

Thesis Title The Effect of The Life Skills Development on AIDS Prevention Behaviors
of Matayomsuksa Five Students

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ABSTRACT

AIDS is not only the problems of patients and family , but also the problem of our society. Thailand is one of the countries of the world that has experienced recent explosive rise in HIV infection, although the incidence has been declining recently. But the number of patients seeking hospital care for aids-related illness is expected to continue to increase due to the long incubation period of HIV. Life skills development has been recommended as an effective measure to develop psychosocial competence and prevent AIDS-risk behavior among students in this present world.

The main objective of this quasi-experimental research was to test the effectiveness of life skills development on AIDS prevention behaviors among the Matayomsuksa 5 students of Kasetsart University Laboratory School. The concepts of life skills development proposed by WHO based on Bandura's Cognitive learning theory were modified and used for preparing the program. It was comprised of 8 teaching lesson plans. The study sample was composed of 72 students. Thirty - seven were assigned as an experiment group (male=21, female=16) and thirty-five were assigned in the control

group(male=15,female=20). The experimental group was required to go through the 4-week life skills development program to develop their critical-thinking, decision-making and problem-solving, and refusal skills. The life skills development program were integrated in the curriculum of AIDS education of the school health program. The control group received regular AIDS education from school health program. Self-administered questionnaires were used for data collection, before and after the experiment and during the follow up period. Descriptive and inferential statistics such as student's t-test, paired t- test, and Pearson's Product Moment Correlation were used for data analysis.

Results of study revealed that after the experiment, the changes of refusal skills and AIDS prevention behaviors were statistically higher than those before the experiment and refusal skill was also statistically higher than control group ($p\text{-value} < 0.05$). For the critical thinking, decision making and problem-solving skills were not significantly different between and among the groups before and after experiment. because these skills need longer time to develop. For the follow up period, self-esteem in the control group was a little bit higher than the experimental group, because self-esteem can be varied by external environments. It was also found that self-esteem, critical thinking, decision-making and problem solving and refusal skills were significantly correlated with AIDS prevention behaviors. The results of this study showed that the life skills development program increased students AIDS prevention behavior. Thus, the program should be applied to help students and other groups of adolescents develop effective behaviors for preventing AIDS and other health-related problems in our complicated society.