OPINION OF SMOKERS IN BANGKOK METROPOLITAN AREA ON METHODS TO QUIT SMOKING

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ABSTRACT

The purpose of this research is to study the opinion of Smokers in Bangkok Metropolitan area on methods to quit smoking reviews on smoking cessation methods of people in Bangkok Thailand how to conduct research the research model is a descriptive research, for example, a smoker living in the metropolitan area of Bangkok and its vicinity,Thailand. Use a accidentally sampling technique from the above population. Number of 332People research tools are questionnaires created by researchers. Collect information with a sample group to respond to a questionnaire. Analyzes data with the average and standard deviation.

The research results showed that a smoker who was a citizen in the metropolitan area of Bangkok Thailand. In the overview, there is a comment on how to quit out of cigarettes in each method very rarely how quit smoking. That Sample Huge selection 3 first is in the medical treatment by prescription ranked that1 Use of the drug quit smoking from Medical Order (smoking cessation medications) 67.12%ranked 2 Use of the drug alternative Nicotine Therapy-Gum Form (NRT-nicotine chewing gum) 61.74%and ranked 3 Use your mouth rinse to quit.
Key words. Smoking cessation, NRT-nicotine, chewing gum.

INTRODUCTION

Current population world both teenagers working age and elderly smokers are a lot of cigarettes. Cigarettes are the cause of death that can prevent a lot of occurrence. By year 2008 Cigarettes killed more people around the world5 millions of people are more of the statistics found over the deaths of tuberculosis. AIDS and malaria have been combined all year round and expected in 1990. In 2030 If there are no measures, the aid will have a total number of deaths 8 million people. The Thai Government and private organizations have a policy to campaign the people of Thailand. Reduce and quit smoking. In the form of having a responsible agency on behalf of the Government's organization. From other agencies in various forms [2] such as the health department, the Ministry of Health has opened the drug treatment clinic. 18 the clinic has a clear and transparent clinic in public hospitals, and thereare also independent researchers from different departments. The dangers of cigarettes are killed by people, free from smoking, without the need to cause diseases such as Bronchiectasis. Cancer in various body organs [1]. As a result, the country's impact on the treatment of a large number of smoking diseases, which is a crisis that Governments and departments should cooperate in helping to ensurea lower number of smokers.

From a review of literature and research works during 10 Years ago find evidence to study and experiment one of the most discontinued smoking   1) Therapeutic with medicine alternative nicotine 2) Using your mouth mouthwash 0.5 % sodium nitrate 3) Treatment using medicinal herbs, grass, white flowers 4) The use Candies /Chewing gum 5) Counseling alone,or in conjunction with the use of medications or alternative nicotine products. 6) Self-cancellation a broken, 7) treatment by means of motivation together with the guidance.8) Consultation on how to quit cigarettes in different ways individually 9) Application of the theory the process of changing behavior to quit smoking and 10) Avoiding internal and external triggers such as avoiding non-smoking friends [3].

From the evidence base found above. There is still no way to find a smoker's treatment to stop smoking. over-sustained 60 therefore, it is likely to be studied that if the smoker is a person who decides and express their opinions, it will be appreciated choose how to quit cigarette over-sustained 60 therefore, it is likely to be studied that if the smoker is a person who decides and express their opinions, it will be appreciated. Choose how to quit cigarettes. The researchers are interested in studying the opinions of smokers. To choose how to quit out of the public cigarette in Bangkok and the perimeter to apply the results of the research. Smokers who come to the treatment in the smoking quit clinic and the general smoker have used it as a real and sustainable way to quit cigarettes.

OBJECTIVE

To study the opinion of smokers on smoking cessation how to quit out of choosing to quit the public cigarette in the metropolitan area Bangkok Thailand.

METHODOLOGY

A sample is a smoker who lives in Bangkok and vicinity. In Thailand in the year 2017. The criteria for the import are: 1) Smokers for more than 1 Years 2) male 3) older than 18 Years 4) Graduated in minimum elementary education. 5) will be glad to cooperate in answering the questionnaire. Calculate sample size from formula Yamane, Taro (1967). Determine the size of 5% tolerances use number of populations very size N = ∞ a sample number of 299 people who research the sample   332 people sampling   use sampling by using the Tell method. (Simple Random Sampling)

Research tools are questionnaires that a self-created research board contains2 now is when the 1 General Information for sample episodes 2 Questionnaire a smoker's comment on how to quit out of the public cigarettes in Bangkok and perimeter query style a question each has an option to answer. Yes, not all 16 message divided into 3 Side is   1) Medical treatment by prescription 2) Drug therapy in conjunction with other methods 3) How to use the raw material deduction or quit manually in conjunction with another method. Find the quality of the questionnaire. By giving a qualified Number of 3 People check content validity and find the value reliability   the general smoker is not a sample number. 30 the person answered the questionnaire and then brought it to the value reliability by the researchers have collected the following methods of information: Find a sample of the first smoker who qualifies for each location. after that, let people first reply and let the first one. We recommend smokers who know the next person. This is a random number 332 people Data analysis percentage.

