

Thesis Title

The Effectiveness of Health Education Program with
Peers Support on Smoking Cessation among Technical
College Students in Songkhla Province.

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Degree

Master of Science (Public Health)
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ABSTRACT

Smoking has been recognized as a major health behavioral problem.

It causes many serious diseases, not only to smokers, but also to persons inhaling the environmental smoke as well. Recently, the prevalence of smoking was markedly increased, especially among teenagers and adults. This study was aimed to examine the smoking behavior among first-year technical-college students in Songkhla province and to find the way to change such behavior. Many health education processes were applied to induce smoking cessation in the proposed program. Information about the health hazards of smoking was provided through videotape, slide and lectures. Group process, the Bandura's social learning theory, a relaxation technique of deep breathing, concept of communication and adoption of the innovation, and the social support from peers were all employed for the health education program.

This study was a quasi-experimental. One hundred and twenty first-year college students of " Hat Yai technical college " and " Rajchamongkol Institute of Technology Songkhla " were purposively sampled as the study groups. The sample was divided into 58 students as experimental group and 62 students as comparison group. The experimental group took part all of the activities provided in the program. Self-administration with questionnaires

concerning in the knowledge, attitude and practice in cessation of smoking, a stress test and a test of social support from peers were employed for data collection. Standard statistical methods namely, mean, mode, student's t-test, Paired sample t-test, Z-test, Chi-square test, Fisher exact test and Pearson's product moment correlation coefficient were performed for data analysis.

The result from this study showed statistically significant differences in knowledge, attitude and cessation rate of smoking between the experimental group and the comparison group. Differences were also shown after the program compared with at its beginning. In addition, it was found that the cessation rate was significantly correlated with the changes in attitude and knowledge about smoking. The proportion of students in the experimental group who ceased smoking after completion of the program was significantly increased and higher than those in the comparison groups. The study also showed that a reduction of stress among the students in the experimental group after the program was statistically significant. There were statistical correlations among the relaxation technique, the level of stress and the smoking cessation. However, the social support and the smoking behavior of the family members as well as friends, were not found to be related to smoking cessation.

This study provided evidence that the health education program in combination with the relaxation technique had an effect on altering smoking behavior through changing the knowledge and attitude about smoking. Finally, the study suggested a possibility that the voluntary cessation program help smokers who want to quit smoking. Therefore this program should be taken into the consideration for launching in the groups of teenage students.