

Thesis Title                      The Effectiveness of Health Education Program  
   on Sexually Transmitted Diseases and AIDS  
   Preventive Behavior among The Royal Thai Air  
   Force Recruits in Lopburi Province

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### Abstract

Sexually Transmitted Disease (STD) and AIDS are important public health problems of Thailand, especially when considering on age group, occupation of the risk group, it is found that the systemic health education program can help this group to practice properly in order to prevent Sexually Transmitted Disease and AIDS. This quasi-experimental research was to study the effectiveness of the health education program on Sexually Transmitted Diseases and AIDS preventive behavior among the Royal Thai Air Force recruits in Lopburi province. The Health Belief Model and Social Support Theory were applied in educational activities used in this program. The purposive sampling method was used to screen the recruits at WING2. Forty-two recruits were selected from the first company and assigned to the experimental group, while forty recruits were selected from third company and assigned to the comparison group. A structured questionnaire, a friend-

to-friend form, a physical exam and a blood test form developed to use as the research instrument. The knowledge, perceptions and preventive behavior were collected both before and after the experiment. The frequency distribution, percentage, arithmetic mean and standard deviation, Student's t-test, Paired t-test, proportion analysis and Pearson Product Moment Correlation were used to analyse the data. The level of significance was set at 0.05.

Results can be summarized as follows:

1. After experiment, the experimental group gained statistically significant higher behavior ( $p < 0.001$ ) than comparison group in terms of :

- 1.1 Knowledge of Sexually Transmitted Disease and AIDS;
- 1.2 Perceived severity of the disease;
- 1.3 Perceived benefits of the preventive action;
- 1.4 Perceived barriers to the preventive action;
- 1.5 Condom use.

2. After experiment, the experimental group gained statistically significant higher behavior ( $p < 0.001$ ) than those before the experiment in terms of :

- 2.1 Knowledge of Sexually Transmitted Disease and AIDS;
- 2.2 Perceived severity of the disease;
- 2.3 Perceived benefits of the preventive action;
- 2.4 Perceived barriers to the preventive action;

and gained statistically significant higher behavior ( $p < 0.01$ ) on perceived susceptibility to the disease than those experimentation.

3. The ratio of condom using behavior in the experimental group gained statistically significant higher than the comparison group ( $p < 0.001$ ).

4. There's a positive statistical significant relationship between preventive behavior and knowledge, perceived severity of the disease, perceived benefits of the preventive action ( $p < 0.01$ ).

#### Suggestions :

1. The systematic health education program which integrate the Health Belief Model principle for information visual aids is effective to change behavior.

2. The Social Support from peer who was identified by the sociometric method is good to stimulate and support behavior change.

3. This health education program should be applied and evaluated in other target groups such as college students, other military group.