

Effects of '5&6 Smoking Cessation Program' on Perception, Behavior, and Physiology of high school smokers

Eun Sun Lim · Chung Yul Lee · Young Ja Lee · Jung Ae Kim*
Hyejeon College Department of Nursing
Yonsei University College of Nursing
Johns Hopkins University School of Nursing
*Taegu Science College Department of Nursing

Purpose : The Purpose of this study was to investigate the effects of the '5&6 smoking cessation program—six classes in five weeks' on the high school student's perception and smoking behaviors.

Methods : The data collection was done from November to December, 2006. This study was designed using nonequivalent control group pretest–posttest. Experimental group was 24 students, control group was 41 students. The '5&6 smoking cessation program' was applied to the experimental group for two hours per session during five weeks. Data was analyzed using descriptive statistics, X²-test, Fisher's exact test, Independent-samples t-test, Paired t-test, Cronbach's coefficient alpha.

Results : The experimental group was significantly increased on smoking self-efficacy, stage of smoking cessation behavior change and significantly decreased on daily smoking amount, dependancy of nicotine, urine cotinine level than control group. But the experimental group was not significantly changed at self-awareness, Pros. for smoking and Cons. for smoking.

Conclusion : In conclusion, the results of this study showed that the 5&6 smoking cessation program, which focuses on self-awareness, is effective in adolescent's smoking cessation behaviors.