STUDY ON THE INTENTION OF QUIT SMOKING BEFORE AND AFTER BEHAVIOR INTERVENTION AMONG HEALTH PERSONNEL IN BEAUFORT HOSPITAL

ABSTRACT

This study is to find out the intention to quit smoking among health personnel at Beaufort Hospital before and after behavioural intervention. Health personnel who smoke is not proactive towards the smoking prevention and negative towards smoke free environment. They should become a role model and lead a good example in living a healthy lifestyle to the community at large. This is in line with the efforts by the Ministry of Health to address the problem of smoking addiction. Universal sampling method used in this study which involves 30 members during the health behaviour intervention. Intervention programs such as talks on danger of smoking, nicotine addiction, mentoring session and effective health behaviour modification to quit smoking. This study is also guided by the Theory of Planned Behaviour which suggests attitude, subjective norms and behaviour control as a predictive towards one's intention. The respondents were male (100%), married (90.0%), Brunei ethnic group (43.3%) and the majority were medical attendant (60.0%). This study found there were no difference in intention to quit smoking before and after the intervention (t = 1.973, df = 29, $p > 0.05$). There is significant difference between subjective norm variables (t = -2.991, df = 29, $p < 0.05$) and behavioural control (t = -2.734, df = 29, $p < 0.05$). Meanwhile, attitude variable brings significant difference before and after intervention (t = -1.989, df = 29, $p > 0.056$). These three variables have weak correlation towards intention to quit smoking, which are r = -0.276 (before) and r = -0.151(after) for attitude, subjective norm r = -0.385 (before) and r = 0.177 (after) and behaviour control of r = -0.241 (before) and r = -0.004 (after). In conclusion, this study recommends more emphasis on significant TPB factors such as Subjective norm and behaviour control to predict the intention to quit smoking among health personnel through intervention.