

Thesis title The Effectiveness of Group Counseling Program
 on Smoking Behavior of Secondary School Male
 Students, Khonkaen Province

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ABSTRACT

Smoking is one of an undesired health behavior which contributes directly or indirectly to the occurrence of some major non-communicable diseases. It affects not only to the health of smoker himself but also to the persons surrounding him. There were many studies about smoking behavior among various groups. This study intended mainly to examine the effectiveness of group counseling program on the secondary school male students' smoking behavior. The study also aimed at gathering data regarding to adolescent's smoking behavior. The samples of this study were 83 secondary school male students who were attending two private school in Khonkaen. They have been smoking regularly and volunteered to participate in the study. Forty-three were assigned into the experimental group and the rest were included in the comparison group. The experimental group received information about cigarette and quit smoking methods through a week of "stop smoking campaign". They also involved in 50 minutes group counseling program on stop smoking once a week for 6 consecutive weeks. A

questionnaire form was used to collect data on attitude towards smoking and smoking practice both before and after the program was implemented. Descriptive statistics, Student's t-test, Paired Samples t-test, and Z-test were applied to analyse the data.

The results of this study can be summarized as follows:

1. After the experimentation, the experimental group gained higher mean score on attitude towards smoking than the comparison group but it was not statistically significant difference. This observation was also true when the mean scores between before and after intervention of the experimental group were compared.

2. The mean scores on quit smoking practices both after the experimentation and one month follow up of the experimental group were significantly higher than of the comparison group. These scores were also significantly higher than before the experimentation.

3. The average number of cigarette smoking per day both after the experimentation and the follow up was significantly less than the comparison group. It was also significantly less than before experimentation.

4. The proportion of student in the experimental group who quitted smoking was significantly less than the comparison group. This observation was also true when it was compared to the proportion of student who were not smoking before the experimentation.

From the results mentioned above, the "stop smoking campaign" and the group counseling program can be applied in shaping the smoking behavior among young students. School and parents should be involved in preparing various activities in order to help them to quit smoking and maintain their non-smoking practice.