



Development of The Integrated Guidance Activities Package on Smoking Behavior Changes of Lower-Secondary School Students

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Abstract

Smoking in lower-secondary school students has several negative effects such as adverse health effects. Smoking in adolescents has a direct impact on the health of smokers, spoils their personality, and increases the risk of various diseases. Moreover, another negative effect of smoking is cerebral impairment, which results in an inefficiency in learning, the low achievement of schooling, and eventually unsuccessful schooling. Therefore, the authors were interested in investigating ways to reduce or stop the smoking behavior of adolescent students.

The objectives of this research were to develop an integrated guidance activities package on changing the smoking behavior of the lower-secondary students and study the effects of using this integrated guidance activities package on changing the smoking behavior of the secondary students.

The samples consisted of 24 lower-secondary school students from the schools under the Secondary Educational Service Area Office 29, Ubon Ratchathani. The purposive random technique was used to divide the subjects into two groups; the experimental group and the control group. Each group consisted of 12 students. The research instruments were the integrated guidance activities package and the smoking behavior questionnaire. The instruments were developed by the researchers and integrated psychological 4 concepts relating to attitudes, self-esteem, motivation, and self-control. They were also verified by 5 experts. The evaluation of the integrated activities package's quality is at a high level, and the Cronbach's alpha reliability coefficients of the questionnaire were 0.928. Data analyzed were mean values, standard deviation, Wilcoxon Matched Pairs Signed-Rank test, and The Mann-Whitney U Test.

The results showed that the researcher integrated psychological concepts into the technique of organizing activities based on the theory of psychological counseling. The activities package consists of 14 activities; (1) Orientation and familiarization, (2) Smoking is dangerous and gives slow death, (3) Smoking is an imminent danger, (4) It is not too late, (5) To know to protect, (6) Feeling, thoughts, and beliefs, (7) Ponder carefully before starting to smoke, (8) Decision-making, (9) The ability to solve problems, (10) Denial and Negotiation, (11) Self-acceptance, (12) Self-esteem and Self-confidence, (13) Self-satisfaction, and (14) Final approach in conclusion. The evaluation of the integrated activities package's quality is at a high level ($M = 3.934$, $SD = .297$). Secondly, the results of the integrated guidance activities package found that the smoking behavior's post-test mean scores in overall and individual aspects were lower than the pre-test experiment, with a statistical significance at the level of 0.05, which means that after participating in activities, smoking behavior has decreased significantly. Besides, the mean score of the experimental group was lower than the control group, with a statistical significance at the level of 0.05, meaning that the students in the experimental group who participated in the integrated guidance activities had fewer smoking behaviors than the students in the control group who did not participate.

Keywords: *smoking behaviors, guidance activities package, secondary school*