

Thesis Title The Effects of a Life Management Program on the Knowledge, Attitude and Skills for Required Substance Relapse Prevention among Substance abusers after being Discharged from the Institute

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#### ABSTRACT

This research study was of a quasi-experimental design. The objective of this research was to study the affects of life management program on the knowledge, attitude and skills required for substance abuse relapse prevention after being discharged from the institute including to study substance abuser satisfaction toward the life management program.

The sample group consisted of 60 male and female substance abusers discharged from Thanyarak Institute for the period of less than 6 months, 18-24 years of age, with educational levels at primary school, high school and college level selected by using simple random sampling. The sample group was divided into 2 groups by Simple Random Sampling : 30 in the experimental group and 30 in the control group. The experimental group was administered applied SOC life management model for 60 to 90 minutes, once every week for 6 consecutive weeks. The program emphasized on learning process participation, brain storming, and group discussion and practice. The control group was administered the institute standard program. Data collection was achieved by evaluation form concerning knowledge, attitude and skill toward relapse prevention one week prior to and one week after the experiment. The data was tested by using t-test for the independent sample, and Chi-square test for percentage, means, standard deviation and statistic concerning the satisfaction of the program. The interview content analysis was used to analyze the qualitative data.

From the result of the study, it was found that after the life management program, the knowledge, attitude and skills required for relapse prevention between the experimental group and the control group were different at statistically significant level of .05. Further, from the interviews with substance abuser, it was found that they are satisfied with the life management program since the program facilitated in the substance

abusers being able to gain knowledge, change the attitude and acquire the appropriate skill for the relapse prevention that can be implemented in the daily life.

The results of this study indicate that the implementation of SOC life management program model can develop knowledge, attitude and skills required for relapse prevention after being discharged from the institute; therefore, such model should be used in other groups of substance abusers in order to reduce the relapse.

