

ABSTRACT

Thesis Title : The Effects of Using Counseling Program Based on Cognitive Behavior Theory to Reduce Stress Level of Nurses with Type A Personality

Student's Name : Miss Arunya Kawsasang

Degree Sought : Master of Science

Major : Counseling Psychology

Academic Year : 1999

Advisory Committee :

1. Assoc. Prof. Dr Nuansiri Paorohit Chairperson
2. Asst. Prof. Therachai Hongyantrachai
4. Asst. Prof. Kanya Thanmanta

The purpose of this study was to investigate the effects of using counseling program based on Cognitive Behavior Theory to reduce stress level of nurses with type A personality. Sample consisted of 20 volunteer staff nurses with type A personality from Somdejprasangkharaj 17th Hospital. They were randomly assigned to either the experimental group or the waited group with 10 nurses each. The experimental group underwent the counseling program based on Cognitive Behavior Theory and Techniques for 90 minutes session, twice a week for 4 weeks totaling 12 hours. Assessments used included Charlesworth's Type A Personality Inventory for pre-experimental selection, and Personal Information Questionnaire. The Gray-Trof and Anderson's Nursing Stress Scale was utilized on a pre-test, post-test, and one month follow-up evaluation. Results using t-test revealed the post tests' stress scores of the

experimental group were reduced at .05 level of significance within and between groups. For the one month follow-up evaluation of the experimental group, no change on the level of stress scores was found to be statistically significant at .05 level.

Conclusions from this study showed the counseling program based on Cognitive Behavior Theory can reduce the stress level of nurses with type A personality.