

UNIVERSITI TEKNOLOGI MARA

**EFFECT OF INTERACTIVE
SCHOOL HEALTH PROGRAMME
ON KNOWLEDGE OF SMOKING
PREVENTION AMONG PRIMARY
SCHOOL CHILDREN**

ROSWATI BINTI NORDIN

Thesis submitted in fulfilment of
the requirement for the degree of
Master of Nursing

Faculty of Health Sciences

March 2019

AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student	:	Roswati Binti Nordin
Student I.D. No	:	2013563443
Programme	:	Master of Nursing – HS769
Faculty	:	Health Sciences
Thesis Title	:	Effect of Interactive School Health Programme on Knowledge of Smoking Prevention among Primary School Children

Signature of Student :

Date :

ABSTRACT

Decades ago, the school atmosphere has been a focal point of hard work to influence adolescents on the consequences of smoking behavior and other negative behaviors. Therefore, the findings recommended for more inclusive tobacco policies, activities prevention programme and related matters to reduce the morbidity and mortality related to smoking behavior. The aims for this intervention study focused on evaluating of the effectiveness of the interactive programme on prevention of smoking among school children. This study used quasi experimental design involving two groups of participants. The children for Intervention group (n=60) was given an interactive programme for 9 hours within 3 days and the control group (n=60) was given the pamphlet as usual. Data collected before the intervention programme and after two weeks post intervention using validated questionnaire. The results for general knowledge on cigarette after the intervention indicated that there was a significant changes with mean scores of general knowledge increased from pre-intervention ($M = 11.97$, $SD = 3.12$) to two weeks after intervention ($M = 12.77$, $SD = 3.30$) and ($p - value = 0.01 < 0.05$). For knowledge on dangers of smoking the results showed the median score before intervention (16.03) is higher than after the intervention programme (12.00) and the different was not significant on the knowledge of dangers of smoking ($p - value = 0.27 > 0.05$). For the effect of the interactive programme towards the knowledge on bans of smoking the scores of statistics test in post-intervention are lower ($M = 21.72$, $SD = 2.48$) than pre-intervention ($M = 22.33$, $SD = 2.15$). This difference was not significant $p - value 0.10 > 0.05$. In conclusion, the beneficial effect of the interactive programme was found even though the effect was small. However, the interactive programme can be introduced as an alternative teaching method in prevent the school children on smoking.

ACKNOWLEDGEMENTS

First and foremost, Alhamdulillah, thank and praise to Allah for giving me the strength, power and courage to complete this study.

My sincere thanks go to my supervisor Dr Zamzaliza Abdul Mulud, who patiently guided understanding and support. To my dearest friend (you know who are you) who really make me survived along the journey, thank you.

My thanks and never ending love goes to my husband Mohd Bakri bin Jali, my children Nur Amera Shahira and Muhammad Aliff Aiman, I could not imagine to complete this study without all of you.

My thanks also goes to my mother Puan Hajjah Salmiah Binti Othman, my late father Hj Nordin Bin Arbain and all my siblings, thank you for your understanding and encouragement.

My appreciation also goes to all concerned person who cooperated with me in this studies.

TABLE OF CONTENT

	Page
CONFIRMATION BY PANEL OF EXAMINERS	ii
AUTHOR'S DECLARATION	iii
ABSTRACT	iv
ACKNOWLEDGEMENT	v
TABLE OF CONTENT	vi
LIST OF TABLES	x
LIST OF FIGURES	xi
LIST OF ABBREVIATIONS	xii
CHAPTER ONE: INTRODUCTION	1
1.1 Introduction	1
1.2 Background of Study	1
1.3 Problem Statement	6
1.4 Scope of Study	7
1.5 Significance of Study	8
1.6 Research Objective and Questions	9
1.7 Conceptual framework	10
1.8 Terms Definition	12
1.8.1 School Children	12
1.8.2 Smoking	13
1.8.3 Interactive Programme	13
1.9 Summary	13
CHAPTER TWO: LITERATURE REVIEW	14
2.1 Introduction	14
2.2 School Children	14
2.3 Smoking among School Children	16
2.3.1 Factors Influencing Smoking among School Children	19