RESULTS

1. Sample smoking people in Bangkok, Thailand and perimeter number 332 most people are aged 20-29years (40.7%) Profession as company employee (34.0%). Revenue 10001-15000 Baht (45.5%) High school graduation degree/vocational education (33.1%) have marital status.-single (43.7%) In the family, no person is close to smoking (64.1%) is a drink of spirits. 3-5 Times/week (30.1%) The smoking period is very long. 1-10 Year 59.5% Never try to quit smoking (68.7%) is a very high-level nicotine (34.9%)

2. Smokers that is people in Bangkok, Thailand and perimeter number of 332 people In the picture Include there is a comment on the selection. How to stop the cigarette in each way outdoor at least very how quit smoking. That sample huge selection 3 first is in the medical treatment by prescription Include (As a table 1)

1) Use of the drug quit smoking nicotine from doctor order 67.12%
2) Use of the drug alternative Nicotine Therapy-Gum form 61.74%
3) Use your mouth rinse .to quit smoking 61.14%

3. When you distinguish your smoking in the list. The remaining 2 Sides include

1) With the treatment of medication together with other ways quit smoking., select reply number of 5 Select Sample Group as a way quit smoking. In less and less levels. (54.51-37.65%)

2) The use how to deduct raw or manually and in combination with other means there is a way quit smoking., select reply number of 6 message the sample selects as a way quit smoking. On the level at least and very few levels both 6 Message (54.81-30.50%) How to stop smoking at a sample group minimal and organized at least very from 16 message is to stop by yourself and avoid running out of sleep alone or at night. (30.5%)

Table 1
Level reviews of smoking to quit out of the public cigarettes in the area Bangkok and perimeter
Resolution list and descending order. (n =332)

rank	Message	N	%	Level
	Medical treatment by prescription			
1	Use Smoking cessation medications	223	67.16	Less
2	Use NRT-nicotine chewing gum	205	61.74	Less
3	Use sodium nitrate mouthwash	203	61.14	Less

rank	Message	N	%	Level
4	Use Vernonia cinerea capsule	184	55.42	Least
10	Use NRT-nicotine patch	169	50.90	Least
6	NRT-Nicotine with advice from health team	181	54.51	Least
7	NRT-Nicotine with avoidance or acceptance of family problems	179	53.91	Least
8	NRT-Nicotine with avoidance of smoker friends	172	51.8	Least
9	NRT-Nicotine with time management ie (Avoiding free time)	170	51.2	least
12	NRT-Nicotine with avoiding being alone i.e. (Work in shift/night time driving)	125	37.65	very few
	Treatment of medication together with other ways quit smoking			
5	Sudden quit with NRT-Nicotine	182	54.81	least
11	Sudden quit with self-determination	138	41.56	very few
13	Sudden quit with avoidance or acceptance of family problems	114	34.33	very few
14	Sudden quit with avoidance of smoker friends	110	33.13	very few
15	Sudden quit with time management i.e.(Avoiding free time)	109	32.83	very few
16	Sudden quit with avoiding being alone i.e. (Work in shift/night time driving)	106	30.5	very few

CONCLUSION

Research results were found in an overview of the smokers in Bangkok and the perimeter of the sample. There is a comment on the choice of the cancellation of the cigarette in each method is moderate-very low, and when the classification is found, how to stop smoking at the most selected sample. 3 The first is in the field of medicine therapy, as 1 Take the drug from the doctor to order.2 Use of the drug alternative nicotine therapy-Image chewing gum (NRT-nicotine chewing gum) and 3 Use your mouth rinse. To quit smoking. (sodium nitrate mouthwash) In accordance with the research [5]. who have studied historical data from English media during the year 2000 – 2012 Published in the journal Pub Med as a research on the non-smoking performance. Number of 780 The research results showed how to quit most cigarettes. 3 first from 17 How is NRT (Nicotine Replacement Therapy=To treatment with medication Nicotine substitute) Use of tobacco champix and to training section use of other smoking methods. The sample chooses a level medium and at least and how to stop the cigarette behavior therapy. The most effective 7 from 17 How and How to stop smoking by raw, as effective as 8 from 17 How [5] and similar to the research of Pamela M Ling [6]. The study found that smokers adults want to choose how to stop cigarettes with raw deductions. 10-30 %. This explains that in the opinion of smokers, it is likely to think that they are sick. If you choose to quit out, the smoking effect is likely to be treated as a therapist rather than using other alternatives and other methods of treatment. Published in the PubMed journal as a research on the cancellation of cigarettes with performance effect. 780 the results of the research showed how to quit most cigarettes. The top 3 methods NRT (Nicotine Replacement Therapy .Nicotin therpy use of tobacco champix and toTraining (training) the use of other smoking methods .The sample chooses a level medium and at least and how to stop the cigarette behavior therapy the most effective 7 from 17. It requires patience and use longer treatments, such as counseling therapy from the health team. The use of crude deductions, etc. Chronic disease clinics should provide a One Stop Service system and increase patient readiness to quit smoking by emphasizing that patients are aware of the severity and risk of complications of the disease. Self-efficacy and confidence of patients to quit smoking, including referrals for follow-up after smoking, especially in the last 6 months 1 year [7].

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