

Thesis Title The Effectiveness of Health Education Program
with House Wife Volunteers' Support on Breast
Self-Examination among Women in Bangkok Congested
Areas

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ABSTRACT

Though breast cancer ranks second below cervical cancer that was found in Thai women as the major cause of death among Thai women is increasing every year. Breast cancer can be cured if detected at the beginning. Unfortunately, most women came to health center too late, so they all died. Dead from breast cancer wouldn't happen if women had knowledge, good attitude and practiced breast self-examination. Health education program with social support from house wife volunteers in order to revise and stimulate breast self-examination may help promote awareness, good attitude and breast self-examination practice in appropriate time among women in congested areas. This quasi-experiment research is to study the effectiveness of health education program with house wife volunteers' support on breast self-

examination in preventing breast cancer among women in Bangkok congested areas.

The 108 sample included women between 30-50 years of age. Fifty-eight women in Sanguansup Community were assigned into the experimental group, while 50 women in Watchonglom Community were included in the comparison group.

Structured questionnaires and a recorded behavior form were used in collecting data. Questionnaires were used both before and after the study, while a form was used in the follow up of breast self-examination in experimental group for four times.

Statistics used in analysing the data and hypothesis testing were percentage, Student's t-test, Paired Sample t-test, Pearson's Product Moment Correlation Coefficient and Chi-Square.

After the study, the experimental group gained significantly better knowledge, attitude and practice on breast cancer prevention. Moreover, it was found that there was positive correlation between breast self-examination and knowledge, attitude, house income, education and personal experience. Age was negative correlation with breast self-examination because the young were more correct performance than the old, while marital status and occupation was no correlation.

The study indicated the effectiveness of health education program with house wife volunteers' support in gaining positive behavior of women in congested areas every aspects. As a result, this health education program should be used in other congested areas.