factors Affecting to Fitness Center Services in Wadhana District, Bangkok Metropolitan. The objectives of this study was to study the use of services in Fitness Center in Wadhana District, Bangkok, to identify factors that are associated with the use of services in Fitness Center in Wadhana District, Bangkok, and to make recommendations on promoting the use of services of Fitness Center in Wadhana District, Bangkok. The sample used in this study was residents in Wadhana District, Bangkok for 400 people. The tool of study was a questionnaire, to collect information and statistics used to analyze quantitative data was percentage, hypothesis testing by chi-square and measured the correlation between variables by Gamma with level of significant at .05.

The study found that The levels of services used in Fitness Center in Wadhana District, Bangkok was at high level with the number of 253 samples, representing 63.25 per cent and the factors that influence the behavior of using the services in Fitness Center Wadhana District, Bangkok, including gender, age, income, occupation and awareness about their health care.

Recommendations from the study include the state agency responsible for management of the public park should focus on the safety and standards of instruments used in fitness section in public park because most people who came to use the services in the fitness would give priority to the safety and standards of the instruments. The state agency responsible for management of the

public park should focus on the preparation of an exercise program for people such as male equipment to build muscle, The preparation of an exercise program for adolescents like a bike lane or a playground, Health and for the younger people including the preparation of an exercise program during 10:00 to 15:00. For self-employed individuals who want to exercise during non-rush, Provide food and beverages at affordable prices for people who want to exercise with less income and health promotion activities such as health screening or publicity in the reduction of disease with exercise.

Suggestions for further research,

Because this research was to study, using statistical data analysis. Thus, the research suggests that there should be a study in the same issue, but should use other statistics. In analyzing the results of such research to evaluate the relationship by comparison, it should be added, as the member variables in the study location and time in service of the fitness center, and so on.