

Thesis Title **The Effectiveness of Health Education Program
With Sodium Nitrate Solution Mouth Wash on
Smoking Cessation Among the Royal Thai Army
Recruits in Roi-ed Prvince**

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ABSTRACT

Smoking Cigarette is recognized as a health harzardous behavior not only to smokers themselves but also to surrounding others. Smoking is proved as a risk of various dangerous non communicable diseases such as Coronary-heart diseases, lung cancer and pulmonary emphysema.

The objective of this quasi-experimental study was to determine the effectiveness of health education program combined with sodium nitrate solution mouth wash for smoking cessation among soldiers in Roi-ed province. The approach of the study was based on Health Belief Model, Self-Efficacy,Adoption of Innovation Motivation and Moral support by using group process technique combined with the use of sodium nitrate solution mouth wash for smoking cessation. The sample consisted of 120 volunteer soldier which was devided into 3

groups in which each group consisted of 40 soldiers assigned of 40 each as group I, II and III. Group I was provided with health education activities plus sodium nitrate solution mouth wash, group II was treated with sodium nitrate mouth wash alone and group III was assigned as a comparison group.

The instruments used were questionnaire, daily smoking cessation and sodium nitrate solution mouth wash record. Data were collected 3 times; pre-experiment, post-experiment and follow up after 4 weeks of the post experiment.

The results of the study showed the significantly higher difference in terms of perceived susceptibility, perceived severity, perceived benefit, efficacy expectation and practice for smoking cessation between group I and group II, and group I and comparison group. There was a significantly positive relationship between perceived susceptibility, perceived severity, and practice for smoking cessation. At the end of the experiment, the percentage of smoking cessation. At the end of the experiment, the percentage of smoking cessation of group I, group II, and comparison group were 93, 30 and 15 respectively. Moreover, there was significantly difference between number of soldiers who quit smoking of group I and group II. The study revealed that number of gargling per day of sodium nitrate mouth wash of group II had no significant relationship to smoking cessation.

It was indicated from the study that health education program with the simultaneously use of sodium nitrate mouth wash was an effective approach for smoking cessation program. It was therefore recommended that this approach it made participants quit which should be taken into consideration as one of the strategies for smoking cessation in other groups of soldiers.