

**Thesis Title** 'The Effectiveness of Health Education Program  
Using Tape Cassette and Flip Chart on Hypertensive  
Patients' Behaviors, Vachira Hospital

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**Degree** Master of Science (Public Health)

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### **Abstract**

The main objective of this research is to study the effectiveness of planned health education program on hypertensive patients' behaviors. A tape-cassette with headphone, flip chart and leaflet about hypertension were used in this program. The sample of this study were 25 males and 39 females hypertensive patients, age between 25 to 65 year, who visited hypertensive clinic, Vachira hospital. Systematic random sampling technique was used to assign the sample into two experimental groups. The first experimental group, 32 hypertensive patients, received health education through the planned health education program. The relationship between patients and clinic staffs was created and emphasized through the study. The second experimental group also comprised of 32 patients who received only health education. The samples were asked to go through the study by attending the health education program once a month for two months. Data were collected both before and after the study and were analysed by determination of frequency distribution, percentage, arithmetic mean, standard deviation, Student t-test and Paired-samples t-test.

The results of the study can be summarized as follows:

1. After the study, both experimental groups gained significantly higher mean scores on knowledge about hypertensive disease than before the study ( $p < 0.001$ )
2. After the study, both experimental groups gained significantly higher mean scores on attitudes towards hypertensive disease than before the study ( $p < 0.001$ )
3. After going through planned health education program, both experimental groups gained significantly higher mean scores on health practice regarding hypertensive disease than before going through the program.
4. There was no significant difference between mean scores on knowledge about hypertensive disease of the two experimental groups after the study.
5. After the study, there was no significant difference between mean scores on attitudes towards hypertensive disease of the two experimentation groups.
6. After the study, the first experimental group gained higher mean score on curative and preventive health practices regarding hypertensive disease than the second experimental group.