Sudawan Meesuk 2008: Effectiveness of Health Education Program for Promoting Self-Care Behaviors of Asthmatic Patients in Banmoh Hospital, Saraburi Province. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Assistant Professor Karuntharat Boonchuaythanasit, Ph.D. 150 pages.

This study applied quasi-experimental research. The purposes of this research was to study the effectiveness of health education program for promoting self-care behaviors of Asthmatic Patients in Banmoh Hospital, Saraburi Province. The health belief model and self-efficacy Theory were applied to design the health education program. The program activities consisted of the lecture with video presentation, demonstration along with flier distribution and utilization of the group process. The samples were 60 Asthmatic patients of Banmoh Hospital which were randomly assigned into the experiment and comparison groups. They were 30 patients both in the experiment and comparison groups equally. Data were collected by the questionnaires before and after the program . SPSS for Windows was used to analyze the data. Percentage, frequency distribution, arithmetic mean, standard deviation, and t statistics were employed.

The results of the study revealed that after the experiment, the experimental group had significantly better knowledge of Asthma, attitude toward self-care as well as perceived susceptibility and severity of complications, barriers and benefits of performing recommended self-care practice better than before and than those in the comparison group. In addition, they also had better self-efficacy of self-care in Asthma and self-care behavior for prevention complications and reducing hospital revisitation than before and than those in comparison group.

Inconclusion, the health education program developed by the researcher showed effectiveness in promoting self-care behaviors of Asthmatic Patients for prevent complications and reducing hospital revisitation.

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