

Physical fitness in drug rehabilitation program

Prapapun Chucharoen

Mahidol University, Thailand

Abstract

Drug Addict rehabilitation program aims to recovery the clients all of mind and body. Actually those program will set up interventions support cognition and behavioral change. Whereas the physical health or, physical fitness, it is not focus advocate. This research aims to design an appropriate fitness programs to recovery the physical healthy in the client who were in the rehabilitation program. The circuits' exercises were design within 8 weeks. The Pre-post tests were used. The result showed significant change in Heart rate and Harvard step test, $p < 0.05$. The control group which had not been given the exercise program, when compared between pre - post test, did not show a difference in the body efficiency test. However, the Body mass index (BMI) increased in significance ($p < 0.05$). When comparing the post-test of the experimental group and control group, the result showed a significance ($p < 0.05$) of mean and standard deviation. The five differences were heart rate, leg strength, hand grip strength, flexibility and Harvard step test. In conclusion, this is first design for physical fitness in drug addict rehabilitation program. It is strongly recommend and advocate to help personal healthy and move forward clean and recovery.

Biography

Dr. Prapapun Chucharoen has completed Ph.D. in Neuroscience at the age of 38 years from Mahidol University. She is the director of Master of Arts program in Addiction Studies, ASEAN Institute for Health Development, Mahidol University, Thailand. This is the only Master Program in addiction studies in Southeast Asia. This program aimed to create social leader/ practitioner in the field of addiction studies. Those who graduate from the program will be capable of practicing as well as conducting research in this discipline in order to support the social environment of a country with respect to the prevention and alleviation of narcotics and others addiction problems. The therapy and rehabilitation of addicts is also included in the curriculum. She has published more than 25 papers in journals and serving as an editorial board member of Journal of Public Health and Development Thailand.

grprapun@mahidol.ac.th