SELF-EFFICACY, PERSONALITY AND SMOKING BEHAVIOR AMONG MALE OUTPATIENTS AT PAHOLPOLPAYUHASENA GENERAL HOSPITAL, KANCHANABURI, THAILAND

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ABSTRACT

A cross sectional analytical study was conducted at Paholpolpayuhasena general hospital, Kanchanaburi province to describe smoking behavior and determine the association between self-efficacy, personality types, socio-demographic factors and smoking behavior comprising non-smoker, former smoker, and current smoker among 252 male outpatients. Data were collected through face-to-face interview, using constructed questionnaires. Wilcoxon Sum Rank test was used to ascertain the difference in the degree of Extroversion as well as Introversion among smokers and non-smokers. Chi square test was employed to analyze factors associated with smoking behavior. Multiple logistic regression was further employed to identify factors influencing the acquisition of a particular smoking behavior. The study revealed that the prevalence of smoking among male outpatients was 30.95%. Self-efficacy was found to be significantly associated with smoking behavior. Socio-demographic factors, including patients’ age, educational achievement, marital status, occupation, and monthly income were also found to be significantly associated with smoking behavior. The degree of Extroversion and Introversion was not significantly different between a group of smokers and non-smokers. However, Model I from multiple logistic regression analysis indicated that respondents working as laborers were nearly 2.3 times more likely than those who were not to become smokers. Although personality was not a significant determinant, the trend in personality was observable in that those whose personality score was increased 1 unit were 1.013 times more likely to become smokers. Model II indicated that respondents whose self-efficacy towards quitting cigarette smoking was increased 1 unit were 1.391 times more likely to change their smoking behavior from current smokers to ex-smokers. With every 1-unit increase in age, there was a corresponding 1.037-fold increase in the likelihood that their smoking behavior would be converted from smokers to ex-smokers. Respondents who had no or low level of education were 0.259 times less likely to be able to quit smoking. Hence, self-efficacy and personality should be focused in the formulation of anti-smoking interventions at the smoking cessation clinic.

KEY WORDS: SELF-EFFICACY / PERSONALITY / SMOKING BEHAVIOR