

**Thesis Title**                    The Effectiveness of Health Education  
Program on Sexually Transmitted Diseases  
and AIDS Preventive Behavior Among  
The Royal Thai Army Recruits in Saraburi  
Province.

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## ABSTRACT

Sexually Transmitted Diseases and AIDS is a major health problem of the country. Since the incidence rate of the diseases is somewhat high among the Army recruits, so this research was intended to studying the effectiveness of health education program on STD and AIDS preventive behavior among the recruits. The Health Belief Model concepts proposed by Becker and others, social learning theory developed by Bandura and prompt techniques were used in designing the program. The samples were 125 army recruits. They were assigned into two groups, 65 in the experimental and 60 in the comparison group. The experimental group was required to go through the 8 weeks program. Data were collected both before and after the program was implemental. Percentage, mean, standard deviation, Student's t-test and Paired Samples t-test were applied to analyse the data.

The results of the study revealed as follows:-

1. After the experimentation, The experimental group gained significantly higher mean scores on knowledge test, perception concerning susceptibility, severity, benefits to complying to preventive regimen and preventive actions about STD and AIDS than those of the comparison group.

2. The experimental group gained significantly higher mean scores on knowledge test, perception concerning susceptibility, severity, benefits to complying to preventive regimen and preventive actions about about STD and AIDS from the posttest than the pretest.

3. After the experimentation, the proportion of samples in the experimental group, who used condom when having sexual intercourse, was significantly greater than of the samples in the comparison group.

The results of this study indicate that the health education program used in the study can be applied to increase positive health knowledge and perception, which in turn to improve preventive health behavior, of the other groups of recruits as well as the other STD and AIDS high risk groups.