

Thesis Title The Effectiveness of Smoking Cessation Program
 and Social Support on Smoking Behavior of Border
 Patrol Polices

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Abstract

The objectives of this quasi-experimental study were to determine the effectiveness of a smoking cessation program and social support on knowledge, attitude and cigarette smoking behavior of border patrol polices; and to explore the relationship between social support and smoking cessation.

The subjects were 90 border patrol policemen. Of these subjects, 50 had indicated an intent to stop smoking. These were assigned to group 1. Fourty policemen who had indicated an intent to continue smoking were assigned to group 2. All subjects in both groups attended a five day cigarette smoking cessation program and received social support from individuals chosen by them.

Questionnaires and smoking behavior records developed by the investigator were used for collecting data. Knowledge attitude and smoking behavior of the subjects in both groups were measured before and after the experiment.

Percentage distribution, arithmetic mean, standard deviation, Paried-Samples t-test, t-test and X^2 -test were employed to analyze

data. Level of significance was set at 0.05.

The findings of the study can be summarized as follows:

1. Smoking knowledge mean scores of group 1 (subjects intending to stop smoking) was significantly higher after as compared with before the experiment. ($p < 0.001$)
2. Smoking attitude mean scores of group 1 (subjects intending to stop smoking) was significantly higher after as compared with before the experiment. ($p < 0.001$)
3. Smoking behavior of group 1 (subjects intending to stop smoking) changed significantly after as compared with before the experiment. ($p < 0.001$)
4. Number of cigarette smoked per day by group 1 (subjects intending to stop smoking) decreased significantly after as compared with before the experiment. ($p < 0.001$)
5. Smoking knowledge mean scores of group 2 (subjects intending to continue smoking) was significantly higher after as compared with before the experiment. ($p < 0.001$)
6. Smoking attitude mean scores of group 2 (subjects intending to continue smoking) was significantly higher after as compared with before the experiment. ($p < 0.001$)
7. Smoking behavior of group 2 (subjects intending to continue smoking) changed significantly after as compared with before the experiment. ($p < 0.01$)
8. Number of cigarette smoked per day by group 2 (subjects intending to continue smoking) decreased significantly after as compared with before the experiment. ($p < 0.001$)
9. After experiment, there was no significant difference in smoking knowledge mean scores between group 1 and group 2.
10. After experiment, there was no significant difference in attitude mean scores between group 1 and group 2.

11. After experiment, number of subjects in group 1 who stopped smoking was significantly greater than group 2. ($p < 0.001$)

12. After experiment, number of cigarette smoked per day by group 2 was significantly greater than group 1. ($p < 0.001$)

13. There was a relationship between social support and smoking cessation. ($p < 0.05$)