

Thesis Title A Comparative Study of The Effect of Hemi-Sync
and Muscle Relaxation for Reducing Fear of
Negative Evaluation.

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Abstract

The purpose of this research was to compare the effect of Hemi-Sync and Muscle Relaxation for reducing fear of negative evaluation (FNE).

Samples were forty nine sophomores of Faculty of Humanit., Chiang Mai University, who were enrolled in the second semester of 1992 academic year and obtained high FNE scores. The samples were randomly assigned to three groups : 15 subjects were in Hemi-Sync group, 17 subjects were in Muscle Relaxation group and the rest were in the control group. The research materials consisted of the Hemi-Sync and Muscle Relaxation Training Packages, FNE, and trait reaction scales.

The results of the study showed that some hypotheses were accepted. That is the FNE scores in the Hemi-Sync and Muscle Relaxation group decreased significantly at .05. But there was no significant difference of FNE scores among the Hemi-Sync, the Muscle Relaxation and the control group. Details of the results and discussion were proposed in the thesis.