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THE LEVEL REVIEWS OF SMOKING TO HOW TO QUIT SMOKING IN PUBLIC SPACE IN BANGKOK METROPOLITAN

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ABSTRACTS

This survey research, aim to study level reviews of smoking to how to quit smoking of smokers around space of public in Bangkok Metropolitan. Sample 332 persons to choose by accidentally sampling technique from smokers in Bangkok Metropolitan. Data collect to used questionnaires that created by researchers and 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. In the overview, the sample selection 3 method in the medical treatment by prescription ranked that 1) medications) 67.12% use of the drug quit smoking from Medical Order (smoking cessation, 2) 61.74% use of the drug alternative Nicotine Therapy-Gum Form (NRT-nicotine chewing gum) and 3) 61.14 use mouth rinse to quit

Keywords: 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 world 5 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. 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 (Mahidol University, 2559, Page 8)[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 there are 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 (Kanittha Charoen Phat, 2559, Page 56)[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 ensure a 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 opt 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

Aim to study the level reviews of smoking to how to quit smoking of smokers around public space in Bangkok Metropolitan.

METHODOLOGY

A sample is a smoker who lives in Bangkok and vicinity, Thailand in 2560 The criteria for import are:1) Smoking more than 1 years 2) male 3) age over 18 year old 4) Graduated in minimum elementary education. 5) Glad to cooperate in answering the questionnaire. Calculated sample size by Yamane, Taro (1967)[4] are 332 people and use to accidentally sampling technique, collecting data by questionnaires that a created by researchers and content validity by 3 experts, questionnaire have 2 paths; 1) general data and path , 2) how to quit smoking of smokers around public space in Bangkok Metropolitan. Data analyzed by descriptive statistics; frequency and percentage.

RESULTS

Most of samples are 20-29 years old (percent 40.7), Profession as company employee (percent 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%), 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%), very high-level nicotine (34.9%).

Level reviews of smoking to how to quit smoking of smokers around public space in Bangkok Metropolitan and perimeter resolution list and descending order (Table 1)

Table 1 Level reviews of smoking to how to quit smoking of smokers around public space in Bangkok Metropolitan. (n =332)

Rank	Message	n	%	Level
	Medical treatment by prescription			
1	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
4	Use vernonia cinerea capsule	184	55.42	least
10	Use NRT-nicotine patch	169	50.90	least
	Deduct raw or manually and in combination with other			
6	NRT-Nicotine with advice from health team	181	54.51	least

Rank	Message	n	%	Level
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 ie. (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 ie.(Avoiding free time)	109	32.83	very few
16	Sudden quit with avoiding being alone ie (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 Heydari, G., et al. (2014)[4], who have studied historical data from English media during the year 2000 – 2012 that published in the journal PubMed as a research on the non-smoking performance. 780 of research results showed how to quit most cigarettes. 3 first from 17 of how is NRT (Nicotine Replacement Therapy=To treatment with medication Nicotine substitute) use of tobacco champix and to training (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 (Heydari, G., et al 2014)[5] and similar to the research of Pamela M (Pamela M. Ling., & Stanton A. Glantz, 2004).[6] This study found that smokers were 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. 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 to Training (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.(Tanawat,Suriya,et,al.2018)[7] The use of crude deductions, etc.

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