

Thesis Title The Effectiveness of Health Education Program on Sexually Transmitted Diseases and AIDS Preventive Behavior among the Royal Thai Army Recruits in Bangkok.

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ABSTRACT

At present, Sexually transmitted diseases (STD) and AIDS are important public health problem of Thailand, especially when considering on age group, occupation of the risk group, it was found that the recruit was one of the risk group. Therefore, the objective of this research was to study of the effectiveness of Health Education program (HEP) on preventive behavior of STD and AIDS among the army recruits in Bangkok by modifying The Janz and Becker's concept of Health belief Model and using social support theory to encourage they to have appropriate preventive behavior of STD and AIDS.

The Samples in this research was the army recruits of the First Artillery Regiment. They were purposely selected and assigned into 2 groups. Fifty recruits from Artillery anti-Aircraft division, Bangkok, were assigned as comparison group. Fifty recruits from the First Artillery Regiment were assigned as Experimental group. The Experimental group received health Education program by giving a lecture at the first time and later on by advice from their Company Commander as social support. Later learning sessions were conducted by using pamphlet, leaflets, AIDS Safety tips, Video tape, exhibition, A Campaign, posters, Stickers and News letter. In addition, condoms were provided free of charge every week to all recruits.

Meanwhile, the comparison group did not receive any interventions. Questionnaires and self report forms were used as tools of study. General data were analysed in terms of percentages, standard deviation, Student's t-test, paired Samples t-test, Pearson's Product Moment Correlation. Level of confidence was set at 95%.

The results of the study can be founded that the recruits in the Experimental group after giving health Education program (HEP), the mean score on Knowledge and perception of susceptibility of risk, severity of diseases and practicing from health personnel's advice was significantly higher than the comparison group ($p < 0.001$). The mean score on practices in prevention of STD and AIDS in the experimental group after giving HEP was significantly higher than the comparison group ($p < 0.001$). However, relationship between using condom and knowledge, perception was not found. For the comparison group, there was no difference of mean scores on knowledge, perception, and practice after experiment.

When comparison was done between experimental group and control group, prior to experiment and after the first and second intervention, it was found that knowledge and perception were significantly different ($p < 0.001$). For the comparison group, prior to experiment and after the first and second intervention, there was no difference in mean score on Knowledge, perception, and condom using.

From this research it indicated that the health education program was effective. The program was positively affected on STD and AIDS preventive behavior of the recruits.

The researcher would like to recommend that health education program which modifying health belief model should be used. The program should be started with well organized lecture. Later sessions follow by slides, VDO tape, A campaign, exhibition, leaflet, sticker, AIDS Safely Tips; commanders of recruits provide information frequently. Meanwhile, Condoms have to be provided free of Charge.