

Thesis Title Factors Affecting Quitting or Re- Smoking of Cigarette
Smoking Cessation Persons

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Abstract

The purposes of the study were to investigate and signify factors affecting quitting or re-smoking of participants who received smoking cessation. The sample group was 97 of those who received smoking cessation in clinics of Chiangmai. Data were collected by means of questionnaires, and were analyzed by percentage, means, standard deviation and 95% confidence Interval for population mean.

The findings of the study were as follows :

1. Factors that affected quitting or re-smoking of participants who received smoking cessation.

1.1 Factors that affected quitting smoking of participants who received smoking cessation were:

1.1.1 The health related factors that were found to have effects on those participants at moderate to high level were in the following order respectively: quitting smoking enhanced them to produce more work and work longer, and smoking caused easy tiredness when exercising ($\mu = 2.0224 - 2.6956, 1.8549-2.5554$).

1.1.2 The social and environmental factor that was found to have effects on quitting smoking of those participants at high level was the worry about their beloved's health ($\mu = 2.5508-2.9363$).

1.1.3 The psychological factor that was found to have effects on quitting smoking of those participants at high level was that smoking caused bad smell on clothes ($\mu = 2.6428-2.9469$).

1.1.4 The factors from smoking cessation program that were found to have effects on participants quitting smoking at high level were in the following order respectively: the realization of danger in smoking from participating in the program, having seen pictures of patients who were affected by smoking-related illness show during the program, receiving good intention and kindness from resource persons who desired them to quit smoking, and the realization of advantages in quitting smoking ($\mu = 2.6121-2.9263, 2.6121-2.9263, 2.5658-2.9214$ and $2.5821 - 2.9051$).

1.2 Factors that affected re- smoking of participants who received smoking cessation were:

1.2.1 Health-related factors that were found to have effects on those who re-smoking at moderate level were in the following order respectively: They did not see any examples of those who suffered from smoking-related illness, and did not want to be tortured by smoking cessation ($\mu = 1.5089-2.1118, 1.5441-2.1111$).

1.2.2 The social and environmental factors that were found to have effects on those who re-smoking at moderate to high level were in the following order respectively: Their close friends were still smoking and drinking caused them not to restrain themselves from quitting smoking ($\mu = 2.1492-2.6094, 2.0488-2.5719$).

1.2.3 The psychological factor that was found to have effects on re-smoking of those at moderate level was that smoking helped relieve tension ($\mu = 1.5772-2.1469$).

1.2.4 The factor from smoking cessation program that was found to have effects on re-smoking of those at moderate to high level was that quitting smoking depends on self-help control condition, not on activities set in smoking cessation program ($\mu = 2.0945-2.5606$).

2. Significant factors that affected quitting or re-smoking of the sample who received smoking cessation were:

2.1 Significant factors that affected quitting smoking from descending were in the following order respectively: factors from smoking cessation program, psychological factors, social and environmental factors, and health-related factors.

2.2 Significant factors that affected re-smoking of the sample who received smoking cessation from descending were in the following order respectively: health-related factors, factors from smoking cessation program, social and environmental factors, and psychological factors.