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KEY WORD : SMOKING CESSATION

KULLAWAN NAKKARUG : THE STAGES OF CHANCE
MODEL APPLIED TO A SMOKING CESSATION PROGRAM
AMONG MALE JUNIOR HIGH SCHOOL STUDENTS IN
BANGKOK. THESIS ADVISOR : SUREE CHANTHAMOLEE,
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Smoking is a serious health hazard to both the smoker, and the people in close proximity to the smoker. Smoking is a significant public health problem that is accountable for economic loss and deterioration of the environment and society. Recently, the prevalence of smoking among teenage students has been rapidly increasing.

The main objective of this quasi-experimental study was to evaluate the effectiveness of a health education program on smoking cessation among male junior high school students in Bangkok. In designing the program, key concepts from the Stages of Change Model were applied. Ninety male students from Mathayomsuksa 3 volunteered to participate in the study. Forty-six of the students were assigned to partake in the health education program (the experimental group). The remaining 44 students comprised the comparison group. The program was implemented for 10 weeks between December 1996 and February 1997. The program material was taught for 5 weeks, and 5 weeks were taken for post-lesson evaluation. Questionnaires were self-administered by the students before commencement of the program, one week after completion of the program, and again at five weeks after completion of the program. In addition, daily smoking records were maintained by the students. The data was statistically analyzed by use of the Student's t-test, the Paired Sampled t-test, Pearson's Product Moment Correlation and the Z-test.

The findings of this study showed that participation in the health education program on smoking cessation resulted in a significant increase in attitude of smoking, the perceived susceptibility to diseases caused by smoking, self-efficacy to quit smoking, and quitting smoking behavior (p-value < 0.01). It was also found that self-efficacy was significantly correlated (p-value < 0.01) to quitting smoking practices.