

**Thesis Title**      The effect of self-control on the health  
                         behavior modification on prathomsuksa 5  
                         students

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#### ABSTRACT

The purpose of this quasi-experimental research was to study the effect of self-control on health behavior modification of the students in the elementary school. The sample was prathomsuksa five students from 2 elementary schools under the Department Education, Bangkok Metropolis, in Bang Khen district. The students who were selected having physical health cleaning problems. The two schools were assigned randomly to be the experimental group and the control group. Each group consisted of 40 students. The experimental group was trained by the researcher with the method of self-control as health modification, while the control group was not giving.

The instruments for collecting data were the questionnaires and the observation and recording form. The study was divided into three phases: base line phase, treatment phase and follow-up phase. The first

phase lasted 2 weeks, the second and the third lasted 6 and 2 weeks respectively.

Statistical analysis for testing the hypotheses were percentage, mean, standard deviation, F-test, t-test and pairs t-test.

The results of the study were as follows:

1. At the treatment phase, the mean score of physical health cleanliness of the experimental group was significantly higher than the control group (p-value  $<0.001$ ).

2. At the follow-up phase, the mean score of physical health cleanliness of the experimental group was significantly higher than the control group (p-value  $<0.001$ ).

3. At the treatment phase, the mean score of physical health cleanliness of the experimental group was significantly higher than the base line phase (p-value  $<0.001$ ).

4. At the follow-up phase, the mean score of physical health cleanliness of the experimental group was significantly higher than the base line phase (p-value  $<0.001$ ).

5. At the follow-up phase, the mean score of physical health cleanliness of the experimental group was significantly higher than the treatment phase (p-value  $<0.001$ ).