

Tita Septi Handayani 2015: The Effect of Self-Efficacy for Refusal Smoking Program among Male Junior High School in Bengkulu, Indonesia. Master of Nursing Science (Family and Community Health Nursing), Major Field: Family and Community Health Nursing, Boromarajonani College of Nursing Nopparat Vajira. Thesis Advisor: Mrs. Susheewa Wichaikull, R.N., Ph.D. 172 pages

Adolescence was susceptible phase, including a high risk of smoking habit. According to Global Adult Tobacco Survey (2011) 12.5% of smokers started smoking since the age below 15 years old and the percentage gradually increased as their age approaching 20 years old. The main purpose of this study was to evaluate the effect of self-efficacy for refusal smoking program among the male students from 13–14 years old who attend 7th grades junior high school in Bengkulu, Indonesia. A quasi experiment two groups, pre-post test design, was employed in this study. 50 participants in intervention group received the intervention for 8 sessions. The instrument used consists of 2 parts, self-efficacy for refusal smoking program and self-report questionnaire. The activities in the program including brainstorming, knowledge about smoking, stress management, refusal skill, inspiring seminar, decision making skill, project group, and appreciation from the school. Paired t-test and independent t-test was used for data analysis.

The results showed that there is significant difference of self-efficacy for refusal smoking within intervention ($p < .001$) and there is significant difference of self-efficacy for refusal smoking between the intervention group and comparison group ($p < .001$). In conclusion, the self-efficacy for refusal smoking program has positive effect to improve students' self-efficacy to refuse smoking. The Self-Efficacy for Refusal Smoking Program may be recommended to prevent smoking in adolescent in early age.

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Thesis Advisor's signature

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