

Thesis Title The Effectiveness of Self-Control Method on Smoking
Cessation among Vajira Hospital Male Workers

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Abstract

Smoking is harmful to both smoker and non-smoker. It is a major cause of severe noncommunicable diseases such as pulmonary emphysema, coronary atherosclerosis and lung cancer. A number of workers in Vajira hospital have been smoking for years, so this quasi-experimental research was designed to study the effectiveness of self-control method on smoking cessation among Vajira hospital male workers. The following activities were used in the program namely :- providing health information regarding to smoking, discussion in small group, reminding about quit smoking and self-control. Samples were 97 male workers who were voluntarily participated in the program. Forty seven workers were assigned

into the comparison group. The experimental group, 50 workers, was required to attend the mentioned activities. Flipchart, leaflets, sticker, paper and self-control manual about smoking cessation were used for the experimental group. Data were collected both before and one month after the experimentation through structured questionnaire. Percentage, mean, Student's t-test, Paired Samples t-test, Chi-square test, Z-test and Kendall's tau b statistics were applied to analyse the data.

The main results of the study showed that the self-control methods used in this study helped the male workers to improve significantly on their knowledge and attitude regarding to smoking cessation. It was also found that about ten percent of the workers in the experimental group can quit smoking. Eventhough a large number of the workers are still smoking but the number of cigarettes, which are smoked decrease significantly. In addition to the results above, it was found that educational level was significantly related to knowledge about smoking ; age was significantly related to attitude toward smoking cessation, but the practice concerning the smoking cessation was not significantly related to the socio-economic variables used in this study. However, the results of the study indicated that the self-control method can be applied to modify other health related behaviors.