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KEY WORDS : HEALTH PROMOTION/PERSONAL HYGIENE

VASACHOL NGAMSOMCHAN : THE EFFECTIVENESS OF
HEALTH PROMOTING PERSONAL HYGIENE PROGRAM FOR GRADE 5-6
STUDENTS IN UTHAITHANI PROVINCE. THESIS ADVISORS: THARADOL
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One of the major causes of both communicable and non-communicable diseases among primary school students is improper personal hygiene behavior. In fact, these diseases can be prevented by changing improper personal hygiene behavior. The main objective of this quasi-experimental study was to assess the effectiveness of a health promoting personal hygiene program. In designing the program, key concepts of health promoting school consisting 6 components and PROCEED framework were applied to organize and conduct activities. The sample consisted of Grade 5 and 6 students in Uthaithani province. Forty students from Wattasoong School were assigned to the experimental group while the thirty-nine students from Nongmasung School were in the comparison group. The experimental group participated in health promoting program for 7 weeks. Data were collected before and after the experiment through questionnaire and observation. Frequency distribution, arithmetic mean, standard deviation, student's t-test and paired samples t-test were employed to analyze data.

Results of the study revealed that after the experiment, the components of health promotion of the experimental school group were improved. For example, personal hygiene policy and guidelines for action were set. Supportive environments were created. Peer groups for helping each others were established. Personal hygiene reminding and stimulating by the teacher was performed and lesson plans were developed. Parents, community leaders and related local officers participated in activities to promote personal hygiene of the students. Also public health personnel engaged in the teaching-learning activities and providing health services to the experimental group. Activities mentioned above assisted the experimental group to gain significantly more knowledge, practice and personal hygiene status than before the experiment. Also, the experimental group gained significantly more knowledge and personal hygiene status than that of the comparison group. Results showed that this program could enhance knowledge, practice and personal hygiene status of the students. Therefore, this program should be applied to other schools.