TABLE OF CONTENTS

| | Page |
|---|-----------------|
| Acknowledgements | iii |
| Abstract (English) | v |
| Abstract (Thai) | vii |
| List of tables | xii |
| List of figures | xiv |
| Chapter 1 Introduction | 1 |
| Background and significance of research problem | 1 |
| Objective of the study | 9 |
| Research questions | 9 |
| Scope of the study | 9 |
| Definition of terms | 9 |
| AL LINIVER | 11 |
| Chapter 2 Literature review | 11 |
| Part One: Health promotion in the current society | 11 |
| Definition of health promotion | 11 |
| Revolution of health promotion concept | 12 |
| Principles of health promotion | 14 |
| Part Two: Health promoting school | e ₁₇ |
| Definition of health promoting school | 17 |
| Concept of health promoting school | 18 |

Chapter 2 Literature review (continued)

| | Health promoting school in | other countries | 22 |
|-----------|---|---|-----|
| | Health promoting school in | Thailand | 28 |
| | Conceptual framework | | 69 |
| Chapter 3 | Methodology | | 73 |
| | Research design | | 73 |
| | Study setting | | 74 |
| | Participants | | 76 |
| | Instruments | | 78 |
| | Methods of data collection | | 81 |
| | Data collection procedure | | 84 |
| | Ethical conciderations | | 85 |
| | Analysis of data | | 86 |
| Chapter 4 | Findings and discussions | | 88 |
| | Part I: General information of | schools and | |
| | general characteristics of | of participants | 88 |
| | Part II: Description and compari | ison the similarities and difference | s |
| | of the implementation of Part III: Conclusion of factors in | of Health Promoting Schools Influencing the similarities and | 93 |
| | differences in implemen | nting Health Promoting Schools | |
| | and factors influencing | the success in implementing | |
| | Health Promoting School | ols | 175 |
| | Discussions | | 178 |

| Chapter 5 Conclusion and recommendations | | 185 | |
|--|-------------------------|---|-----|
| | Recomme | ndations | 192 |
| | Contribution to nursing | | 194 |
| | Limitation | of the study | 195 |
| Reference | es | | 196 |
| Appendic | es | | 208 |
| | Appendix A | Demographic data form | 209 |
| | Appendix B | General information of school | 211 |
| | Appendix C | Interview guidelines for directors/principals | 221 |
| | Appendix D | Interview guidelines for teachers | 223 |
| | Appendix E | Focus group guideline for school children | 225 |
| | Appendix F | Observation guidelines | 228 |
| | Appendix G | Consent form of the participants | 230 |
| | Appendix H | Assent form of the participants | 234 |
| | Appendix I | Assessment scores of ten components of | |
| | | Health Promoting Schools | 238 |
| | Appendix J | List of experts for instrument validation | 243 |
| Curriculu | m vitae | | 245 |

LIST OF TABLES

| Table | | Page |
|-------|---|------|
| 4-1 | General information of school | 89 |
| 4-2 | Sex Age Marital status Religion Educational level of participants | |
| | in health promoting school group | 90 |
| 4-3 | Sex Age Marital status Religion Educational level of participants | |
| | in comparative school group | 91 |
| 4-4 | Similarities and differences of policy dissemination | 98 |
| 4-5 | Similarities and differences of management in school | 111 |
| 4-6 | Similarities and differences of stakeholder participation in school | 125 |
| 4-7 | Similarities and differences of environmental in school | 135 |
| 4-8 | Similarities and differences of school health services | 143 |
| 4-9 | Similarities and differences of health education in school | 149 |
| 4-10 | Similarities and differences of nutrition and safety food services | |
| | in school | 156 |
| 4-11 | Similarity and differences of exercise, sport, and recreation | |
| | activities in school | 161 |
| 4-12 | Similarities and differences of counseling and social support | |
| | activities in school | 167 |
| 4-13 | Similarities and differences of health promotion activities for | |
| | staff in school | 172 |

| Table | | Page |
|------------|--|-------|
| I1 | Scores of policy component by comparative to the assessment | |
| | standard of health promoting schools in 2003 | 238 |
| I2 | Scores of management component by comparative to the | |
| | assessment standard of health promoting schools in 2003 | 238 |
| I3 | Scores of community participation component by comparative to | |
| | the assessment standard of health promoting schools in 2003 | 239 |
| I 4 | Scores of environmental health component by comparative to the | |
| | assessment standard of health promoting schools in 2003 | 239 |
| I5 | Scores of school health services component by comparative to the | |
| | assessment standard of health promoting schools in 2003 | 240 |
| I6 | Scores of health education component by comparative to the | |
| | assessment standard of health promoting schools in 2003 | - 240 |
| I7 | Scores of nutrition and safety foods component by comparative to | |
| | the assessment standard of health promoting schools in 2003 | 241 |
| 18 | Scores of exercise, sport, and recreation component by | |
| | comparative to the assessment standard of health promoting | |
| | schools in 2003 | 241 |
| I 9 | Scores of counseling and social support component by | |
| | comparative to the assessment standard of health promoting | |
| | schools in 2003 | 242 |
| I10 | Scores of health promotion for staff component by comparative to | |
| | the assessment standard of health promoting schools in 2003 | 242 |

LIST OF FIGURES

| Figure | | Page |
|--------|---|------|
| 3-1 | Map of Chiang Mai province | 75 |
| 4-1 | Mathematics park | 131 |
| 4-2 | Herbal park | 131 |
| 4-3 | Stone walkway | 132 |
| 4-4 | Fitness park | 132 |
| 4-5 | School children offered foods to the monk | 132 |
| 4-6 | Herbal Park in comparative school | 134 |
| 4-7 | Infirmary room in health promoting school | 140 |
| 4-8 | Infirmary room in health promoting school | 140 |
| 4-9 | Infirmary room in comparative school | 141 |
| 4-10 | Cooperative shop in health promoting school | 154 |
| 4-11 | Cooperative shop in comparative school | 155 |
| 4-12 | "Tob-ma-phab" in health promoting school | 160 |
| 4-13 | "Tob-ma-phab" in health promoting school | 160 |
| 4-14 | "Move for health" in comparative school | 161 |
| | | |