

Jarunee Kamoltrakul, Captain 2010: The Effect of Applying Self-Efficacy Theory on Health Education for Encouraging Self-Care Behavior in Head and Neck Cancer Patients. Master of Education (Educational Research and Evaluation), Major Field: Educational Research and Evaluation, Department of Education. Thesis Advisor: Mr. Wasun Thongthai, Ed.D. 166 pages.

The purposes of this research were to develop a plans for health education and to study the effect of applying self-efficacy theory on health education for encouraging self-care behavior in 10 head and neck cancer patients who had received the chemotherapy in combination with radiotherapy at Phramongkutklao Military Hospital. Three steps of the plan were as follows: Step 1) To succeed in inducing self-care behavior in patients. Step 2) By providing an modeling, and Step 3) By persuasive speaking. The aims of all 3 steps were to adapt the patients' behaviors in five areas which were: 1) Food and water consumption, 2) Exercising and resting, 3) Skin care, 4) Oral care, and 5) Social activities. This study was the action research utilizing three tools to collect the information. They were: 1) Questionnaires and data collection form, 2) Self-Care behavior assessment form ,and 3) Health status assessment form.

In summary, the findings indicated that there was a better change in patients receiving self-efficacy theory. Even though the majority of patients, after receiving 4-week-dose of radiotherapy, had the same health status due to the accumulation of radiation, the health education plan could at least control the severity of long term complications; as well as maintaining the level of health condition.

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Thesis Advisor's signature