

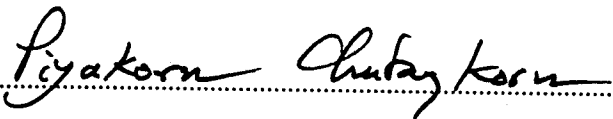
THESIS TITLE : THE EFFECT OF RELAXATION TRAINING ON REDUCING
ANXIETY AND DEPRESSION IN CERVICAL CANCER PATIENTS
RECEIVING RADIOTHERAPY

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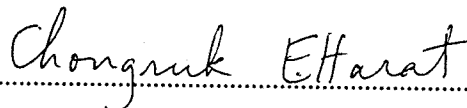
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ABSTRACT

A quasi-experimental was designed to determine the effect of relaxation training on the reduction of anxiety and depression in cervical cancer patients receiving radiotherapy, utilizing conceptual framework based on Roy's Adaption Theory and the relaxation concept.

The study sample consisted of 40 cervical cancer patients receiving radiotherapy at tumor clinic at Srinagarind Hospital , Khon Kaen University during January and April 1996. The patients were randomly assigned into two groups :The experimental group of 20 cervical cancer patients receiving relaxation training and the control group of cervical cancer patients did not receiving relaxation training .

The relaxation training was developed on Benson's Respiratory One Method Relaxation Technique. The experimental group received three relaxation training sessions from a researcher and 21 sessions from assistant researchers. The control group did not participate in any relaxation training.

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The instrument used in this study included Zung's anxiety and depression rating scales and a finger tip temperature called calibrated mercury bulb finger thermister and a Stand By Model Baumanometer.

Data were collected from the sample group twice. In the first collection, data on anxiety and depression were collected before the first radiotherapy treatment, and in the second on the last day of relaxation training by the assistant researchers.

Data were statistically analysed by t-test at the significant level of 0.05

The results of this study were concluded :

1. The patients who recieved relaxation training had lower anxiety than the control group at the significance of 0.05. ($p < 0.05$)

2. The patients who recieved relaxation training had lower depression than the control group at the significance of 0.05. ($p < 0.05$)

The interview of the patients after the experiment showed that most of the patients were satisfied with the relaxation training and felt well after the training. They felt that it is easy practice on their own in their daily life. These finding lead up to the recommendation that the relaxation training be used with the cervical cancer patients recieving radiotherapy.