

3736556 PHPH/M : MAJOR : HEALTH EDUCATION AND BEHAVIORAL SCIENCES;

M.Sc. (PUBLIC HEALTH)

KEY WORDS : OBESITY / SELF-EFFICACY / EARLY ADOLESCENCE.

KANYARAT KUYSUWAN : THE EFFECTIVENESS OF HEALTH EDUCATION PROGRAM ON WEIGHT CONTROL AMONG OBESE EARLY ADOLESCENTS (AGED 10-12 YRS.) IN BANGKOK. THESIS ADVISORS : CHANINAT VAROTHAIR Dr.P.H., VASAN SILPASUWAN Dr.P.H., VICHAI TANPHAICHITR Ph.D., DUSANEE SUTTAPREYASRI Ph.D. 229 p. ISBN 974-664-088-7

The main objective of this quasi-experimental research was to assess the effectiveness of health education program on weight control among obese early adolescents, aged-range between 10-12 years, in Bangkok. Key concepts of the Self-efficacy and social support from parents were applied to planning health education program activities.

The obese early adolescents who volunteered to participate in the program were selected based on the weight for height with the cut off upper than 97 percentile as Thai standard as describe by the Ministry of Public Health, 1987. The 50 obese early adolescents from Wat Parinayok primary school were assigned as the experimental group and the 48 obese obese early adolescents from Wat Amarindrarama as the comparison group which did not receive any weight control treatment.

The program was emphasized on helping the early adolescents to gain more knowledge, perceived efficacy and outcome expectation, practice in weight control and ability to reduce their body weight and skinfold thickness. Self-administered questionnaires was used for data collection. The indication of nutritional status was weight and height, mid-upper arm's circumference and triceps skinfold thickness. Percentage, means, paired t-test , t-test and Pearson's Product Moment Correlation Coefficient were employed for statistical analysis.

The result of this study showed that after participating in the program, the experimental group had more positively and statistically significant changes in knowledge, perceived efficacy, outcome expectation , practice in weight control, reduction of body weight, mid-upper arms circumference and triceps skinfold thickness than before the experiment and those of the comparison group ( $P<0.05$ ). It was also found that social support from parents had significant relationship to the practice in weight control, body weight, mid-upper arm's circumference and triceps skinfold thickness reduction ( $P<0.05$ ). Regarding the research findings, self-efficacy theory and social support should be taken in consideration to apply to the sustained weight control behavior among other groups of early adolescents.