

Thesis Title The Effectiveness of Health Education Program on
Smoking Cessation among Male Students of Bangkok
Physical Education College

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ABSTRACT

Smoking has been recognized as a major health behavioral problem. It could be harmful for health to both smokers and persons near by as well. Sometime it also affect economical, social and environmental status. At present, the prevalence of smoking was rapidly increased, especially among teenagers and adults. Most of the teenagers start smoking because of identifying to teachers and other significant persons. Physical Education College is in state taking in change of training personel for fitness and related health, and hopefully, those should be the positive modeling for teenages and general population.

The main purpose of this study was to examine the effectiveness of health education program on smoking cessation among male students of first year, second year, third year, and fourth year of Bangkok Physical Education College locating in Pratoomtanee province. The Health Belief Model, the Efficacy Theory, and Group Process were modified for formulating health education program.

The 54 students of first through fourth year of Bangkok Physical College were purposively sampled as experimental group and 49 students of Aangthong Physical Education College as comparison group.

The experimental group participated in the program activities provided. Self-administered questionnaires concerning perceived susceptibility, and perceived severity of diseases, the efficacy expectation and the outcome expectation of stop smoking practice were employed for data collection.

The findings showed that the students have significantly more positive perception in terms of susceptibility and severity of diseases, efficacy expectation, and expected outcome of stop smoking than prior to participating in health education program. The percentage of students in experimental groups (48%) stopping smoking was statistically higher than of those students in comparison groups. In addition, it was found that the cessation rate was significantly correlated with the changes in perceived susceptibility, the perceived severity, and the efficacy expectation and the outcome expectation of stop smoking, but there were no statistical correlations between smoking cessation, and number of years of smoking, and modeling of family members and friends who smoke.

This study proved evidence that the health education program in combination of application of Health Belief Model, Efficacy Theory, and Group Process could be effective on stop smoking among college students. It is therefore recommended that this health education program designed should be taken into the consideration for launching among other teenage students.