

# Process of Smoking Cessation among Thai Smokers: A Grounded Theory Study

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**Introduction:** Smoking is one of the leading causes of cerebrovascular diseases. Given the rising number of new smokers worldwide, the need for promoting smoking cessation is warranted.

**Purpose, Participants, & Methods:** This grounded theory study aimed to explain how successful and unsuccessful quitters of smoking underwent smoking cessation. Seventeen ex-and current smokers aged 52-79 years were interviewed through in-depth unstructured interviews and focus group discussions. Constant comparative analysis was used for data analysis. The process emerged as a theoretical code and was used to integrate the findings.

**Findings:** The process of smoking cessation consisted of four stages, namely, (a) Finding meaningful reasons to quit, (b) Declaring the intention to quit, (c) Facing the cessation, and (d) Successful cessation.

***Stage 1:*** The reasons to quit smoking included: health risks imposed by smoking such as cancers, hypertension; futility as expressed in the form of no benefits and financial losses and decreased work efficiency; stigmas from self, family and community; and loss of appetite.

## **Findings: (Continued)**

***Stage 2:*** Declaring the intention to quit was presented in the form of informing the family and impulsive symbolical sign of breaking from smoking. ***Stage 3:*** During the cessation smokers faced physical and psychological signs such as fatigue, sleeplessness, irritations, and hunger for foods. They used replacements such as candy, seeds, pickled teas, and milk to relieve the craving. Some used tapering off techniques by reducing dose and number of cigarette as well as frequency of smoking. Smokers avoided places or groups of people where they could be tempted into smoking. ***Stage 4:*** Smokers with weaker impulses tended to fail for craving and returned to smoking; those with strong and meaningful impulses tended to succeed in quitting.

**Conclusion & Recommendation:** Better understanding of the process itself, barriers and facilitators in the process of quitting smoking can help smokers quit smoking successfully.

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