

Thesis Title

The Effectiveness of Health Education Program on Smoking Cessation among Technical College Students in Sukhothai Province

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Degree

Master of Science (Public Health) in Health Education

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ABSTRACT

Smoking is one of the major health problems, not only the cause of many dangerous diseases among smokers but also imposes risk-factors to neighbors' health. At present the incidence of the smoking among young students becomes rapidly high. The provision of effective smoking cessation program is considered very helpful for those students to stop smoking. Therefore, this study will focus on smoking cessation behavior of the first year students of Sukhothai Technological College, through the application of the theory of Reasoned Action, and the Social Support Theory. Health education program was comprised of lecture with slides and videotapes, small group discussion, panel discussion by smoking cessation model, and the motivation by their teachers and close friends.

A quasi-experimental research design using a simple random sampling technique was employed to obtain the samples. The 62 smoking students from the morning half were assigned to be an experimental group, and were participated in health education program activities. Other 52 smoking students from the afternoon half were assigned to be a comparison group, and were not allowed to participate in any health education program activities. The structured written questionnaire concerning the attitude toward the smoking cessation, subjective norm on smoking cessation, intention to smoking cessation and practice in smoking cessation were used for data collection and administered by those two groups before and after during one month period of the study as well as one month follow-up. The results showed that the experimental group had more significantly positive attitude towards the smoking cessation behavior, positive subjective norm on smoking cessation, intention to smoking cessation, and practice of smoking cessation than prior to participating in study program. It was found that attitude toward the smoking cessation behavior significantly related to intention to smoking cessation, but subjective norm on smoking cessation did not relate to intention to smoking cessation. In addition, smoking cessation related to practice in smoking cessation significantly. It's also found that having smoker as a closed friend or members of family related to intention to smoking cessation significantly. There are no relationship between total incomes and the smoking cessation. The ratio of the students who could stop smoking after the experiment was higher than before the experiment significantly.

This work showed that health education program applied the theory of reasoned action and social support theory could effectively changed the students' smoking behavior. Therefore, it should be considered, and provided for other smoking teenage students.