

Thesis Title An Application of Life Skills Program For Smoking Prevention
Among Grade Eight Secondary School Student Bangkok.

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Date of Graduation 13 May B.E. 2540 (1997)

ABSTRACT

Cigarette smoking has been recognized as the leading cause of respiratory diseases and death. It is also a risk factor of drug addiction among youths. The development of needed life skills will enable the youths to resist smoking.

The main purpose of this quasi-experimental research was to assess the effectiveness of a life skills development program for the prevention of cigarette smoking among grade eight secondary school students in Bangkok. Concepts about life skills proposed by World Health Organization and by the Department of Health, Ministry of Public Health were applied to develop the program. It was comprising 7 teaching lesson plans (teacher handbooks) for teachers. The self esteem, decision making, denial and coping with stress skills were included in the program. Simulation, brainstorming group

discussion, role playing and brief lecture were emphasized in the life skills development process. The study samples were 86 grade 8 (Mathayom two) students. Forty-six of them were assigned in the experimental group and 40 were in the comparison group. The experimental group was required to go through the 7 teaching lesson plan. Data were collected 3 times; before the experimentation, and one and four weeks after the experimentation through self-administered questionnaires. The Bogus Pipeline technique was also used to test the sample saliva.

It was found that, after the study, the experimental group had two aspects of life skills significantly different from the before-the-study period and from the comparison group. These skills were decision making skills and denial skills in denying friend's persuasion to smoke cigarettes. The positive prevention behaviors about cigarette smoking of the experimental group were also significantly better than the comparison group.

The result of this study indicated that this life skills development program can help the students to develop their basic life skills for the prevention of cigarette smoking. Thus the program should be applied for students in other secondary schools in Bangkok.