Ubol Atthawee, Major 2010: Factors Affecting to Stress Relaxation Behavior in Royal Thai Army Nursing Collage Students. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Associate Professor Supat Teravechareanchai, M.S. 106 pages.

The purposes of this study were to describe the factors affecting to stress relaxation behavior in Royal Thai Army Nursing Collage Students to examine the association between stress management behavior and personal factors, supportive factors and motivation factors. Sample were consisted of 200 Nursing students who studied in Royal Thai Army Nursing Collage during 2010.Collecting data by questionnaire that constructed by researcher. Data were analyzed by using percentage, mean, standard deviation, Chi-square test statistic and Pearson's product moment correlation coefficient.

The results of this study were 51.0 percents of Royal Thai Army Nursing Collage had knowledge about risk opportunity of stress in low level. 43.5 percents had attitude about stress management in medium level. 36.0 percents knew benefits of stress relaxation behavior in the best level. 38.5 percents had the resources supporting them for coping stress problems. 34.5 percents had support system from their family, relatives, commanders, friends and senior in best level. 40.5 percents had best level in stress relaxation behaviors. Attitude and perception about benefit of stress relaxation behaviors were related with stress relaxation behaviors of Royal Thai Army Nursing Collage statistical significantly at the 0.05 level

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