

3636049 PPHP/D : MAJOR : HEALTH EDUCATION ; Dr.P.H.  
 KEY WORDS : HEALTH PROMOTION, BUDDHIST DOCTRINE, HIV INFECTION  
 KAMONMARN VIRUTSETAZIN : A HEALTH PROMOTION PROGRAM BY APPLYING THE BUDDHIST DOCTRINE IN HIV INFECTED CLIENTS, CHIANG MAI, THAILAND. THESIS ADVISORS : SOMJIT SUPANNATAS, Dr.P.H., PRAPAPEN SUWAN, Ph.D., SUREE CHANTARAMOLEE, Dr.P.H., JAN YA PATTRAACHACHAI, Sc.D. 211 P. ISBN 974-664-747-4

At present, the trend of Acquired Immune Deficiency Syndrome (AIDS) in Thailand is rising. This study attempts to investigate this problem by applying the Buddhist doctrine in a health promotion program. This program was used to compliment the pluralistic medical approach, the combination of western, traditional, and popular medicine, covering different symptoms of the deadly disease. This research was conducted by using quasi experimental methodology. 156 HIV infected clients in Chiang Mai, were used in this study. 95 clients were divided into 6 experimental groups, while 61 clients were divided into 6 control groups. The 6 control groups received the conventional health education program, while the 6 experimental groups received the health education program by applying the Buddhist doctrine. Several activities of the applied program were conducted on a continual basis according to the problem solving process (the four Noble Truths), breathing meditation, Dhamma discussion, experience sharing and self-assessments. The initial data, pre-test, was collected before the intervention and was followed up every two weeks for eight consecutive times. The last data, post-test, was collected after the final activity of the program. All data were then analyzed with descriptive and analytical statistics. This tested the statistically significant difference of the arithmetic mean within the group with a paired t-test, and between groups with a student t-test. The configuration also analyzed factors influencing the prediction of health promoting behavior as well as factors influencing the prediction of health status of HIV infected clients by using stepwise multiple regression analysis.

The result of the research concluded that the experimental groups significantly improved 5 variables :

1. Overall understanding of the problem solving process and the way of practice.
2. Overall mental strength and ill-will, dullness, anxiety, and doubt.
3. Eating behavior.
4. Overall health status and body weight, oral candidiasis, diarrhea, fever and asthenia.
5. Overall program satisfaction.

The study then looked at the factors that could be used to predict health promoting behavior. It was found that understanding the problem solving process, mental strength and educational level were statistically significant ( $P < 0.001$ ) predictors. They were able to predict health promoting behavior by 81.60%.

Lastly, the study looked at the factors that could be used to predict health status. It was found that eating and air pollution avoidance were statistically significant ( $P < 0.001$ ) predictors. They were able to predict health status by 20.20%.

It is hoped that this will more effectively solve these long-standing problems by utilizing the Buddhist doctrine. It is possible, however, that each individual way of solving the same problem by critical thinking may be different. They all must establish the right way when solving a problem. Thus, there may be more than one way to explain certain problems. The best approach to solve the problems is to practise and experience the Dhamma for oneself. It implies wisdom or the ability to understand the problems deeply and correctly, according to their true nature. Thus, Buddhists need to commit themselves more meaningfully to their religion.