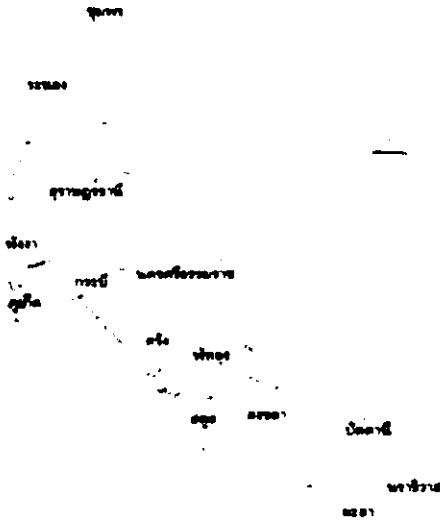


พฤติกรรมความเสี่ยงต่อสุขภาพและการใช้ สารเสพติดในนักเรียนมัธยมศึกษา ภาคใต้ ปี 2548



โดย...รศ.ดร.พญ.สาวิตรี อัมภางค์กรชัย และคณะ
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ดำเนินโครงการเสร็จสิ้น 30 เมษายน 2549

สนับสนุนโดยสถาบันวิจัยและพัฒนาสุขภาพภาคใต้ (วพส.)

HEALTH-RISK BEHAVIORS AMONG HIGH-SCHOOL STUDENTS IN SOUTHERN THAILAND

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ABSTRACT

Purpose: The aim of this study, which is part of a larger project, is to determine the prevalence of health-risk behaviors among high-school students in the south of Thailand.

Methods: A sample of 11,135 students from 48 high-schools and vocational schools in the eight provinces of southern Thailand were surveyed in 2005, using a self-completed questionnaire. The sample was taken from years seven, nine and 11 and at the vocational-schools in year two.

Results: During the year preceding the survey, most students had rarely or never worn a crash-helmet when riding a motorcycle (72.7%) or used their seat belt when driving or as a passenger in a car (78.8%). Looking at the 30 day period prior to the survey, for those who had driven a motor vehicle (76.5%), 13.1% of them had done so after drinking alcohol. 7.6% of students had carried a weapon and 14.0% had used physical violence. Diet pills were taken without doctor's advice by 2.3% of respondents and 6.3% admitted to having gone without eating for more than 24 hours either to lose weight or avoid gaining weight. Among students who have had sexual intercourse in their lifetime (7.0% of the respondents), 17.6% of them had consumed alcohol or used drugs before their last sexual encounter, 13.7% reported that neither they nor their partner had used any birth control during this encounter and 13.9% had been pregnant or had made someone else pregnant. 13.4% of students showed they had felt depressed and 4.6% had attempted suicide during the last twelve months. The prevalence of lifetime use compared with past 30 day use, respectively, was 16.1% and 8.2% for smoking, 27.7% and 15.5% for drinking alcohol, and 6.9% and 3.8% for using at least one illicit substance. A variety of leisure activities were found: internet and chat (29.2%), riding a motorcycle to explore their local area (27.5%), playing on a Gameboy or Playstation (20.0%), playing computer games (16.9%), playing snooker (8.9%), motorcycle racing (8.9%), attending animal fighting, such as bull and cock fights, as well as bird singing contests (4.9%), and going to discos/pubs/cafés/karaoke bars (4.1%).

Conclusions: The prevalence of students who drove unsafely was high. Poor sexual practices of the young led to unwanted pregnancies. More than half of surveyed students who reported having used illicit substances in their lifetime had used them within the previous 30 days.

Key words: Health-risk behaviors, Student, Prevalence, Thailand